

PRINTABLE FLOW TOOL

Flow Tool 13: A Quick Guide for Family and Caregivers



PRINTABLE
VERSION

How to support someone protecting their heart without taking over.

If someone you love is working to protect their heart, ask what kind of help they want. Some people welcome reminders or company; others do not. Agree on your role instead of assuming it.

- Ask how you can help instead of assigning tasks.
- Offer to walk, prepare meals, or adjust routines together.
- Learn the emergency warning signs together, and never discourage someone from calling for help.
- If side effects occur, help them contact the prescribing team rather than stopping a medicine.
- Review your own cardiovascular risk factors, especially when conditions run in the family.

Caregiving can affect your sleep, mood, health, and ability to function. Ask the clinical team or your own clinician for support when caregiving is affecting your well-being or becoming difficult to manage safely.

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