

# When Your Loved One Has a Heart Condition

If you are caring for a loved one with **heart failure, cardiomyopathy, atrial fibrillation, a heart defect**, or your loved one has recently had a **stroke or heart attack**, Family First's Care Experts are in your corner. Our accredited professionals help you understand and prioritize your caregiving responsibilities so that you can maintain your own physical and mental wellbeing as well as provide optimal care to your loved one.

## Stronger Together

Caring for a loved one with a heart condition is often a long journey. Our Care Experts will meet you where you are on your loved one's road to recovery.

### Family First Helps Caregivers:

- + Develop a Caregiving Blueprint
- + Understand a new diagnosis or existing cardiac condition
- + Navigate complexities and treatment plans
- + Help with difficult decision making
- + Optimize lifestyle changes
- + Plan heart-healthy meals and nutrition
- + Coordinate alternative care
- + Review medications