



Caregiver Support Guide

Resources for Family Caregivers

Society for Heart Failure and Transplantation





Patient Resources • March 2026

Caregiver Support Resources





Comprehensive Support Network







Professional Support Services

-  **24/7 Caregiver Helpline:** Access to trained counselors and medical guidance
-  **Support Groups:** Weekly virtual and in-person caregiver meetings
-  **Online Resources:** Educational webinars and caregiver training modules
-  **Respite Care:** Temporary relief services to prevent caregiver burnout

Daily Care Management

-  Monitor **medication adherence** and watch for side effects
-  Track **daily weight** and report changes >2 lbs in 24 hours

Caregiver Self-Care Essentials

-  Recognize **warning signs:** shortness of breath, swelling, fatigue
-  Support **heart-healthy diet** with low sodium meal
-  Maintain **regular sleep schedule** and ask for help when overwhelmed
-  Stay physically active and maintain your own medical appointments
-  Connect with other caregivers and maintain social relationships
-  Practice stress management techniques and seek counseling if needed

Emergency: Call 911 for chest pain, severe shortness of breath, or loss of consciousness