For the Caregiver

Communicate how you are feeling
Allow time to grieve the lack of normal
Reflect on the journey—in writing
Educate yourself about the disease
Get involved in your loved one’s care
Involve others who can help
Visit with other MHI/MLH members
Eat right
Rest—get sleep and take breaks

Mended Hearts

www.mendedhearts.org
www.mendedlittlehearts.org
1-888-HEART99