

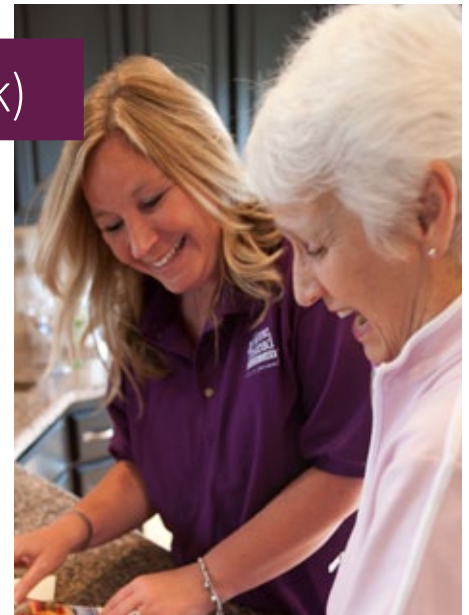
Myocardial Infarction (Heart Attack)

When a senior returns home from the hospital or a facility after a heart attack, there's much to consider: follow-up doctor's appointments, medical tests, medications, a healthier diet, a rehabilitation program and more. A local Home Instead Senior Care® office can help seniors transition safely home through the network's Returning HomeSM Program.

To help reduce the chances of another heart attack it's important to follow your doctor's instructions and to stay healthy.

How a Home Instead CAREGiversSM can help with:

- **Doctor Appointments:** Keep blood pressure, blood sugar and cholesterol under control, and remember to make sure your senior loved one follows up with doctors during office visits in which these vital measurements are monitored. A Home Instead CAREGiver can keep track of scheduled appointments, prepare a client for the trip and provide transportation to the doctor's office or rehabilitation facility. Your senior loved one's doctor should be alerted about any chest pain or discomfort after the return home. A Home Instead CAREGiver always stands ready to call for help at a moment's notice if an emergency arises.
- **Medication Reminders:** Make sure your senior is clear about medications and when and how they should be taken. A Home Instead CAREGiver can help by picking up new prescriptions and refills, and overseeing medication reminders to help reduce the risk of a medication mishap. A Home Instead CAREGiver can also make a note of any reactions or side effects so that they can be addressed during a doctor's appointment or, if needed, alert the doctor immediately.
- **Nutrition Management:** Follow a heart-healthy diet rich in fruits, vegetables and whole grains, and low in animal fat. A Home Instead CAREGiver can help with meal preparation and grocery shopping, and follow a doctor's orders on diet for a senior loved one. Preparing meals for a senior offers opportunities to interact as well as a chance to observe and record the client's food intake.
- **Exercise and Activity:** Your senior loved one should check with his or her doctor on frequency, duration and restrictions of exercise. A Home Instead CAREGiver can help by providing a reminder for a daily scheduled activity and by observing and documenting activities.
- **Excessive Emotional Stress or Depression:** It's not uncommon for a senior loved one to become anxious or depressed after a heart attack; in fact, experts link depression and heart disease. A Home Instead CAREGiver can help with companionship and by alerting family members or the client's doctor if signs of depression appear. Stress and anger can hurt the heart. They might make the symptoms worse, and some activities of daily life might seem stressful to a loved one who is on the mend from a heart attack.
- **Assistance with Daily Routine:** A Home Instead CAREGiver can help with light housekeeping. Assistance with bathing, dressing and toileting are other services that are also available.



For more information contact your local
Home Instead Senior Care® office at
888.484.5759
or visit ReturningHome.com

Returning HomeSM

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