

Myocardial Infarction (Heart Attack)

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

To help reduce the chances for another heart attack, check out these doctors' recommendations at the U.S. National Library of Medicine* and the ways the Returning Home Program can help:

- **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 CAREGiverSM can keep track of scheduled appointments, prepare a client for the trip and provide transportation to the doctor's office or rehabilitation facility.
- **Make sure your senior is clear about medications and when and how they should be taken.** A CAREGiver can help by picking up prescriptions and refills, and overseeing medication reminders to help reduce the risk of a medication mishap. A CAREGiver also could 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.
- **Follow a heart-healthy diet rich in fruits, vegetables and whole grains, and low in animal fat.** A 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 client offers opportunities to interact as well as a chance to observe and record the client's food intake.
- **Slowly increase exercise, which could include a short walk inside the house for starters; your senior loved one should check with his or her doctor on frequency, duration and restrictions of exercise.** A CAREGiver can help by providing a reminder for a daily scheduled activity and by observing and documenting exercise.
- **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 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. A CAREGiver can help with light housekeeping. Assistance with bathing, dressing and toileting are other services that may also be available.
- **Your senior loved one's doctor should be alerted about any chest pain or discomfort after the return home.** A CAREGiver always stands ready to call for help at a moment's notice if an emergency arises.



* U.S. National Library of Medicine; online at <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001246/>.



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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