

Heart Failure: How Support Can Help

When you have heart failure and so much to do for yourself on your health care journey, there may be a time that you'll need some help.

Asking for help and getting support in your life can make a difference for you and your health.

It can also make a difference for the people who want to help you.

Your friends and family care about you.

They've probably even asked how they might help you.

But right now, you may not even know what you need.

Or maybe there's too much to do to stop and think of what they might do for you.

So here are some ideas on how they could help in different ways.

Have them take notes when you go to the doctor so you don't have to try to remember everything you talked about.

Ask them to shop or do things around the house, like vacuuming or laundry.

And if it's been hard to keep track of your medicines, someone you trust could help.

Or they could be a walking buddy for as far as you feel like walking.

Maybe they could share a meal, a weekly call, or an email.

Give it a try.

Couldn't you use a little help today?

Most people want to be helpful.

Maybe someone in your life is just waiting for you to ask.

So go on—go ahead and ask.

People really can be some of the best medicine around.