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## Heart Failure Caregiver Navigator: Mapping Your Caregiver Journey

### Heart Failure Caregiver Navigator

Caring for someone who has heart failure can be challenging. Just the term “heart failure” can cause fear and anxiety in a patient and their family. Heart failure is a diagnosis that can be vague, and in many cases, it can present as other conditions. After the diagnosis of heart failure, there remain many unknowns.

The Heart Failure Caregiver Navigator helps those caring for a loved one navigate the diagnosis and feel better equipped in moments of stress.



**Where Does a Caregiver Start:**  
Getting to a Heart Failure Diagnosis



**Setting a Route:**  
The Basics of Your Role as a Caregiver



**Staying on the Proper Route:**  
Tracking Your Loved One's Medical Info



**Preparing for Emergency Stops:**  
Being Prepared for Unexpected ER Visits



## Taking a Pit Stop for You: Self-Care for You, the Caregiver

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Reprinted with permission from the [Caregiver Action Network](https://caregiveraction.org), the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age.

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