



# ADULT SUPPORT AREAS



MANAGING  
A HEALTH  
CONDITION



EMOTIONAL  
HEALTH



FAMILIES AND  
RELATIONSHIPS



LIFESTYLE



WORK AND  
EDUCATION



# MANAGING A HEALTH CONDITION

Having a congenital heart condition can often mean dealing with uncertainty, going to hospital appointments and admissions, and managing your symptoms. These things can bring up different feelings for different people. There's lots of support out there to help you manage your health condition; whether that be advice on how to help manage your symptoms, manage day to day activities, the practicalities of hospital appointments and stays, and knowing the different treatments and procedures you might undergo.



# EMOTIONAL HEALTH

Living with a cardiac condition, or knowing someone who has a cardiac condition, can bring up different feelings for different people. Sometimes you might be faced with uncertainty, you may need to make some medical decisions, or perhaps deal on occasion with some challenging situations. For some, these situations can cause feelings such as worry, stress or low mood. There's lots of information out there to help you make sense of these feelings, as well as the appropriate support services for you too.



# FAMILIES AND RELATIONSHIPS

Having a new diagnosis, cardiac condition, or undergoing cardiac surgery can affect your family and the people who are close to you, not just you. These situations can bring up different responses from different people and sometimes these reactions can impact upon relationships, whether temporarily or permanently. It is understandable if relationships change slightly, perhaps those close to you might become more protective, some might not understand or there might be a new added strain. If you are struggling with a relationship or need help coping with a family member's health condition, there is lots of information and support out there to help you.



# LIFESTYLE

For everyone it's important to lead a healthy lifestyle. However, this can be especially important if you have a cardiac condition. You might need to think about making positive changes to your lifestyle, like:

- Eating healthily
- Controlling your weight
- Keeping active by exercising and participating in sports
- Cutting back on drinks containing caffeine

- Avoiding using recreational drugs
- Avoiding getting tattoos and piercings.
- Maintaining good dental hygiene and visiting your dentist regularly.

Sometimes it can be difficult to maintain a healthy lifestyle. If this is something you're struggling with, there is lots of support and information out there to help you.



# WORK AND EDUCATION

Most people can return to work following a heart attack, diagnosis or cardiac surgery, given the appropriate time for recovery. However, it can be hard to find the right work and life balance and it's understandable if at first it seems a bit daunting. If you're having worries about managing your work load, or attending work, there is lots of information and support out there to help you cope.