



Managing Relationships & HE

When your loved one is diagnosed with Hepatic Encephalopathy (HE), it can be a stressful experience for both you and them. According to a recent survey of 169 individuals affected by HE, 91% of respondents felt their role as a caregiver created a fair or significant amount of emotional stress. The below suggestions offer guidance on how you, as a caregiver, can best speak with your loved one about their diagnosis, and help explain it to others.



RELATIONSHIP WITH YOUR LOVED ONE:

- This diagnosis can have big impact on daily life, such as not being able to drive a car, not being able to work and not being able to care for oneself. These can be difficult topics to broach, and may be made easier with the assistance of input from your loved one's doctor.
- You and your loved one are in this together. The needs and concerns of both the patient and caregiver must be addressed for the relationship to stay healthy.
- The changes that your loved one is going through may be difficult for them to manage on their own. You both may benefit from talking to a professional counselor or therapist, as they may help you and your loved one cope with the emotions and stress from managing HE.
- Ensure your loved one knows how important it is for them to adhere to their care plan.



RELATIONSHIPS WITH OTHERS:

It can be difficult for others to understand the changes taking place in you and your loved one's lives, but you aren't in this alone. Using the below techniques to discuss HE with your friends and family may help make managing your loved one's HE easier.

- Be honest with them about the diagnosis, how things may change and what you may need from them in the future. Answer their questions the best you can, as this will help them understand the burden you are dealing with.
- Don't feel like you need to manage everything on your own. See if other family or friends are available to assist periodically with other tasks, such as driving, preparing meals or other chores around the house. They also may be able to provide advice.
- Direct them to [UnderstandingHE.com](https://www.understandinghe.com) so they can familiarize themselves with what you and your loved one are managing.

VISIT [UNDERSTANDINGHE.COM](https://www.understandinghe.com) FOR MORE INFORMATION.