



Caregiver Support Tip Sheet

It is difficult to watch someone you love experience a condition like Hepatic Encephalopathy (HE), but you are not alone. There are things you can do to help you and your loved one cope.



HELP YOUR LOVED ONE:

It can be difficult for HE patients to put what they are feeling into words. According to a recent survey of 169 individuals affected by HE, 74% of patients agreed/strongly agreed that it is difficult for them to explain what they are going through to other people.

Ways to help your loved one include:

- Listen to what they are thinking and feeling – it can go a long way; encourage them to keep a diary or journal
- Ask questions around how your loved one wants to be helped vs. making assumptions about their wants and needs
- Stay positive so you and your loved one can have better quality of life
- Relay all information to the doctor regarding symptoms, episodes and medication adherence, as patients can possibly forget or be unaware. It may be helpful to write down what you are noticing at home, as well as write down specific instructions given by the doctor
- Caregivers should help manage medications to ensure patients adhere to regimen
- Do what works for you both – whether it's an outing or a focused, sit down conversation



HELP YOURSELF:

Know you aren't alone. According to a recent survey of 169 individuals affected by HE, 91% of caregivers felt that their role as a caregiver created a fair or significant amount of emotional stress.

Ways to take care of yourself include:

- Take time for you and embrace the power of journaling
- Seek support from other caregivers – you are not alone!
- Learn how to manage your stress
- Exercise and maintain your own health and be sure to get enough sleep
- Make time to do the hobbies or activities that you enjoy
- Accept help from others by asking friends or family to pitch in or using online resources, such as Lotsa Helping Hands, to help you stay organized
- Caregiver.com can provide a variety of general information, tools, and resources for all types of caregivers
- Consider joining a support group or speaking with a mental health professional to discuss your thoughts and feelings

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



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