

STAYING HEALTHY

Know your blood pressure



Be active every day.
Don't let getting older stop you!

Connect with others



Bring a list of all your
medications and review
it at every health visit

After a setback, physical therapy
or cardiac rehab can help
you get moving again



Ask for help if you are depressed,
lonely or have trouble with daily tasks

Set your care goals
& share them with
your loved ones



HEART DISEASE
is the
#1 CONDITION
in older adults

Most older
adults have
**SEVERAL
CHRONIC
CONDITIONS**

**PLAN
FOR THE
FUTURE**

- ✓ Talk about your end-of-life wishes
- ✓ Plan for when you may not be able to care for yourself or others

Go to ***CardioSmart.org/OlderAdults***
to learn more about caring for older adults with heart disease.

@ACCinTouch #CardioSmart