

STAYING HEALTHY

HEART DISEASE is the **#1 CONDITION** in older adults

Most older adults have **SEVERAL CHRONIC CONDITIONS**

PLAN FOR THE FUTURE

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



✔ Talk about your end-of-life wishes

✔ Plan for when you may not be able to care for yourself or others

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

➔ Go to [CardioSmart.org/OlderAdults](https://www.CardioSmart.org/OlderAdults) to learn more about caring for older adults with heart disease.