

HOW TO MANAGE SYMPTOMS / REBUILD YOUR LIFE AFTER SURVIVING A CARDIAC ARREST?

Families and caregivers play crucial roles in survivors' psychological and physical recovery. Some activities* that can help the recovery process include:



Diet change



Regular exercise



Rehabilitation:

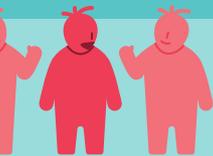
- Speech therapy
- Psychological support
- Cardiac rehabilitation programme



Family counselling



Join a peer support group with other cardiac arrest survivors



**Subject to your cardiologist's/physician's recommendation.*

Sign up now at
tinyurl.com/cardiacsurvivors



For enquires, contact us at
survivors@heart.org.sg

An initiative by



Pre-hospital & Emergency
Research Centre



CARDIAC ARREST SURVIVORS' CLUB

A peer support group for cardiac arrest survivors, their families and caregivers.

HOW CAN I PROTECT MY HEART?
WHERE CAN I FIND SUPPORT?
WILL I HAVE ANOTHER CARDIAC ARREST?
HOW CAN I IMPROVE MY LIFESTYLE?
CAN I STILL WORK?
WILL I BE TREATED DIFFERENTLY?
WHO CAN I TALK TO?
AM I STILL THE SAME MAN/WOMAN?
WHO CAN UNDERSTAND ME?
AM I A BURDEN?
WILL MY FAMILY BE AFFECTED?
IS THERE ANYONE I CAN ASK FOR HELP?
I NEED MY LIFE BACK



WHAT HAPPENS AFTER SURVIVING A CARDIAC ARREST?

Everyone's recovery journey is different. However, some symptoms which may be experienced by survivors include:



Chest pain



Tiredness and fatigue



Memory problems, difficulty in concentrating, decision-making



Psychological issues including dealing with anxiety, depression and post-traumatic stress disorder



Speech difficulties



Headaches



Weakness or immobility

Survivors may also feel worried and stressed about their abilities to return to work, live independently and perform basic activities of daily living. This may affect survivors' personal relationships and their well-being.

WHAT IS THE CARDIAC ARREST SURVIVORS' CLUB?

Cardiac Arrest Survivors' Club is a peer support group in Singapore for cardiac arrest survivors and their families/caregivers. The group aims to provide a safe space to support cardiac arrest survivors in their journey to rebuild their lives and to inspire others to do the same.

GOALS

- Advocate for cardiac arrest survivors and their families/caregivers
- Provide a safe and friendly space to facilitate sharing of the recovery journey
- Be a source of, and to disseminate reliable information about cardiac arrest, especially in the area of recovery, rehabilitation and prevention
- Connect survivors through social activities and to encourage mutual support
- Support and implement initiatives that help survivors through health promotion, outreach and volunteerism

WHO SHOULD BE IN THE CARDIAC ARREST SURVIVORS' CLUB?

Cardiac arrest survivors, family members and caregivers.

- Survivors may face many challenges during their recovery journey. By connecting with other cardiac arrest survivors with similar experiences, it can help with fears and anxiety while providing a safe space that lets survivors ask questions and assist one another through this journey.
- We hope to build a community where cardiac arrest survivors are confident, connected and well-informed to achieve a better quality of life. We encourage survivors to connect with each other as soon as they are discharged from the hospital.
- Survivors' caregivers and their circle of support are important to their recovery journey. Thus, caregivers and family members are welcome to join the Cardiac Arrest Survivors' Club too.

WHAT CAN YOU EXPECT WHEN YOU JOIN THE CARDIAC ARREST SURVIVORS' CLUB?

- Health talks by healthcare professionals
- Healthy cooking demonstrations
- Activities/outings for you and your families
- Community-based cardiac rehabilitation by the Singapore Heart Foundation (SHF)*
- Training for your caregivers in Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED)
- Community resources for psychological support

*Subject to your cardiologist's approval and SHF's assessment.

