




## Eugene Springfield HEARTsafe Sudden Cardiac Arrest Survivor Resources

SUPPORT AND CARE FOR OUR SUDDEN CARDIAC ARREST (SCA) SURVIVORS AND THEIR CO-SURVIVORS

HEARTSAFE SUPPORTS SURVIVORS	
<p>More than 356,000 people have an out-of-hospital cardiac arrest in the US each year. Please know that <u>you are not alone!</u> There is support out there for you, your needs, and what to expect after surviving cardiac arrest. Many of our partner organizations offer psychological and emotional support and advocacy opportunities for cardiac arrest Survivors and their Co-Survivors (Co-Survivor: those who witnessed the arrest, spouses, family, friends, and other support persons).</p> <p>Please ensure you take your medications as directed, set up and attend your follow-up appointments, and get your Cardiac Rehab appointments set up.</p>	
SURVIVAL RESOURCE: LOCAL AND NATIONAL	CONTACTS
<p><b>Cardiac Rehab at Oregon Heart &amp; Vascular Institute:</b> Personalized exercise and education program shown to reduce the risk of future heart problems. Work with experts in person to get your questions answered.</p>	<p>Phone: 541-222-7216</p>
<p><b>Heartsight:</b> Understanding Cardiac Arrest. Online resource for Survivors, Co-Survivors, and Witnesses. Step-by-step recovery resource, starting with “What happened to me?” and covering “What happens now?”.</p>	<p>Website: <a href="http://ourheartsight.com/">http://ourheartsight.com/</a></p>
<p><b>Cardiac Arrest Survivor Alliance (CASA):</b> Private, members-only online community for sudden cardiac arrest survivors available to share their experiences, find others who have been through similar life-changing events, and help one another during the healing process.</p>	<p>Website: <a href="https://casahearts.org/">https://casahearts.org/</a> For FAQs, click ‘Resources’ at the top, then ‘What should I expect after surviving sudden cardiac arrest’. Email: <a href="mailto:info@casahearts.org">info@casahearts.org</a></p>
<p><b>HeartRescue Project, Life After SCA:</b> Provides support for SCA survivors and their loved ones, with the goal of helping them return to living happy, healthy, and fulfilled lives. There is a free Survivor Brochure available for download.</p>	<p>Website: <a href="http://www.heartrescueproject.com/survivor-support/resources-for-survivors/">http://www.heartrescueproject.com/survivor-support/resources-for-survivors/</a></p> <p>If virtual, click here:              SCA_Survivor_Survivor_Brochure.pdf</p>
<p><b>Sudden Cardiac Arrest Survivors Private Facebook Group</b> A private group for anyone personally affected by SCA to talk about anything relevant to SCA. Social group: Nothing in this group is a substitute for medical advice.</p>	<p>Website: <a href="https://www.facebook.com/groups/scasurvivors">https://www.facebook.com/groups/scasurvivors</a></p>
CONSIDER THE FOLLOWING RESOURCES:	
<ul style="list-style-type: none"> <li>• Trauma Intervention Program of Lane County: 541-286-6416 <a href="https://www.tiplanecounty.org/">https://www.tiplanecounty.org/</a></li> <li>• Workplace Employee Assistance programs – often free counseling, financial resources, etc.</li> <li>• Faith-Based Resources</li> <li>• Heart Walk &amp; Talk – 1st Thursday of the month, 3:30pm, meet at path near RiverBend ER</li> <li>• Tobacco State Quit Line: 1-800-784-8669</li> <li>• Parent Heart Watch Program: <a href="https://parentheartwatch.org/">https://parentheartwatch.org/</a></li> </ul>	