



Caring at a Distance

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Senior Management Services

Long distance caregivers make up seven million of the nation's caregivers. It can be especially hard with the distance adding an "extra level of stress" as one caregiver comments. There is worry when you are not able to see for yourself how they are doing and what they are doing each day.

Often the concerns can revolve around financial or medical plans that need to be made. Long distance caregivers often worry about what will happen in an emergency. One suggestion made is to visit regularly, so that you can bring up these matters in a non-threatening way. We often recommend that you do not discuss these personal matters at a celebration or holiday event, but during a regular visit to spend time with and check in on your loved one. You may take some of the pressure off by saying, "I've been looking at getting some of these documents in to place for me in case of any emergency, and it reminded me that I should check with you as well. I'm not sure I would know what your wishes are in an emergency." For additional information about what documents to discuss or what your loved should have in place, contact us at the number below.

As a long-distance caregiver, it is important to begin obtaining information about your parent or loved one's network of support. This could be at their place of worship, favorite coffee shop, or senior center. Providing these individuals with your contact information and encouraging them to call if they notice any changes that could be of concern can additionally ease your worries. You may want to have neighbors check in regularly and you may want to build your own support network.

Staying connected has never been easier, so help your loved one access Facetime or Skype to make calls. This will allow you to see them on a regular basis and they will enjoy the increased feeling of connection to you and your family. There are some apps that can assist in family communication about coordinating care and tracking visits. This article recommends Care.ly-a free app. Also, consider a personal emergency response device or a mobile device with a GPS. There are many tools available too for prescription monitoring and pharmacy apps that can keep you updated on their refills and medication list.

**For additional information about eldercare, please contact Quest at
1-800-364-6352.**