



Long Distance Caregiving

In today's world, it's common for families and friends to be separated by great distances. At some point in their lives, your loved one may need in-home care.

Suddenly you are faced with the challenge of long distance caregiving. The best approach to dealing with long distance caregiving is to educate yourself and your family to prepare ahead of time.

Institutional Facilities vs. Their Home

Sometimes, nursing homes and retirement homes seem like the only options available for care. However, your loved one can suffer significant emotional trauma when they leave their long-time home and familiar surroundings. Studies have shown that seniors thrive when they remain in their homes and familiar communities.

How Do I Choose a Home Care Agency?

Choose an agency that offers more than basic homemaker services. Eventually your loved one will require personal care services (assistance with dressing, hygiene, etc.). The agency you choose should be bonded, insured, licensed and comply with HIPAA. Their caregivers should be experienced and screened, including a criminal background check. You or your loved one should be able to meet with the caregiver before you agree to services

Plan Ahead

Discuss future care needs with your loved one and family members. Prepare legal and medical documents, should an emergency arise. Create a local contact list of medical professionals, pharmacies and other medical facilities.

Most importantly, contact your loved one and their, friends, neighbors and other support systems. Establishing and maintaining these relationships can provide peace of mind to the family.



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