



Ways to Connect with your Long Distance Loved One

If your loved one lives in a different zip code, or even a different state, you might not feel like you are able to take an active part in his or her care. Long distance caregiving is not for the faint of heart, and it presents its own set of challenges and obstacles. However, you can connect with your aging loved one even if you cannot visit daily, or even monthly. Here are a few tips on how to feel involved with the care your loved one is receiving, even from miles away.

Set a call schedule

Not only do phone calls keep you up to date with your loved one's daily activity and neighborhood gossip, you are also able to listen to verbal cues to determine how things are



going. Long distance caregiving often requires a sensitive ear and good listening skills. If you notice a slur or acute changes in confusion, you can follow up with caregivers in regards to any mental status changes that are happening. Listen for voice tone to determine if your loved one is feeling well or perhaps feeling depressed. Hearing repeated stories or questions might be a sign of increased confusion.

Make an effort to not only call your loved one at least weekly. Calls can work best if you chat at the same time, consistently. Dial your mom on Sunday afternoons, or call your dad every night at 7. The regularity of the calls not only is comforting for both you and your loved one, but it can also be a sign to know something could be wrong if they aren't answering like usual.

Know emergency information

You might be live in California, but if your dad lives in Minnesota, you should have the phone numbers of his doctors and emergency personnel in his neighborhood right at your fingertips. If you find yourself long distance caregiving, be sure that you know differences in time zones as well; this can be especially helpful if you are trying to call your dad's doctor office during Central Time Zone business hours.

Use technology

When you are long distance caregiving, you simply cannot visit every day. However, getting your eyes on your loved one at least once every few days is crucial.

Looking at your loved one face to face is not only good for your soul, but also gives you a chance to observe any subtle changes like weight loss or other visible signs of distress. Use technology such as Skype or FaceTime and don't worry if your loved one doesn't know how to use it. Enlist help of a tech-savvy friend, caregiver or neighbor to help make the connection.



Enlist help

Speaking of finding help, when you are long distance caregiving it is imperative to set up local help to be your eyes and ears, as well as your loved one's support. Find friends and neighbors who can pitch in to visit, and then let our angels at [Visiting Angels Wayzata](#) bridge the gap as well. Our caregivers have an average of 10 years of experience working with seniors, and we are ready to foster a relationship with your loved one and with you. We know that it isn't easy to be away from aging loved ones, and we are ready to encourage you and support your loved one.

Visiting Angels of Wayzata, MN

952-935-0789

angels@angelsmn.com

www.visitingangels.com/Wayzata

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