



WELCOME CAREGIVERS IN HEALTH CARE

Today's Topic Long Distance Caregiving
Feel free to leave your email address in the chat

Check out past topics at
<http://dementiacaregiver.createuky.net/>



How is a long distance caregiver defined?

- A. Lives in another state from their loved one
- B. Lives more than 100 miles away
- C. Lives more than an hours drive
- D. Anyone who can not regularly see their loved one

Put your answer in the chat



What do you think is the biggest challenge for someone providing care from a distance?

Use the chat to answer



Long Distance Caregiving will look different for each family

Alone

- Informal caregivers
- Geriatric Care Managers
- Hired Care takers

Family

- Parent
- Siblings
- other relatives

What can a Long Distance Caregiver do?

- Provide Emotional Support
- Do Research & Gather Information
- Organizing Paperwork
- Helping with Schedules
- Managing Finances
- Provide Respite



Emotional Support

- Call/Video call your loved one
 - Provide a daily/weekly check in
 - Update each other on life events
- Call/Video call a primary caregiver
 - Be a listening ear
 - Be an encourager





Research and Information

- Gather information about the diagnosis
- Collect /become familiar with Medical information
- Learn about local resources
 - Community Agencies
 - Friends/Neighbors
 - Services that are available



Resources

Nation Wide Resources

Alzheimer's Association www.alz.org 1-800-272-3900

Area Agency on Aging

<https://www.chfs.ky.gov/agencies/dail/Pages/aaail.aspx> (KY)

Centers for Medicare and Medicaid www.cms.gov

Medicaid www.Medicaid.gov

SHIP (State Health Insurance Program) 877-293-7447 Option 2 for KY

Veterans Affairs <https://www.va.gov/family-member-benefits/>

Benefits.gov

National Institute on Aging www.nia.nih.gov

Organizing Paperwork

Organize

Learn where important
paperwork is stored
How to access it



* Resource Guide on Putting things in order Checklist

Helping with Schedules

- 🕒 Make Appointments
(doctor, personal care,
home improvements)
- 🕒 Interview in home
services
- 🕒 Arrange for services



Finances



Become a partner

Help where and when needed

Bills

Banking

Taxes

Learn and Know their process

Discuss future

Respite

Provide a break for the day to day caregiver by giving them a break.





Long Distance Caregiving has Unique Challenges

Different Rules/Resources

Additional Cost



Short intense Visits

Making the most of the visit

Evaluate the home

Monitor Driving

Schedule appointments
/meet neighbors

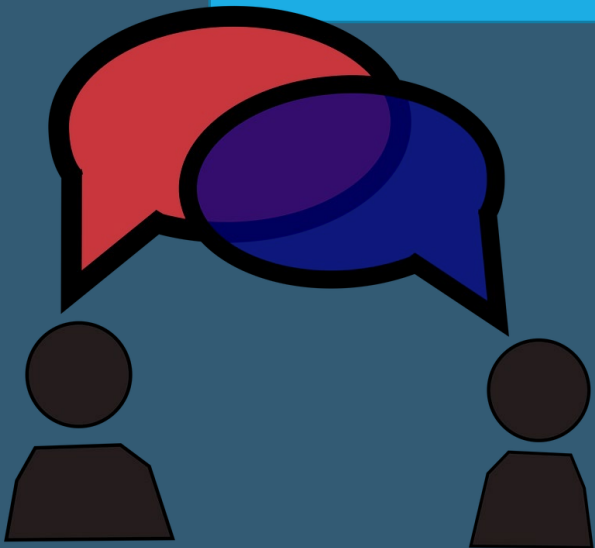
Reconnect

Communication

Moving Parts

Family Dynamics

Keep communication
lines open





BE KIND TO
yourself

Technology





Video Chat



FaceTime



Remote Monitoring

Smart Home Devices

Monitors/Safety Devices

Personal Safety Devices





Technology

- Online shopping
- Ride shares
- Support

Support groups
Apps for stress
Social media

ONLINE
GROCERY
SHOPPING





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THANK YOU!

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