

# Long Distance Caregiving

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Caring For Loved Ones  
When You're Miles Away





## Plan Ahead With Us

It's important to discuss future care needs with your loved one and family members. Prepare any legal and medical documents that may be necessary should an emergency arise. Create a local contact list of medical professionals, hospitals, pharmacies and other medical facilities they might need.

Establishing and maintaining these relationships can provide peace of mind to the family.

The best approach to dealing with long distance caregiving is to educate yourself and your family to prepare ahead of time.

## Meeting Your Needs

These days long distance caregiving is becoming an important option for our loved ones. Gifted Hands is the perfect choice in delivering the care you need when you need it! We assess your strengths, your limitations and help you when you actually need it. Rest assured with peace of mind that your loved one will be in experienced and gifted hands.



## Does my loved one need care?

- Does your loved one need assistance walking?
- Has their physical and/or emotional health been declining?
- Are they able to prepare nutritious daily meals?
- Are they able to shop for themselves?
- Are they able to manage their bills and financial responsibilities?
- Are they taking their medications on time?
- Are they still able to drive safely?
- Are they in need of companionship?
- Are they able to dress and groom themselves?

## “I feel guilty that I am not there for them.”

Guilt is a natural emotion. It's frustrating to be separated by distance and trying to manage remotely. Reduce anxieties by sharing the load with other family members.

If your loved one is dealing with a specific illness (ie. Alzheimer's, ALS, Cancer, Stroke, etc.) contact the local association/support group. Use the services of a Gifted Hands caregiver, or licensed professional.

Most importantly, stay in contact with your loved one and their support group, establish periodic phone calls and visit as often as possible.



## 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 with their friends and neighbors.

## How Do I Choose a Home Care Provider?

Home care agencies offer different levels of service. Choose an agency that offers more than basic homemaker services.

Eventually your loved one will require personal care services (assistance with dressing, bathing, hygiene, etc.). The agency you choose should be bonded, insured and licensed (not all states require home care licensing). 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. Choose an agency that complies with HIPAA.