

# LONG DISTANCE CARE FOR SENIORS AND THEIR FAMILIES

CAREGIVERS



Long Distance Family Care

## How to Care for Senior Loved Ones Long Distance

*Offering real support and care to seniors is a challenge for many families. For those living far away from senior loved ones, the challenge is even greater.*

As families spread out around the country and globe, seniors often rely on the support of loved ones who live far away. Long-distance caregiving has unique challenges, but it can be done safely and effectively.

In the US, approximately 5-7 million adults are responsible for caring for a senior family member who lives more than 26 miles away. For seniors and their caregivers, long-distance support is possible through smart strategies.

([caregiver.org](http://caregiver.org))

### Common Challenges of Long-Distance Caregiving

Caregiving for senior loved ones is typically challenging. Coordinating services, ensuring a senior's safety, offering companionship, and dealing with emotions are all common difficulties for families. Distance adds more complications.

As a result, common challenges of long-distance caregiving include:

- Finding, hiring, and managing professional caregivers
- Filling in caregivers during times of absence
- Tracking seniors' progress, needs, and well-being
- Offering companionship to combat loneliness
- Arranging for services like transportation
- Gaining assurance of senior safety in their own homes
- Feeling disconnected or out of the loop in the caregiving process
- Paying for quality care plus travel expenses

(NCBI)

### Fun Facts about Aging in the Modern Day

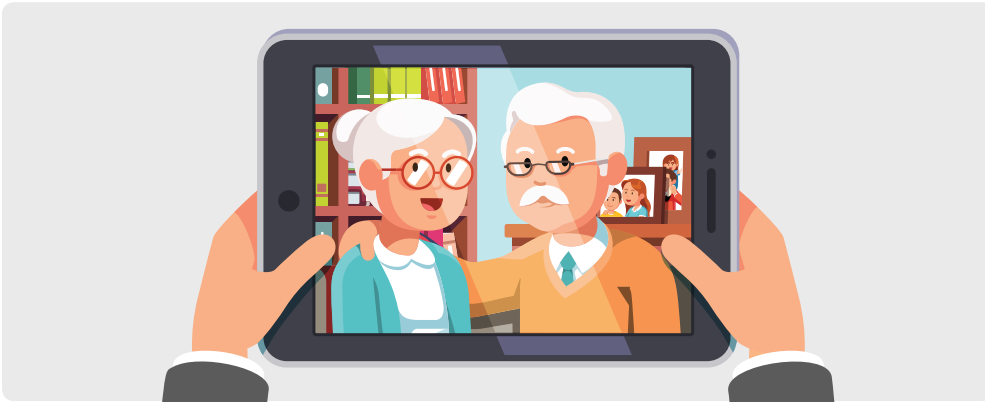
- Only **3% of seniors** live in nursing homes
- Many seniors choose to live in **retirement communities** with age restrictions, and often times their children don't meet those requirements
- A large number of seniors **choose to never retire** and remain independent
- An increasing number of seniors like to **travel for fun**
- Approximately **½ of seniors** in the US **use social media** and like to connect online

([Senior Living](#))

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Assistive Technology



## Strategies for Successful Long-Distance Caregiving

Long-distance caregiving has become increasingly common due to the changing lifestyles of both seniors and families. Many caregiving agencies are now equipped to include long-distance loved ones in caregiving. Advances in technology also make it possible for far-away family members to be involved in caregiving.

Smart strategies for long-distance caregiving include:

- Selecting a caregiver agency that uses technology to offer real-time interaction and transparency between in-person caregivers and family members
- Using video calling technology to stay connected with seniors on a regular basis
- Hiring companions, transportation, and other services designed specifically for seniors
- Opting for the support of a professional senior care agency
- Setting up automatic bill pay and other regular needs so seniors don't have to track them
- Making sure access to medical records has been granted to those living far away

(Money US News)

## Smart Tech for Long-Distance Care



Video-calling devices



Video doorbells that connect with family member's phones



Caregiving tracking and communication apps



Wi-Fi lights that can be controlled remotely and by voice



Biosensors that offer health and movement information

(NCBI)



## Home Care Tip

Often, seniors and long-distance caregivers are anxious about each other's well-being. Stay positive in conversations with either party. Reassurance can many times improve the situation.