

Six Tips for Long-Distance Caregiving

Keep these tips in mind to help make life more manageable

If you live an hour or more away from a person who needs care, you are a long-distance caregiver. Get tips on how to make life more manageable for you and your friend, relative, or parent.

Share this infographic and help spread the word about these six tips for long-distance caregiving. Click on the social media icons on this page, or copy and paste the URL and post it to your account (Twitter, Facebook, etc.).

Six Tips for Long-Distance Caregiving

Anyone who is caring for a friend, relative or parent from far away can be considered a **long-distance caregiver**. Whether you are helping with **finances**, arranging for **care**, or providing **emotional support**, long-distance caregiving can bring a host of **unique challenges**.

Keep these tips in mind to help make life more manageable.



1

Learn as much as you can about your loved one's health, treatments and available caregiving resources.

You can understand what is going on, anticipate the course of an illness, prevent



anticipate the course of an illness, prevent crises, and assist in healthcare management.

2

Organize important paperwork.

Keep all vital information in one place and up-to-date, including healthcare documents, wills and financial information. Provide copies to other caregivers.



3

Make sure at least one caregiver has written permission to receive medical and financial information.

To the extent possible, one person should handle conversations with all healthcare providers.



4

Plan your visits.

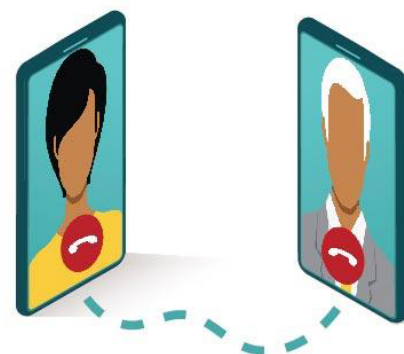
Find out in advance what the person would like to do. Aim for simple and relaxing activities. And check with the primary caregiver to see if you can help with any priority tasks.



5

Stay connected.

Schedule calls with healthcare providers and facility staff to discuss the person's well-being. Update trusted family members on your loved one's health and needs.



6

Consider caregiver training.

Some local chapters of the American Red Cross or other not-for-profit organizations might offer caregiving courses. Medicare and Medicaid will sometimes cover the cost of this training.



Visit **www.nia.nih.gov/long-distance-caregiving** to learn more.



Download a printable PDF version of the [Six Tips for Long-Distance Caregiving infographic](#) (PDF, 2.39M).

Share On Social Media

Copy and paste these messages into social media to share these six tips on long-distance caregiving:

- Read and share this infographic from the National Institute on Aging for tips for long-distance #caregiving <https://bit.ly/3gPurFA>
- Caring for a friend, relative or parent who lives far away? Check out this infographic for tips on long-distance #caregiving. <https://bit.ly/3cx2NtH>
- Anyone who is caring for a friend, relative or parent from far away can be considered a long-distanced #caregiver. Share the Six Tips for Long-Distance Caregiving infographic from NIA: <https://bit.ly/36Ugba5>

Transcript

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1. Learn as much as you can about your loved one's health, treatments and available caregiving resources. You can understand what is going on, anticipate the course of an illness, prevent crises, and assist in healthcare management.
2. Organize important paperwork. Keep all vital information in one place and up-to-date, including healthcare documents, wills and financial information. Provide copies to other caregivers.

3. Make sure at least one caregiver has written permission to receive medical and financial information. To the extent possible, one person should handle conversations with all healthcare providers.
4. Plan your visits. Find out in advance what the person would like to do. Aim for simple and relaxing activities. And check with the primary caregiver to see if you can help with any priority tasks.
5. Stay connected. Schedule calls with healthcare providers and facility staff to discuss the person's well-being. Update trusted family members on your loved one's health and needs.
6. Consider caregiver training. Some local chapters of the American Red Cross or other not-for-profit organizations might offer caregiving courses. Medicare and Medicaid will sometimes cover the cost of this training.

Source: [NIH - National Institutes of Health](#)

COVID-19 ALERT! During the Coronavirus (COVID-19) pandemic. Follow the CDC's guidelines on social distancing and your federal, state, and local government's rules and regulations.