

Long Distance Caregiving



Objectives

- Assess your loved one's needs
- Understand care options
 - Community resources
 - Home care
 - Retirement communities
 - Assisted living
 - Long-term care
- Determine whether relocation is appropriate
- Discuss care options and critical issues with your loved one
- Seek helpful resources
- Your objectives?

Long Distance Caregiving Challenges

- Assessing care needs
- Locating appropriate resources
- Providing ongoing monitoring
- Responding to emergencies

Monitoring Needs From Afar

- Establish regular contact/check-in times
- Communicate needs
- Establish a network
- Plan for visits
 - Save time off
 - Start a travel fund
 - Plan appointments
 - Assess your loved one's situation



Assessing Needs In Person

Is your older loved one able to:

- Dress and undress without help each day?
- Drive or use public transportation without assistance?
- Shop for groceries and clothing without help?
- Prepare healthy, regular meals?
- Take a bath, shower or sponge bath without help?
- Get in and out of bed without help?
- Be left alone during the day?
- Pay bills and manage finances without help?
- Clean his or her home or apartment?

Assessing Needs in Person (cont.)

- Live alone comfortably and confidently?
- Remain active and interested in life and hobbies?
- Walk, climb stairs and get around the house easily?
- Remember to take medications?
- Keep up minimum weight
- Adequately manage household duties?
- Continue to care about health and wellness?
- Maintain a positive attitude?
- Control his or her emotions?
- Generally take care of him or herself?

Professional Care Managers (PCMs)

- Perform care planning assessments
- Advocate for your loved one
- Offer short-term or ongoing assistance
- Screen, arrange for, and monitor services
- Review financial or legal issues
- Identify and work with appropriate experts
- Ensure compliance with benefit requirements
- Identify cost-saving strategies
- Analyze in-home medical equipment needs and contact providers.
- Coordinate a move
- Help arrange respite care
- Counsel, support and educate you, your loved one and other family members
- Conduct or find support groups

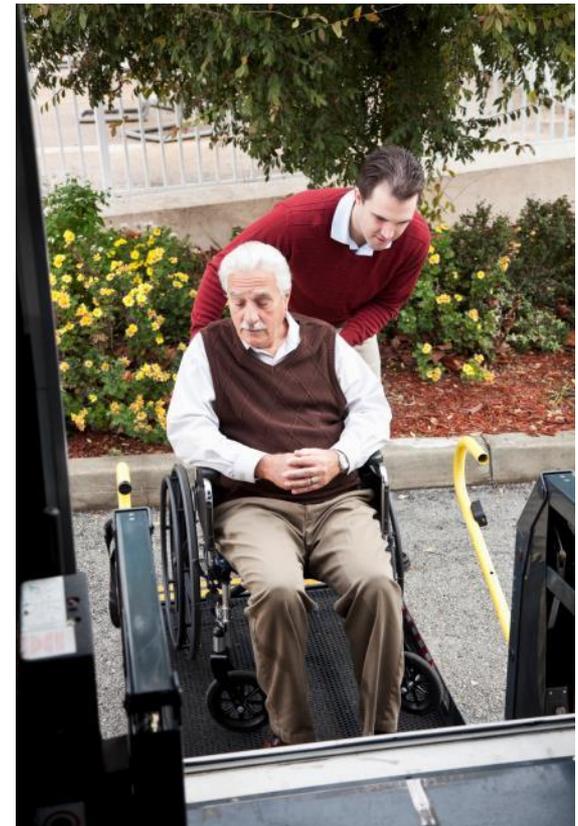
Care Options

- Community services
- Home care
- Retirement communities
- Assisted living facilities
- Long-term care facilities
- Relocation



Community Services

- Senior Centers
- Transportation Services
- Meal Delivery Programs
- Friendly Visitor/Telephone Reassurance
- Grocery Delivery
- Cleaning Services



Home Care

- What is home care?
- Services
- Cost and insurance

Hiring Home Caregivers

- Hiring a home caregiver through an agency
 - Home health care agencies
 - Employment/placement agencies
- Hiring a home caregiver on your own
 - Advertising
 - Screening
 - Background checks

Retirement Communities

- What are retirement communities?
- Levels of care
- Services
- Cost and insurance



Assisted Living Facilities

- What is assisted living?
- Services
- Cost and insurance

Long-Term Care Facilities

- What is a long-term care facility?
- Levels of care
- Services
- Cost and insurance



Relocating Your Loved One

- Medical issues
- Housing arrangements
- Legal issues
- Financial factors
- Community issues
- Easing the transition

Relocating Yourself

- Can you afford to move?
- How would the move affect other family members?
- What are the financial/tax ramifications of the move?
- Will you be able to find employment?
- Would you want to live in your loved one's home? Have you discussed this with your loved one?
- Would you prefer to live on your own in the area? Will you be able to find a place to live?
- Will you be able to share the caregiving with other family and friends?

Critical Conversations

- Personal concerns (i.e., health and safety issues, including driving)
- Medical concerns (the level of care your loved one needs)
- Housing/care options
- Financial and legal needs
- Death and funerals



Communicating with Your Older Loved One

- Let your loved one know that he or she is not alone and that you are there for support.
- Respect your loved one's opinions and be patient.
- Work together to devise a plan that benefits both of you.
- Allow for negativity. Remember that your loved one is facing life changes that may be difficult.
- Ask pointed questions that require specific answers.

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