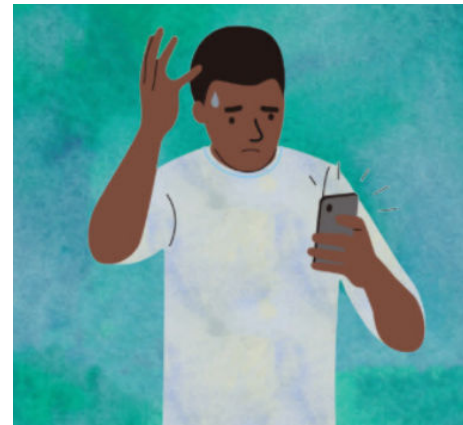


## Long Distance Care

*"Even when you don't live nearby, you can be actively involved and take on meaningful roles."*

— Alzheimer's Association



### Build a Care Team

Long distance caregiving can be challenging and stressful. Become **familiar** with **your loved one's community**, including their **healthcare providers**, **neighbors**, and **friends** to stay informed about your loved one's condition.

### Use Technology

Use **technology** to manage care from afar with video calls, remote monitoring devices, and wearable devices like smart watches. These tools help you **stay connected** and **give reassurance** that your loved one's needs are being met.

### Visit Often

Plan **regular visits** or **coordinate with others** to regularly assess the situation and provide support. These visits help you **stay connected** and **address issues** that require your presence.

### Stay Organized

Keep the care team on the same page by making **medical records**, **contact information**, and **care plans** accessible. Use technology like digital calendars to **share information** so everything runs smoothly.

### Long Distance Care Tips

Tips for Long-Distance Caregivers:

- Hold a **family meeting** to discuss needs and coordinate support.
- Consider hiring a **care manager** or **house call services**.
- **Plan for future housing needs** if living alone becomes unsafe.
- Schedule **regular check-ins** to assess safety and independence.