

Long-distance caregiving



As we make decisions about career and family, sometimes we find ourselves miles away from loved ones, such as parents, who may need help as they age. This distance can complicate the responsibilities of being a caregiver. About seven million adults in the United States are caregivers for family members who live an hour or more away.¹ When you can't be there in person, you face a unique set of challenges. Here are tips for long-distance caregivers:

- **Bring your strengths to the table.** Even though you aren't there in person, ask an on-site caregiver how you can help. Perhaps your strength is organization — like collecting, monitoring and reconciling your loved one's medical bills or consolidating important documents such as an advance directive or financial papers. Through this help, you'll ensure you are involved in your loved one's care
- **Know your limitations.** Work as a team with your loved one's on-site caregivers, but be clear with yourself and them about what you can accomplish
- **Visit as often as you can.** It is important that you visit regularly. Extending this extra effort will make all the difference in how you both feel about your loved one's quality of care
- **Monitor for signs of neglect.** Always keep your loved one's physical, financial and emotional health and safety top of mind. By visiting in person and speaking with on-site caregivers frequently, you can monitor for warning signs of neglect, such as physical injuries or changes in behavior. Encourage your loved one to speak openly any time they feel vulnerable

If you have questions about long-distance caregiving, Solutions for Caregivers can help. We're here to provide you and your loved one with the care you both need.

Solutions for Caregivers helps alleviate the financial and emotional costs of caregiving. Our experienced nurses visit your loved one, provide an objective assessment of the situation, develop a care plan and discuss recommendations with the whole family. We can also help with decision making around alternate living arrangements like assisted living or nursing home care. Or, for those dealing with advanced illnesses and end-of-life situations, we can provide recommendations for palliative and hospice care. Solutions for Caregivers can help you and your loved one, so you can enjoy your time with them.

For more information on Solutions for Caregivers:



Call **1-866-463-5337**, TTY 711
24 hours a day, 7 days a week



Visit **www.LiveandWorkWell.com**
Access code: "Caregiver"



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¹“Miles away: The MetLife study of long-distance caregiving,” National Alliance for Caregiving (2004).

Solutions for Caregivers assists in coordinating community and in-home resources. The final decision about your care arrangements must be made by you. In addition, the quality of a particular provider must be solely determined and monitored by you. Information provided to you about a particular provider does not imply and is in no way an endorsement of that particular provider by Solutions for Caregivers. The information on and the selection of a particular provider has been supplied by the provider and is subject to change without written consent of Solutions for Caregivers.