

# Caregivers' checklist: Advice for caring for a loved one from a distance



These tips can help you be more successful at caring from afar:

- Ask your elders to sign a release so you can speak to their healthcare team
- Assess home safety on your next visit or ask a professional (like their insurance agent), including fall hazards and the presence of fire extinguishers and smoke/CO2 detectors
- Check out options for transportation, including ride-hailing apps and local faith- or community-based resources
- Consider a medical emergency response system with automatic fall detection that calls for help even if your loved one can't
- Create a care circle — a group of family, friends and professionals — who help you support your loved one
- Equip your elder's cell phone with apps for easy video communication with the family and friends and reduce isolation
- Investigate local organizations that specialize in home modifications or improvements for seniors
- Know how to reach their primary care physician, specialists and local hospital
- Make sure you have up-to-date information on your family members' prescription and OTC medications
- Schedule regular phone calls or video chats with your loved one to maintain a strong connection
- Secure your own copies of legal documents like advance directives, living wills, etc.
- Support good nutrition by signing up for meal delivery services or installing an app on your loved one's phone



## Follow this advice to take better care of yourself.

*Don't disregard professional medical advice, or delay seeking it, because of what you read here. This information is not intended as a substitute for professional consultation, diagnosis or treatment; it is provided "as is" without any representations or warranties, express or implied. Always consult a healthcare provider if you have specific questions about any medical matter, and seek professional attention immediately if you think you or someone in your care may be suffering from a healthcare condition.*