

# Long-Distance Caregiving

(NAPSA)—Chances are, at some point you will be a caregiver to a friend or family member. Providing care and support can be challenging in any circumstance, but caring for a loved one who lives far away presents a unique set of challenges.

When providing care for loved ones who do not live nearby, keep the following three tips in mind.

**Plan ahead.** Learn your loved one's medical wishes, contact information for doctors as well as important financial and insurance information.

**Research community options.** Many older adults need a little help to stay healthy and independent. Area Agencies on Aging and other community-based organizations can connect caregivers to programs that help with transportation,



**You can still help look after ill or elderly loved ones even when you don't live close by.**

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personal care services, nutrition, home modification and repairs, legal services, falls prevention programs and more.

**Care for yourself.** The Eldercare Locator can connect caregivers to local resources that can help, including caregiver support programs that can provide training, and support groups and other resources that help caregivers better support their loved ones—and themselves.

The Eldercare Locator can help both care recipients and their long-distance caregivers. Through its website, [www.eldercare.acl.gov](http://www.eldercare.acl.gov), and national Call Center at (800) 677-1116, the Eldercare Locator connects long-distance caregivers to resources that can provide assistance where it is needed most—in the care recipient's own community. The Eldercare Locator is funded by the U.S. Administration for Community Living and is administered by the National Association of Area Agencies on Aging.