



# ElderCARE, LLC

Caring most about what matters to YOU!

*Aging friendly advisory services*

"Navigating the Distance:  
Strategies for  
Effective Long-  
Distance  
Caregiving"



# Agenda

- Objectives
- Definition of “Distance” and Understanding the Challenge
- Key areas of consideration for long distance caregiving
- Strategies and solutions

Have your fans ready – please note the green and red stickers on each side. Interactive program – gift card drawing for the most correct answers!

# Define the word “Distance”

## noun

- an amount of space between two things or people:
  - "I bicycled the short distance home" .
  - "the distance between front and rear wheels"
- the condition of being far off; remoteness:
  - "distance makes things look small" .
  - "watching them from a distance"
- (the distance) the more remote part of what is visible or discernible:
  - "I heard police sirens in the distance" . "they sped off into the distance"
- an interval of time:
  - "a distance of more than twenty years"



# Define the word “Distance”

Verb:

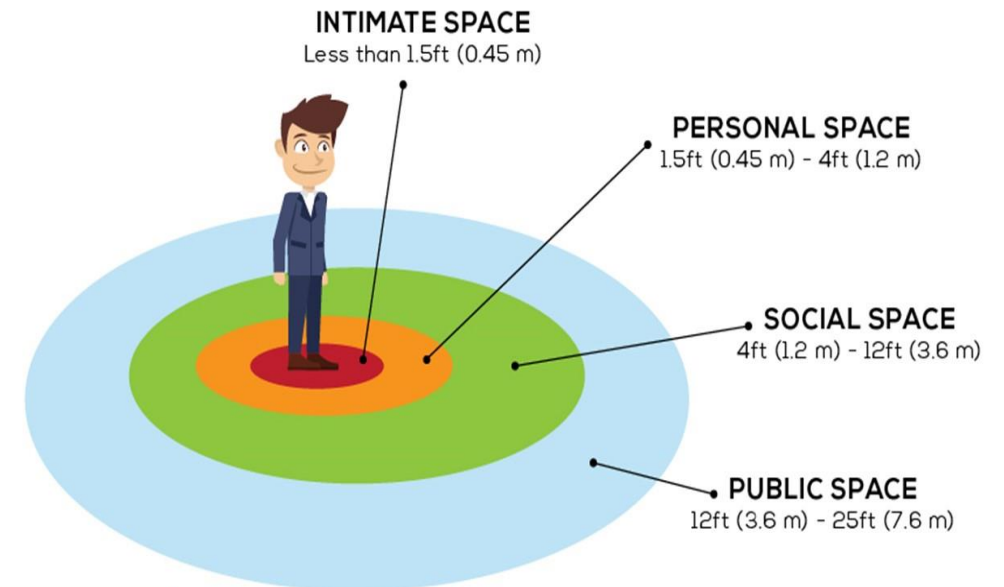
- make (someone or something) far off or remote in position or nature:

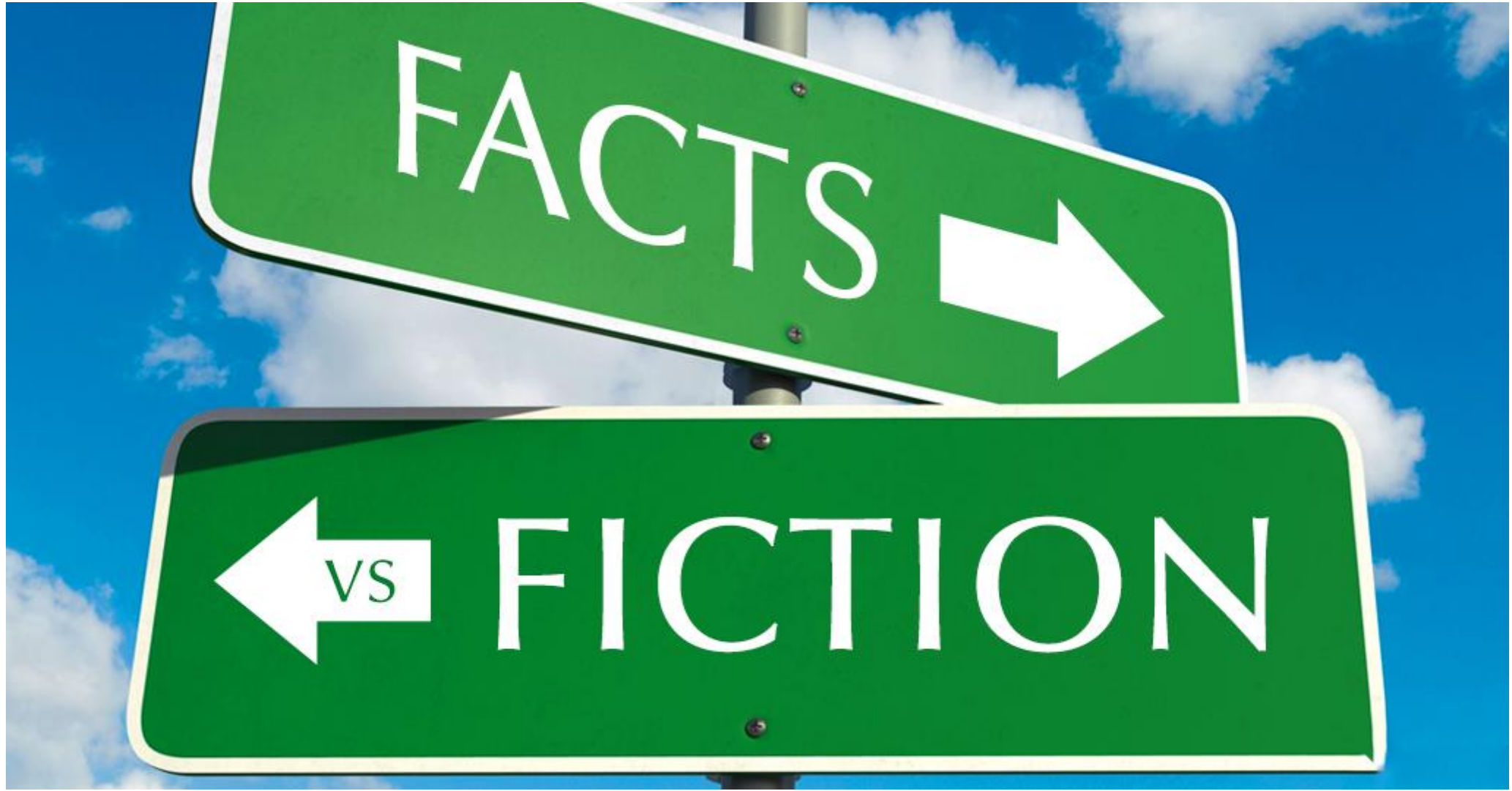
"her mother wished to distance her from the rough village children"

*(distance oneself from)*

- declare that one is not connected with or a supporter of (someone or something)

"he sought to distance himself from the proposals"





FACTS



FICTION



**FICTION**

## Fact or Fiction!

Long-distance caregivers provide less support and care for family and individuals than local caregivers?

# Understanding the Challenge!

1 in 6 Americans work full/part time and assist with care of someone!

Long distance caregivers spend on average 11 hours per week providing care

Approximately 15% of caregivers live an hour or more away from their family member or individual

More long-distance caregivers are utilizing technology to stay connected

Long-distance caregivers incur higher costs due to travel expense, time off work and hiring local support (on average \$8,728/annually)

Long-distance caregivers are at risk of higher levels of depression, anxiety and other health issues





## Understanding the Challenge!

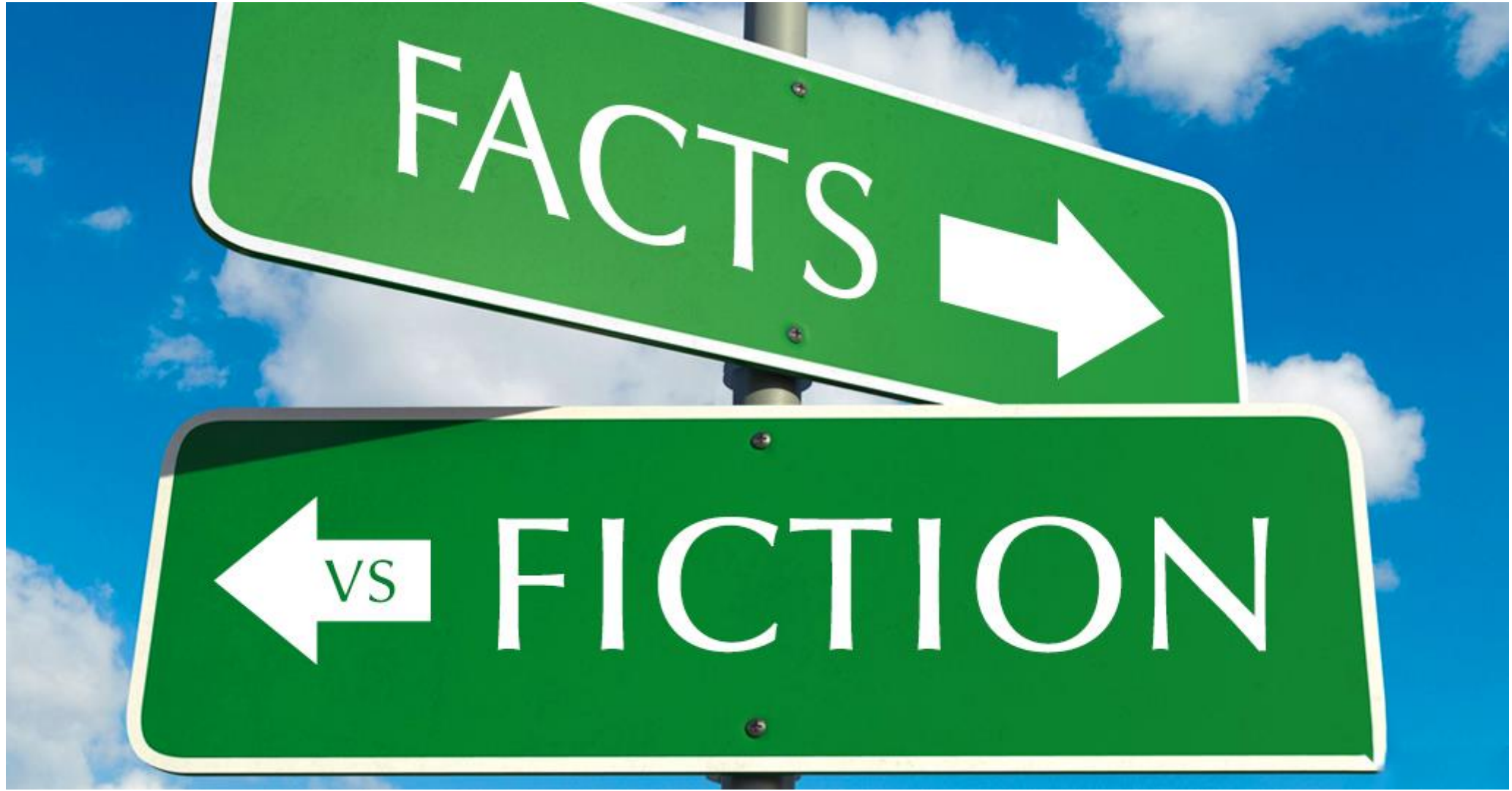
It can be emotionally challenging for both the caregiver and the aging parent.

- Stress
- Loss of control
- Guilt
- Anxiety
- Feeling of satisfaction
- Feelings of fulfillment



# Understanding the Challenge!

Recognizing and understanding these challenges is the first step in developing an effective care plan.



FACTS



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**FACT**

## Fact or Fiction!

It is essential for long-distance caregivers to establish a strong network locally for the family members or individuals requiring their help.



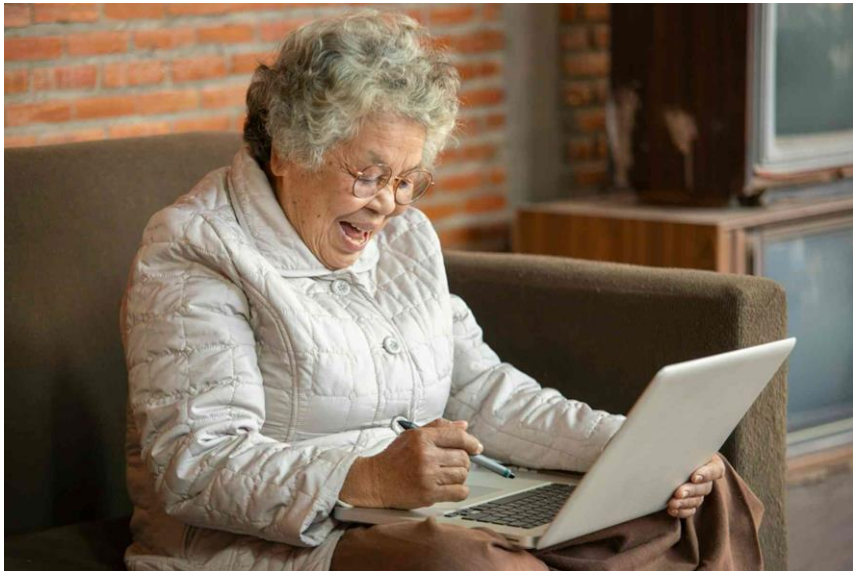
## Build a Support Network

Long-distance caregiving takes a team!

Get to know your aging parent or person's network of support.

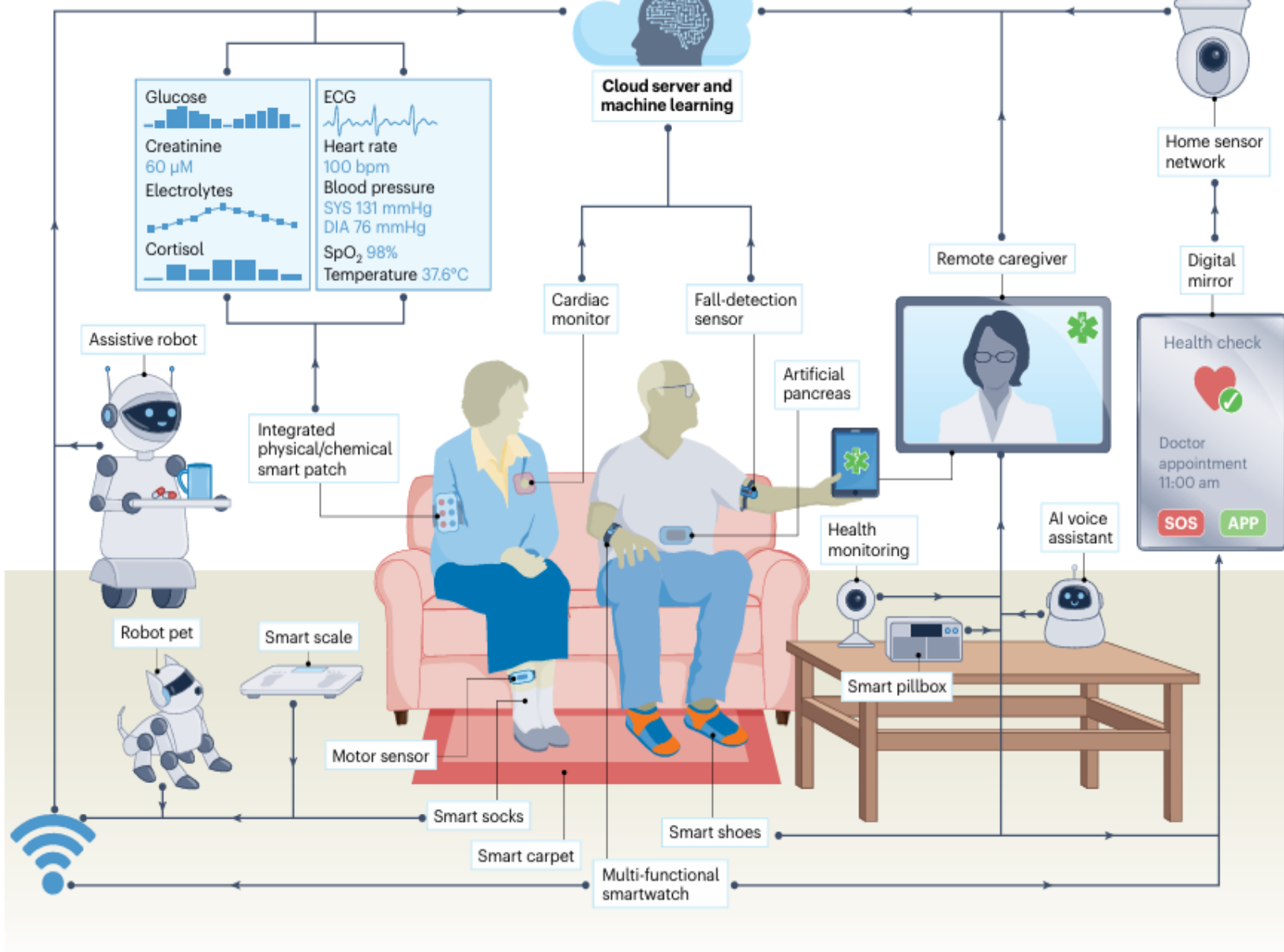
- Friends
- Neighbors
- Doctors
- Lawyers
- Bankers
- Faith community

# Technology is your friend!



**Assistive Technology Devices**

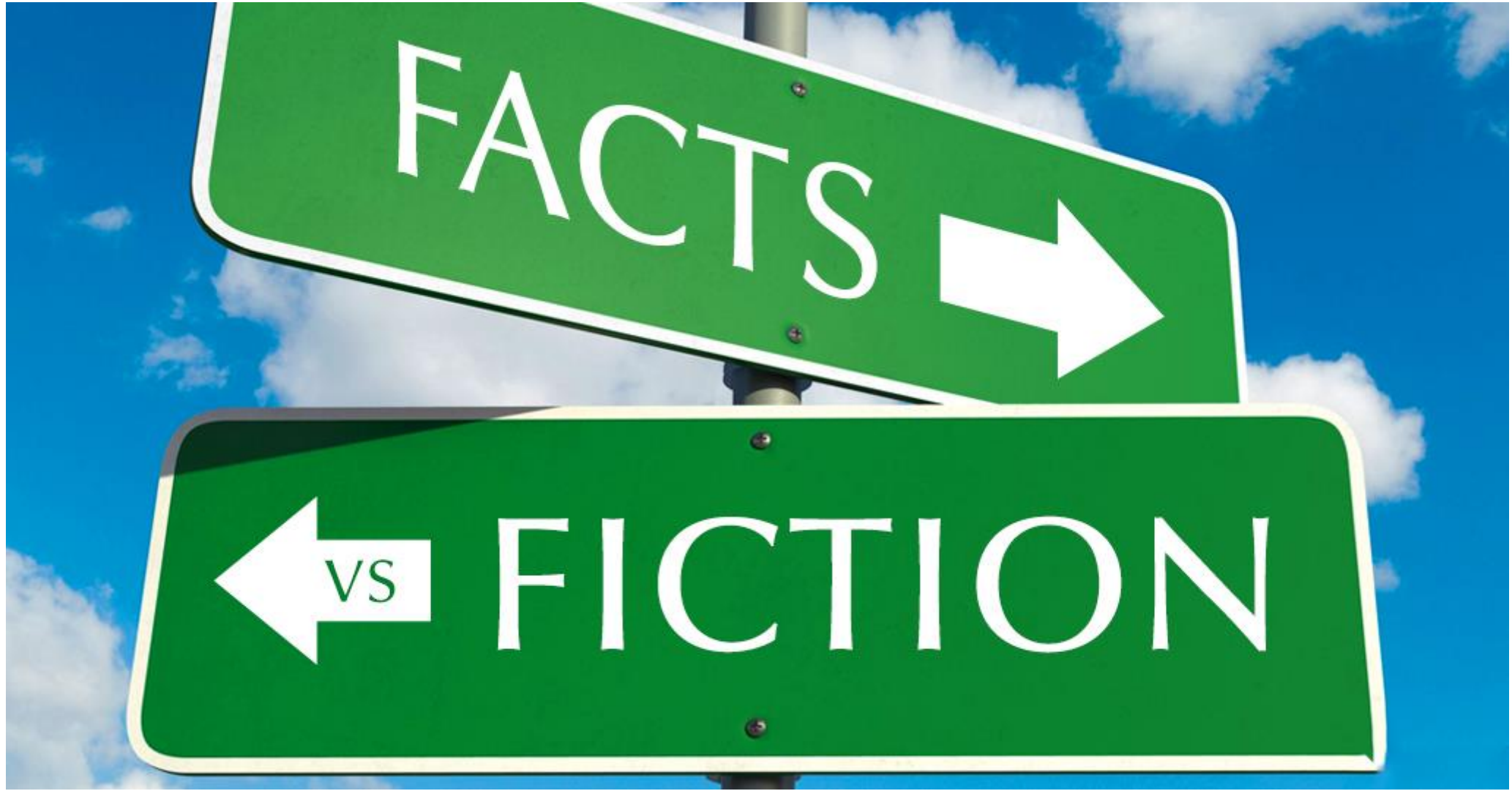
- Video surveillance camera
- Automated pill dispenser
- Wearable GPS tracking device
- Sensor mat with alarm
- Universal Big Button TV Remote
- Medical alert device
- Digital calendar day clock
- Hydration reminder
- Wireless earbuds for watching TV
- Lifesaving Smart Cane



**Fig. 2 | The future of geriatric healthcare in the home setting.** A vision of future home-centered geriatric care, powered by digital technologies and devices. A network of internet-connected sensors on the body and distributed around the home, monitors the health conditions of older adults and transmits rich dynamic data to cloud servers. The data are then analyzed by machine learning algorithms

to coordinate with the remote caregiver and with autonomous wearable therapeutic devices toward optimal health care. Such care is supported by virtual visits with the physician, voice-controlled personal assistants and social and assistive robots. AI, artificial intelligence; DIA, diastolic; SpO<sub>2</sub>, oxygen saturation; SYS, systolic.

# What does the future hold?







**FICTION**

## Fact or Fiction!

Long-distance caregivers are less likely to have access to information about a parent or individual's condition or care plan

# Assessing and Creating a Plan

- What are the key components to consider?
  - “What matters MOST” - take into consideration the priorities of parent, couple, individual!
  - Assess and understand their physical, emotional, financial well-being
  - Determine what is available?
    - Rural vs. urban
    - Internet access
    - Smart phones vs. land lines
    - Resources: self-pay, leveraging Medicare and Medicare Advantage supplements, long-term care insurance
    - Transportation
    - Faith communities

# The Care Plan!

- Legal documents
  - Durable power of attorney
  - Health Care power of attorney
  - Advanced directives
- List of Providers and Pharmacy
- Medication list
- Phone numbers of support network
- Safety plan for natural disasters or power outages
- Home safety

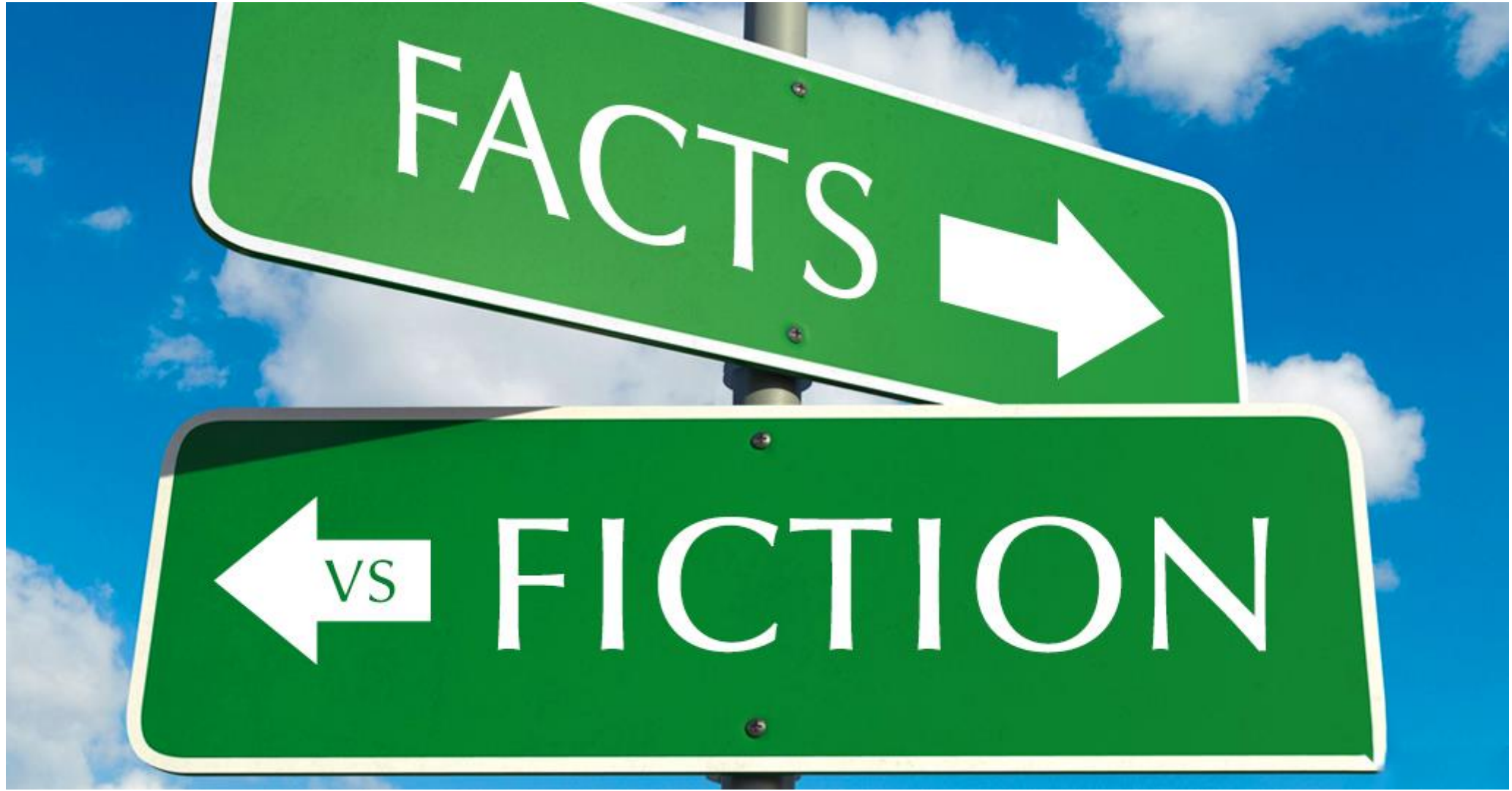


Where can we  
compromise?

**LEARN THE WISDOM  
OF COMPROMISE,  
FOR IT IS BETTER TO  
BEND A LITTLE THAN  
TO BREAK.**

QUOTEHD.COM

Jane Wells



FACTS



FICTION



**FACT**

## Fact or Fiction!

Telehealth is one way that long-distance caregivers can monitor the health and well-being of their family member or individual?

# Managing Medical Care

## BASICS

Providers

Portals for communication

Tele-medicine

Tele-health – biometrics

Pharmacy – delivery? Pill packs?

Home visits – Marcus Welby is back

## “WHAT IF’S”

Falls

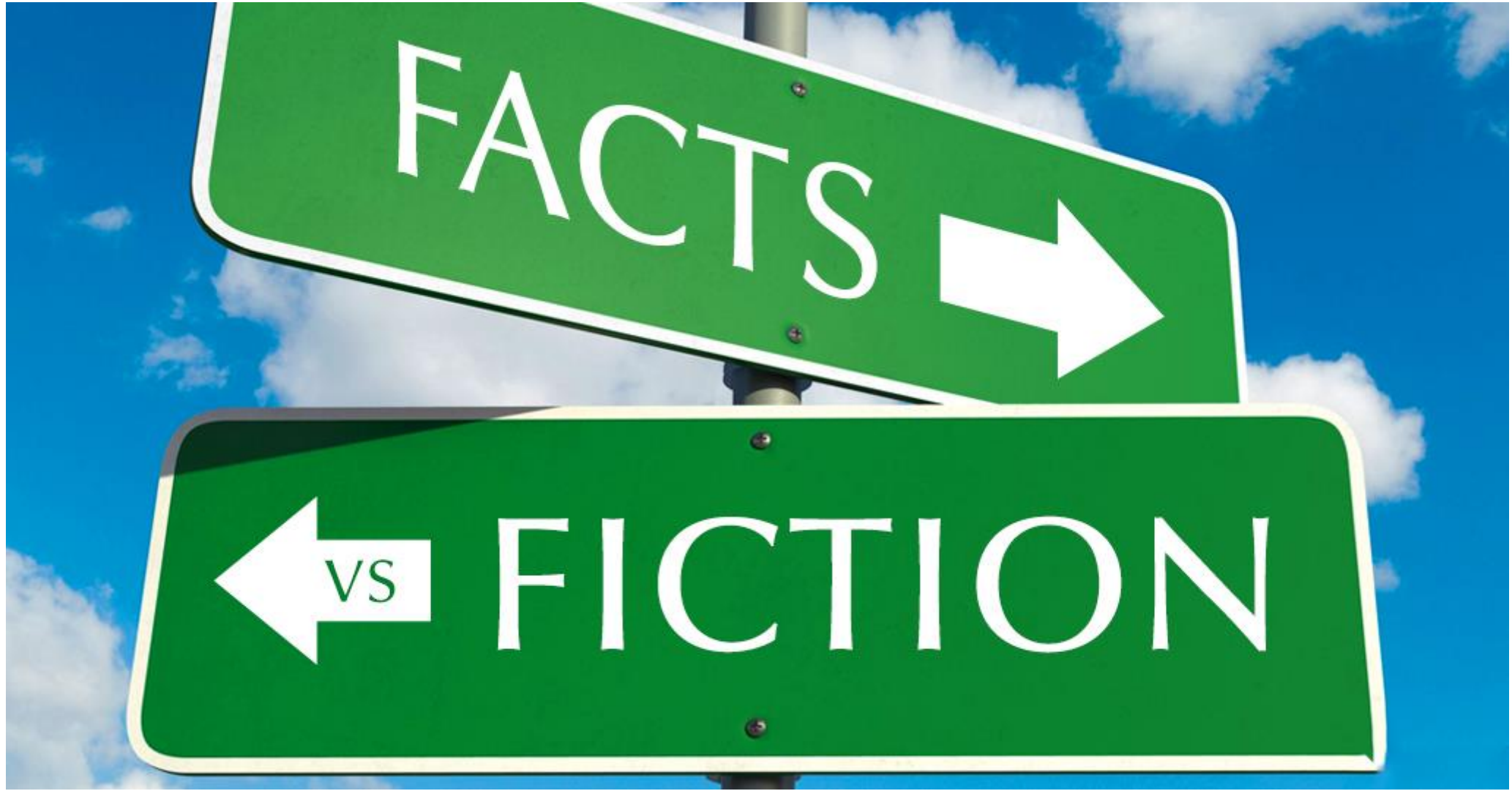
Sudden illness

Emergency room

Hospital admission

Rehabilitation

Home care



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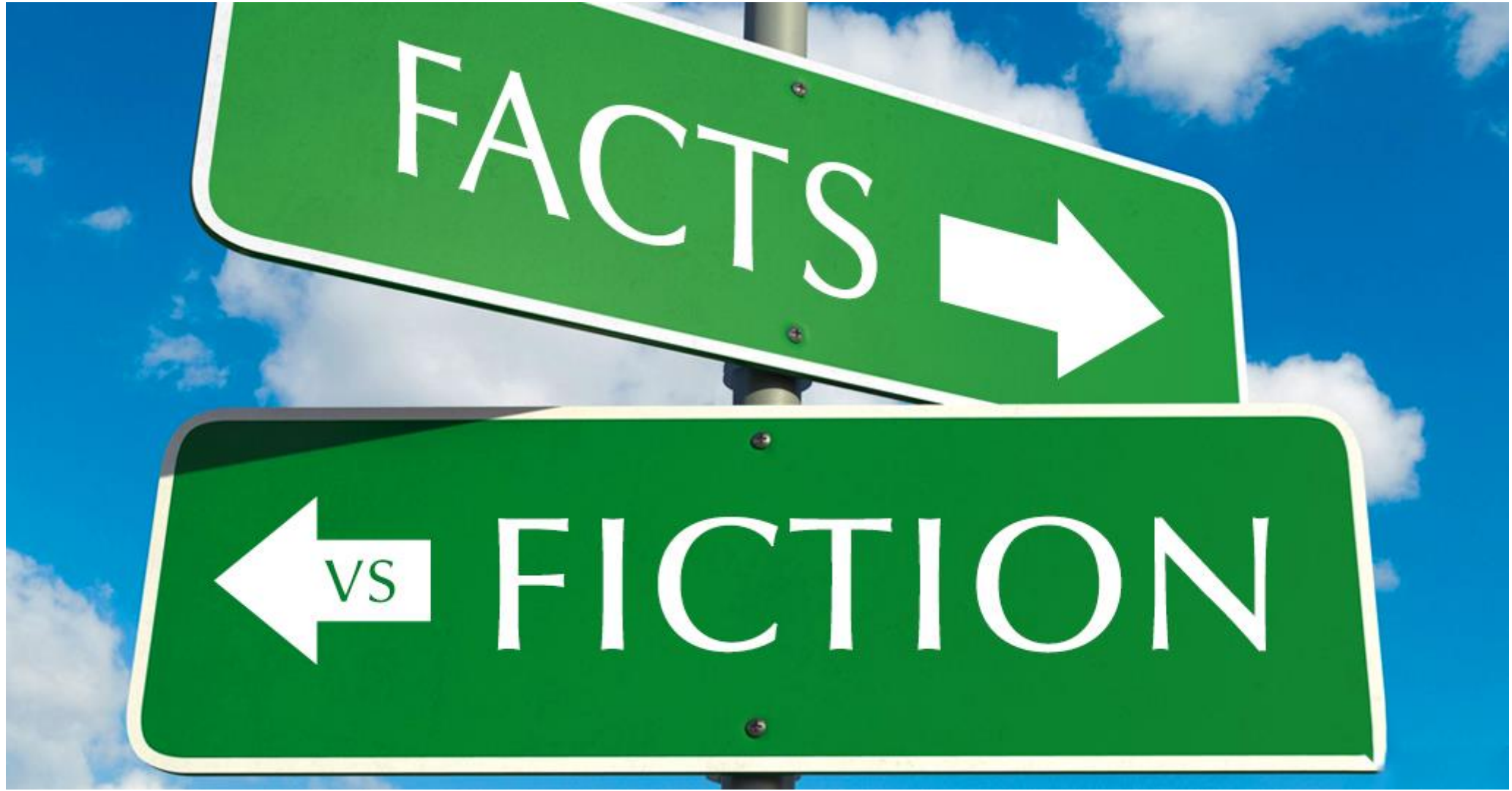
Creating a safe environment may take compromise and the use of technology?

# Home Safety and Assistance

## Home safety checklists!

- Clutter
- Throw rugs
- Expired food
- Expired medications
- Bathroom safety – grab bars, elevated toilet seats, shower benches
- Adequate lighting – mailbox, front door, bedside
- Smoke detectors – working and operational
- Emergency response systems
- Meal/grocery delivery services





FACTS



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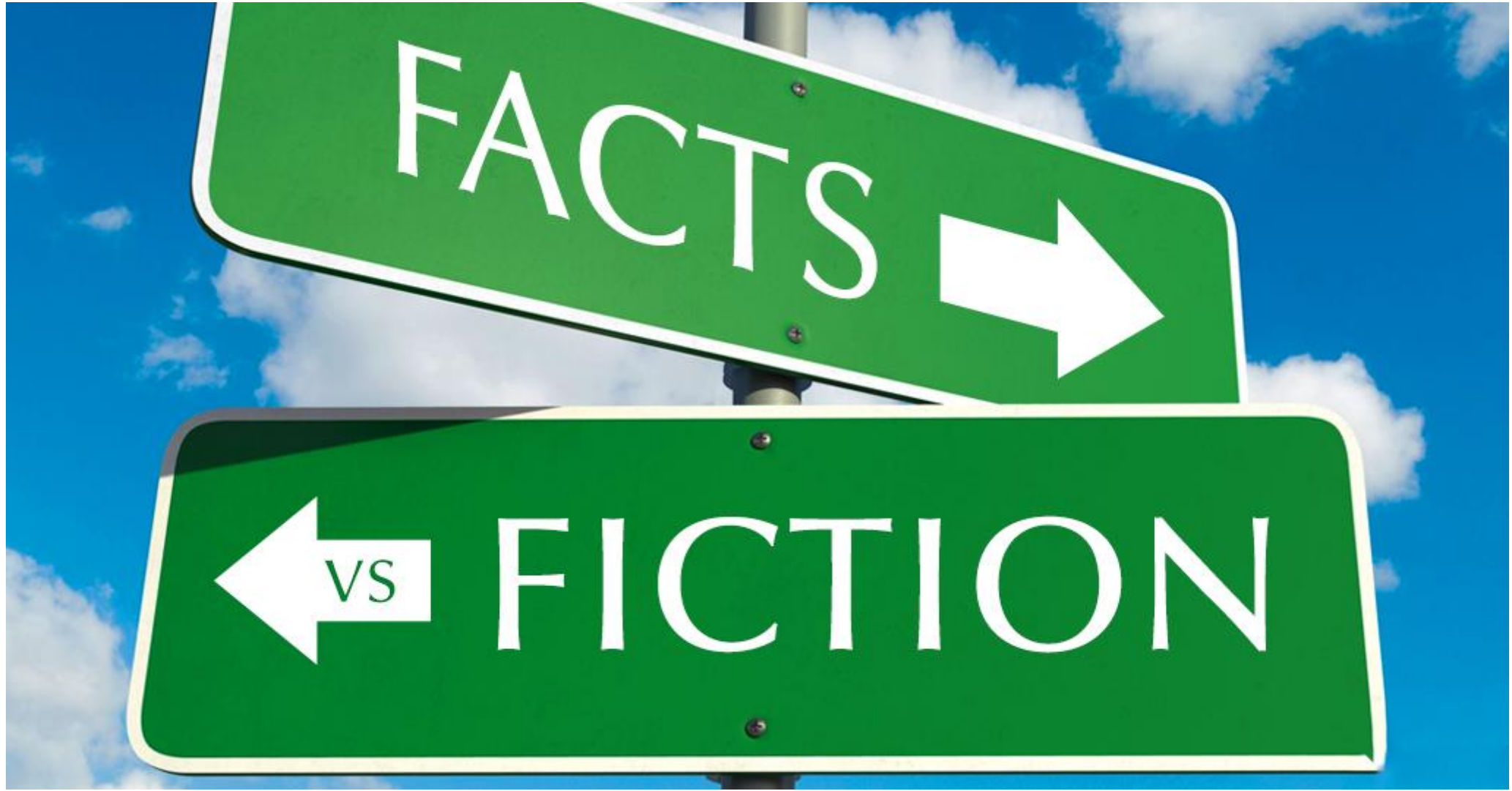
Completing an advance care plan will put me in the driver's seat for the care I want when I can't make decisions for myself?

# Advance Care Planning

- The Basics:
  - *Will – Estate plan*
  - *Durable power of attorney - finance*
  - *Medical power of attorney*
  - *Living will/advanced directives*
- Advance Care Planning
  - *5 Wishes*
  - *The Conversation Project*
  - *Respecting Choices*
  - *Conversations of Your Life*

*Who will make decisions for you when you can't make them for yourself?*

*How will they know what you want if you don't tell them?*



FACTS



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**FICTION**

## Fact or Fiction!

Taking time for self-care is a “nice to have” but not essential for the caregiver.

# Self Care for the Caregiver!

- Set boundaries – there are only so many hours in the day! Allocate time for yourself to recharge!
- Ask for help! Delegate tasks to lighten your load.
- Take breaks – respite and time away is critical.
- Stay organized! Having a plan can reduce stress.
- Connect with support groups – find a community of individuals that understand and to share advice and encouragement.
- Seek professional help if needed! If you are overwhelmed or experiencing anxiety or depression, please get help.
- Celebrate small victories and moments of joy!







ElderCARE, LLC

Aging friendly advisory services!

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