



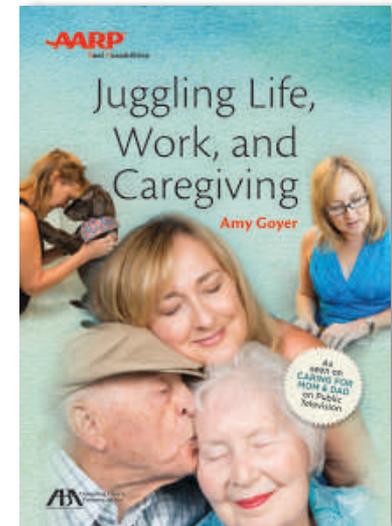
LONG DISTANCE CAREGIVING

Amy Goyer, AARP Family & Caregiving Expert



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Long-distance Caregiving

- Being prepared
- Caring for those at home
- Caring for those who live in facilities
- Hospitalizations
- Coping & Care for the Caregiver







POLL #1

Where do those you care for live?

- a) They live in their own homes but in another state.
- b) They live in their own homes, more than an hour away (same state).
- c) They live nearby in their own homes.
- d) They live in a long-term care facility (nursing home, assisted living, group home etc.) either nearby or at a distance.

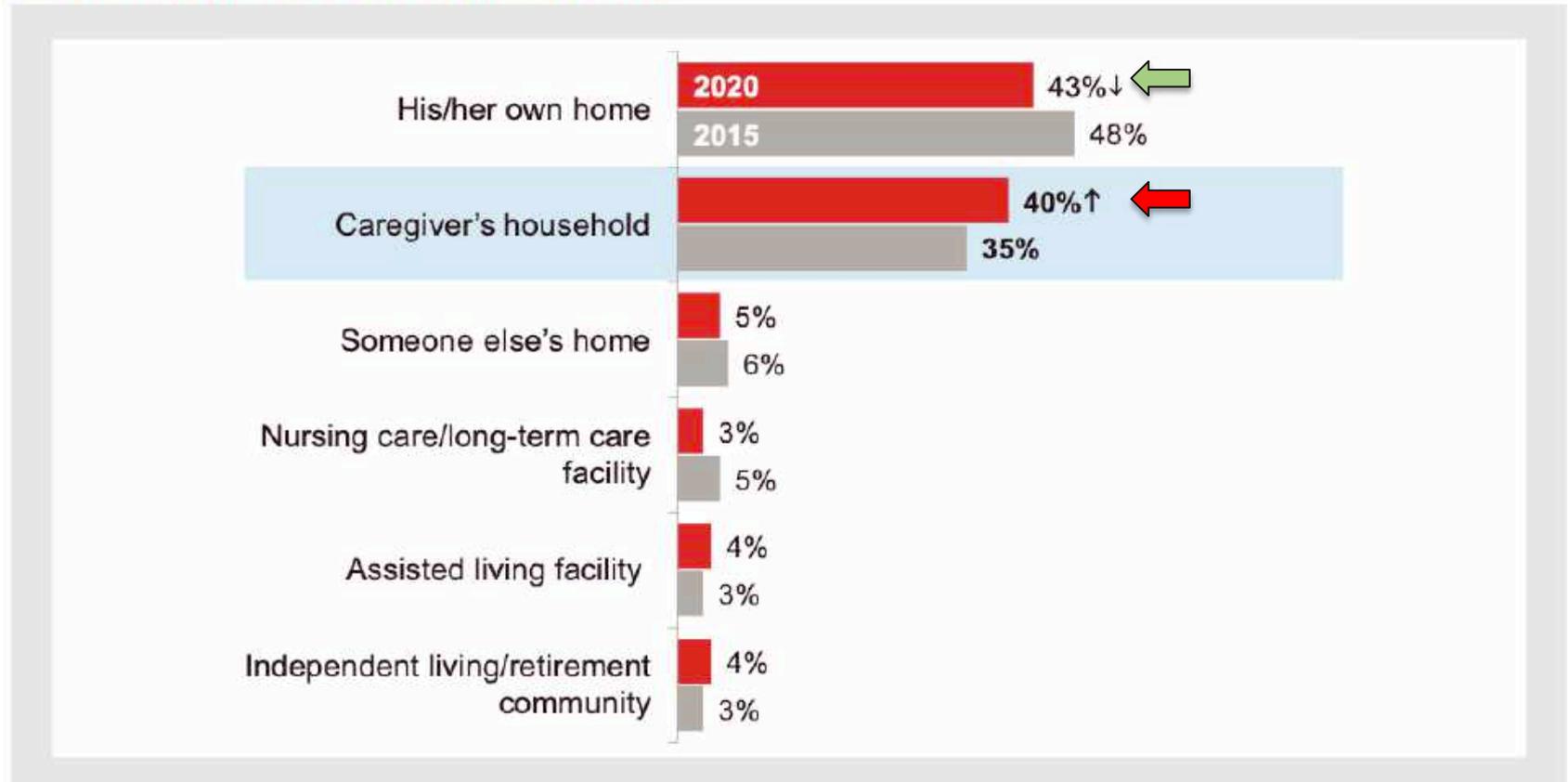
BEING PREPARED



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Where Care Recipients Live

Figure 19. Where Care Recipient Lives



★ 1 in 4 live alone

★ 11% more than 1 hour away

Family Discussions

- Your loved ones wishes and plans
- Estate planning
- Finances
- Living situation
- Legal
- Health
- Support team
- Priorities



Approach, Homework, Who, When, Where

COVID-19: Legal and Medical Information

- **Advance directives** – Powers of attorney, living will, POLST, MOLST, DNR, 5 Wishes
- **Medical information**
 - Medication list & allergies
 - Medical history
 - Doctors and other health care providers
 - Insurance cards
 - Emergency contacts
- **Can you submit** to local hospitals ahead of time in case of emergency?
- **Print copies ready** to take to hospital
- **Electronic copies** for team members
 - Shared files
 - Fax apps

Build Your Team: Friends/Family/Neighbors

- It's not all on **you**
- Who can call **local 911**?
- **Frequent contact:**
 - Video chat
 - Distance: Mail, messages, calls
 - Local: Window visits, parking lot parades, porch visits
- **Shopping:** Grocery, household and personal
- **Home,** yard, mail, deliveries
- **Transportation**



Build Your Team: Professional Help

- **Eldercare Locator** eldercare.acl.gov
- **Assessments**
 - Area agency on aging (AAA) & Aging & Disability Resource Centers (ADRC)
 - Other local disability and aging-focused organizations
 - VA
 - Occupational and physical therapists
- **Local care managers**
 - Area agency on aging
 - Medicaid case managers
 - VA case manager
 - Geriatric care managers/aging life care experts
 - www.aginglifecare.org “Find an aging life care expert”

Finding Paid Caregivers

- **Local agencies** - Community Resource Finder communityresourcefinder.org
- **Online matching services** like Care.com, Carelinx.com
- **Area agency on aging**
- **Ask** friends/neighbors, faith community, other service providers
- **Always:**
 - ✓ Background checks
 - ✓ References
 - ✓ Training
 - ✓ Someone to monitor



Assess and Re-assess

- **Mental health and emotions**
 - Sensitivity, fear, depression, anxiety
 - Reflective listening
 - Socialization & connections – family, friends, pets
- **Physical health**
 - Current status, tracking for changes
- **Personal care**
 - Bathing, hair, nails
 - Laundry, clothing
 - Meals
 - Sleep
- **Functioning**
 - Routines
 - Home & yard
 - Hobbies & interests



AARP Prepare to Care Guide

English, Spanish, Chinese, Asian-American, Military, LGBT

Two ways to get the guide:

1. Go to aarp.org/preparetocare

- Download by choosing a version
- Or click and request a print copy

or

2. Call AARP toll-free 1-877-333-5885

- Select option 1 and request "Prepare to Care: A Planning Guide for Families";
item #D20152



AARP Caregiving Resources

- **AARP Family Caregiving Site**
 - **English:** aarp.org/caregiving
 - **Spanish:** aarp.org/cuidar
 - Basics, care at home, nursing homes, financial, legal, medical, life balance and more.
- **AARP Caregiving Support Line**
 - **English:** 1-877-333-5885
 - **Spanish:** 1-888-971-2013
 - Speak with a live person Monday-Friday, 7 a.m. to 11 p.m. ET





AARP Military, Veterans and Families

aarp.org/veterans



Renew

Donate

Help

Member Benefits

★ AARP Rewards

Hi, Amy



HOME & FAMILY / COMMUNITY VOICES

Veterans, Military and Their Families



AARP Veterans and Military Discount

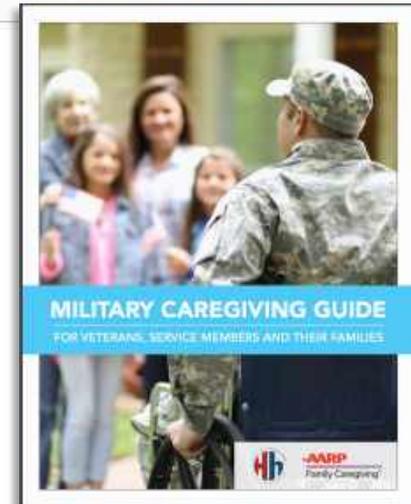
Save up to 30% when you join AARP

Supporting Military, Veteran and Family Caregivers

Tips to update your journey during COVID-19

AARP's Military Caregiving Guide

For veterans, service members and their families



LIVING AT HOME



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Real Possibilities

Connections, Physical & Cognitive Stimulation

- **Visits**

- Video
- Phone
- Outdoors
- Porch
- Windows



- **Technology**

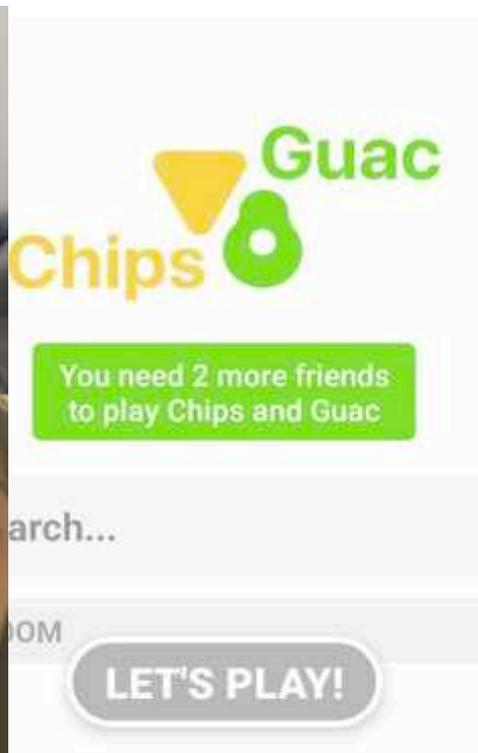
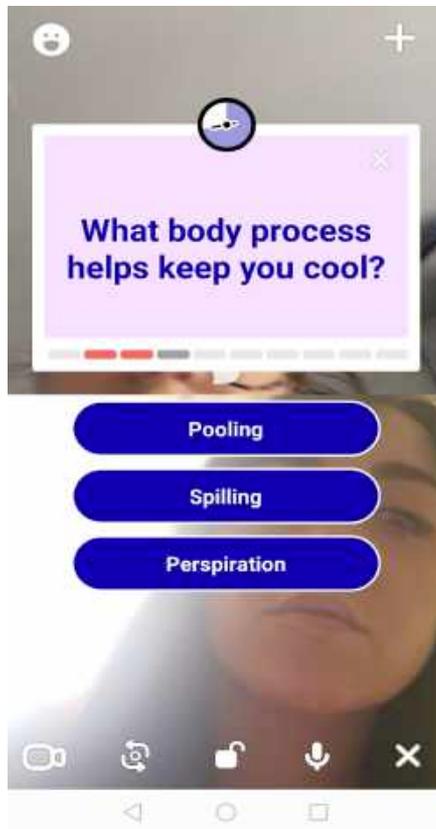
- Set up devices
- Patiently provide help, videos
- Smart TV, Roku, smartphone, computer, tablets
- Apps & how-to

- **Fun**

- Laughter
- Music
- Happy Hour
- Movies & TV
- Games
- Exercise

- **Projects**

- Organizing
- Photographs & scrapbooks
- Gardening
- Puzzles

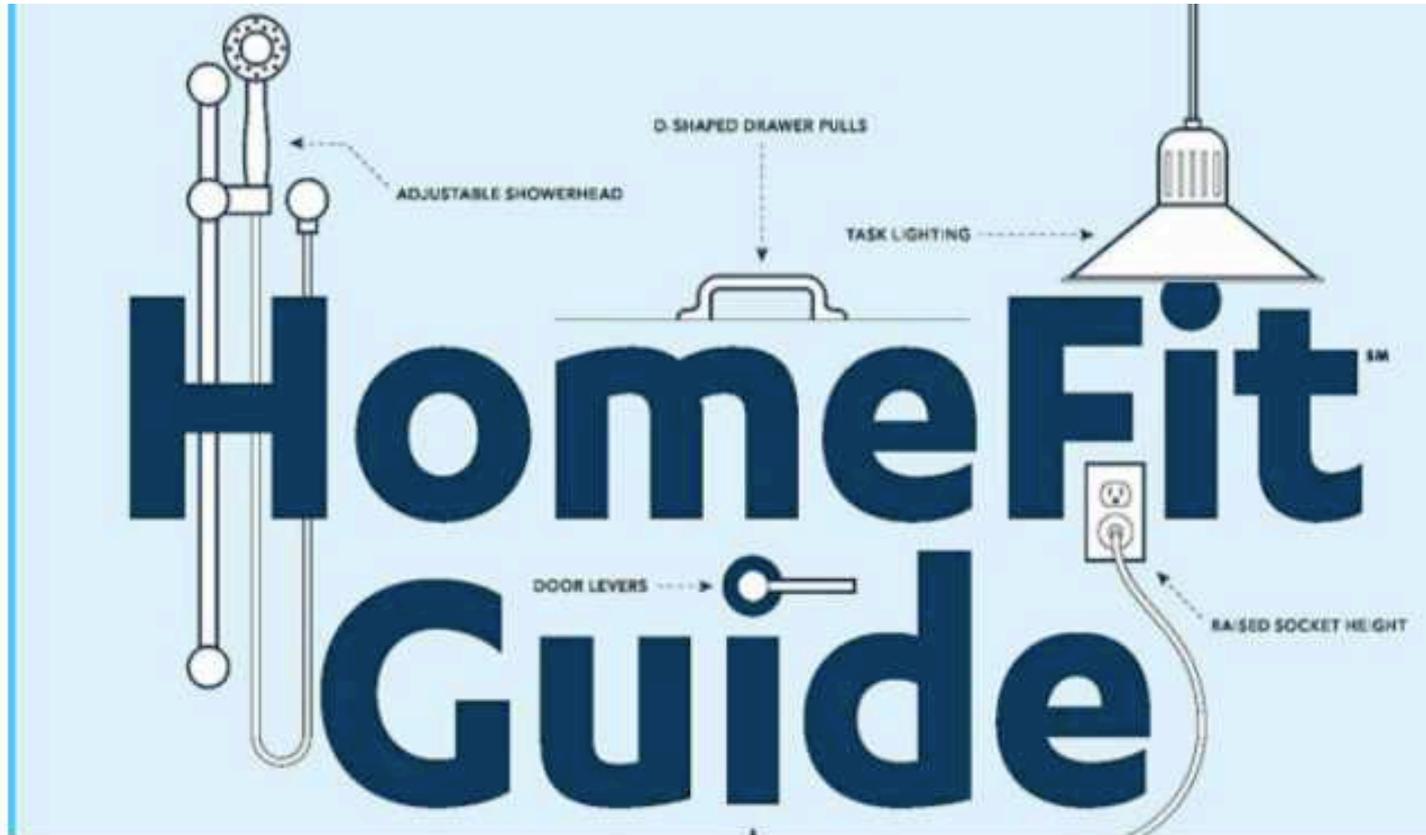




Home Safety

AARP HomeFit Guide

aarp.org/homefit



AARP Home Fit

[Is Your Home "HomeFit"?](#)

[The Room-by-Room Tour](#)

[Tips for Specific Needs](#)

[Use This, Not That](#)

[HomeFit "To Do" Lists](#)

[Hiring a Contractor](#)

[Using an OT or CAPS](#)

[22 Ways to Spend Less](#)

[Remodeling Costs](#)

[Take the HomeFit Quiz](#)

[Get the AARP HomeFit Guide and Worksheets](#)

Technology - Monitoring

- **Medical alert** or emergency response system
 - GPS
 - Fall detection
 - Who is contacted
 - Stop at any time
- **Checking in**
- **Monitor movement** around the home
 - Motion sensors
 - Video cameras
- **Two-way communication**
- **Integrated systems** or a la carte





Medications

- **Services** to fill pill boxes and/or administer meds
 - Pharmacy
 - Home health nurse
 - Privately paid caregivers
- **Pill organizers**
- **Smart speaker** - reminders
- **Smart pill organizers and dispensers** – reminders, alarms, notify caregivers





Tamper Proof





Meals, Shopping and Supplies

- Arrange for **meal delivery** or prep
- **Call** during mealtimes
- **Weekly inventory**
 - Medical supplies
 - Medications
 - Household supplies
 - Groceries
- **Purchase and delivery**, backup plan
- **Banking**
- **Library**



COVID-19 Complications

- **Telehealth**
- Reminders about **safety precautions**
 - Hand washing
 - Visitors
 - etc.
- **If you get sick** – who will keep them informed?
- **If they get sick**
 - Preparations
 - Communication with hospital
 - Care for pets
 - Care for home
 - Communicate with care team



AARP COVID-19 Resources

- **English:**
aarp.org/Coronavirus
- **Spanish:**
aarp.org/ElCoronavirus
- Caregiving, tele-health, mental well-being, staying home, scams & fraud, work, finances insurance and more.
 - Articles
 - Tele-townhalls
 - Videos
 - Tools



AARP COVID-19 Supports

AARP Community Connections

- **English:**
aarpcommunityconnections.org
 - **Spanish:** aarp.org/micomunidad
- Give and get help, find local mutual aid groups.

AARP Friendly Voices

Sign up online or call:

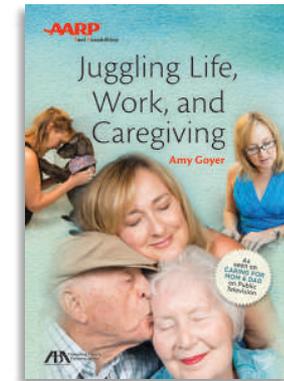
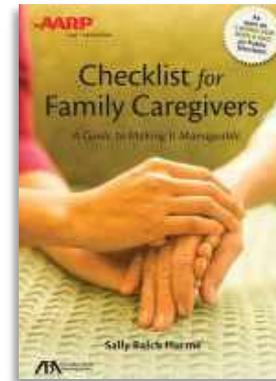
- **English:** 1-888-281-0145
- **Spanish:** 1-888-497-4108

AARP volunteers make 1:1 phone calls as a friendly voice.



AARP Caregiving Resources

- **AARP Family Caregiving site**
aarp.org/caregiving
- **AARP Caregiving Books**
aarp.org/caregivingbooks
- **Community Resource Finder**
communityresourcefinder.org



Community Resource Finder

alzheimer's association | AARP Family Caregiving

Search | Learn More | Help | My List | Provider Support

Get easy access to resources, community programs and services.

Based on guidance from local governments and health departments during the COVID-19 crisis, many programs will be offered virtually rather than in-person.

alzheimer's association PROGRAMS AND EVENTS	AARP Family Caregiving PROGRAMS AND EVENTS	CARE AT HOME
COMMUNITY SERVICES	HOUSING OPTIONS	MEDICAL SERVICES

The Alzheimer's Association and AARP do not endorse any of the providers listed here. The information contained in the Community Resource Finder is thought to be reliable but is not guaranteed to be accurate. It is compiled from provider descriptions of their own services as well as other public data sources and is subject to change without further notice.

FAMILY CAREGIVING

Care at Home

[Basics](#) · [Care at Home](#) · [Nursing Homes](#) · [Medical](#) · [Financial & Legal](#) · [Life Balance](#) · [Community](#) · [Local Resources](#)



How to Assist the Stubborn Male Caregiver

Offer support, but on terms he will accept

Staying Safe as Stay-at-Home Orders Lift

Expert guidance for keeping your loved one safe

Free Webinar: August 13 at 7 p.m. ET

Decluttering: Clearing your house and mind

Is It OK to Visit Family Members at Home Now?

How to weigh the risks and benefits



How to Keep Active and Engaged During Coronavirus

Practical advice from seasoned caregivers



Home Safety Tips and Tactics for Dementia Caregivers

When you worry about a loved one leaving the house



How to Find and Hire the Perfect Caregiver

Finding the right care for your loved one

POLL #2

How are you interacting with your loved ones?

- a) I'm not visiting them right now due to the COVID-19 pandemic.
- b) I'm visiting them in their homes on a limited basis but keeping my distance when I'm there.
- c) I'm visiting them and providing care just as I always have.
- d) I'm connecting with them periodically from a distance via video chats and phone calls.
- e) I'm doing window visits or outside visits.

LIVING IN A FACILITY



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Advocate

- **Ask and keep asking**
- **Regular communication**
 - Health, cognitive, mental health status
 - Changes at the facility
- **Staffing** levels and changes
- **Basic care quality** and consistency
- **Ongoing** therapies, activities, socialization, exercise, engagement, quality of life



Questions to Ask if Your Loved Ones Live in Nursing Homes

1. Has anybody at the nursing home tested **positive for COVID-19**?
2. What is the nursing home doing to **prevent infections**?
3. Does the staff have the **proper PPE** (face shields, masks, gloves, etc.) and are they trained in how to use it?
4. How are they helping patients and families **communicate** on a regular basis?
5. How will they keep residents and family updated on important **information**?
6. Is the nursing home **fully staffed** with nurses, aides, social work, activities and therapy staff?

What if I can't get good, consistent information or have problems that aren't being solved?

- **Staff:** direct care, social worker, nursing director, administrator
- **Family council**
- **AARP state office** advocacy efforts
aarp.org/states
- **Long-term Care Ombudsman**

STATES AARP In Your State



Select Your State

Find AARP offices in your state and news, events, and programs affecting retirement, health care and more.

Alabama

Alaska

Arizona

Arkansas

California

Colorado

Connecticut

Delaware

District of Columbia

Florida

Georgia

Hawaii

Idaho

Illinois

Indiana

Iowa

Kansas

Kentucky

Louisiana

Maine

Maryland



How to Find the Long-Term Care Ombudsman in Every State

Phone numbers, websites for complaints about nursing homes and assisted living

AARP, April 27, 2020 |  Comments: 1



GETTY IMAGES

- Alabama
- Alaska
- Arizona
- Arkansas
- California
- Colorado
- Connecticut
- Delaware
- District of Columbia
- Florida
- Georgia
- Hawaii
- Idaho

COVID-19 Complications

- **If they get sick**
 - Notification and keep you informed
 - Updates, decisions
- **If you get sick**
 - Primary contact
 - Who will take over advocacy?
 - Keeping them informed



Connections and Visiting

- **Video chat**
- **Two-way devices**
- **In-person visits:**
 - Window visits
 - Outdoor visits
 - Indoor visits
- **Mail and packages**
- **“Compassionate care”, end-of-life, dementia**



Bringing Them Home

- **Travel**
- **Health conditions**
- **Care needs**
 - Family
 - Paid care
- **Changing routine**
- **How long**
- **Your needs - work and family**
- **Can they return?**
- **Logistics** and quarantine



AARP Nursing Home Information

- **English:**
aarp.org/nursinghomes
- **Spanish:**
aarp.org/HogaresDeAncianos
- Track state-by-state nursing home visitation, advocacy, testing, safety; learn what to ask and more.



IN THE HOSPITAL



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Managing Hospitalizations from a Distance

- **Communication** with health care professionals
 - Who
 - When
- **Communication with loved ones**
 - Devices, video chat etc.
- **Legal** documents
- **Decision-making**
- **Compassionate care** and end of life visits, assisting those with disabilities



COPING

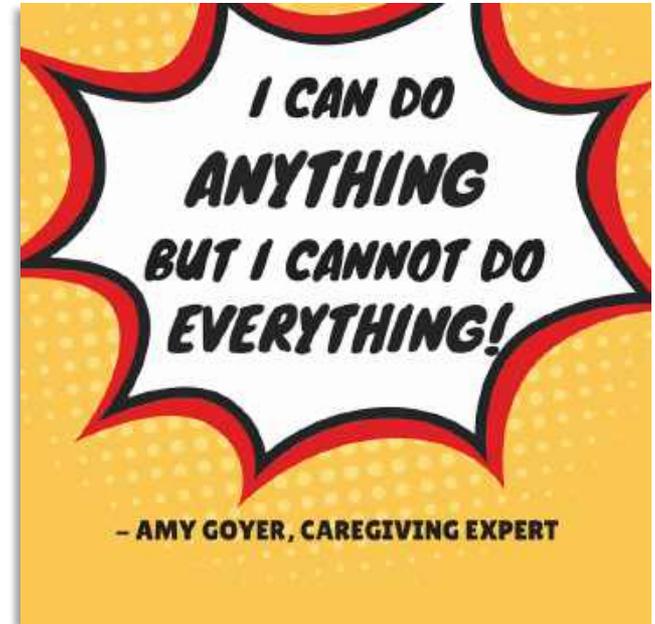


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Real Possibilities

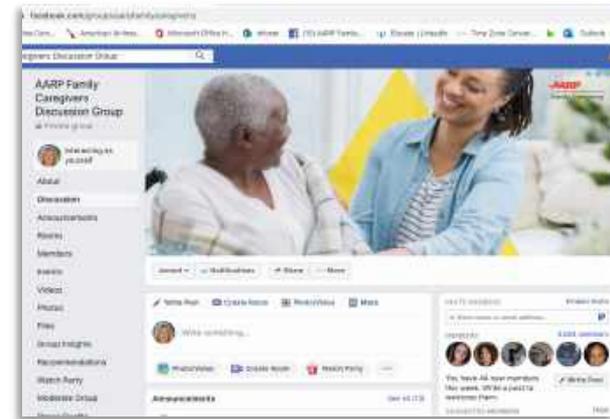
Dealing with Worries, Guilt and Emotions, Stress

- **Acknowledge** feelings
- **Unpredictable** situation
- What can you **control**?
- **Guilt – or concern?** Channel it:
 - Connections
 - Solutions
 - Quality of care
- **Connect** with other caregivers
- Combat your own **isolation**
- **Stress** - Long-distance caregivers may feel as much or more stress, financially & emotionally
- **Care for yourself** – keep filling your tank



Care for the Caregiver, Connect

- **AARP Family Caregiving – Life Balance**
aarp.org/caregiving/life-balance
- **AARP Online Caregiving Community**
aarp.org/caregivingcommunity
- **AARP Facebook Family Caregivers Discussion Group**
facebook.com/groups/aarpfamilycaregivers



A little advice from Daddy...





QUESTIONS?



Real Possibilities