Long distance support: How to help the primary caregiver when you can’t be there.

What can you do if you live in another city or state?

✓ Ask how you can help. Offer ideas if the primary caregiver isn’t sure.
✓ Offer emotional support. Call and check in regularly. Be someone the caregiver can confide in.
✓ Offer financial support. Contribute to the household expenses or pay for respite care.
✓ Make phone visits. Spend time on the phone visiting with the person being cared for.
✓ Give breaks. Take over caregiving duties for a day or weekend each month or a week every few months. This provides breaks for the primary caregiver.
✓ Do those tasks that can be done at a distance. Research the disease or condition or make phone calls to find out about support services.
✓ Thank the primary caregiver. Show your appreciation regularly.

Involving the whole family in caring for and supporting an older family member can make it easier on everyone. Look inside for ideas on how you can include others in caregiving.

To find information about support groups and other services in your area, consult your local phone book. You can also call the Eldercare Locator at 1-800-677-1116 or visit its website at www.eldercare.gov.
Support the primary caregiver. 

When you disagree:

- Make sure you understand each other's positions and concerns. Be prepared to discuss a caregiving solution.
- Try to reach a compromise.
- Find out why. Sometimes a friend of yours can help.
- It is common for people to disagree about the plan.

Start a family meeting.

These tips can help:

- Include everyone who is able to contribute.
- Make the location comfortable, if possible.
- Ask family members to prepare for the meeting.
- Consider holding the meeting in a neutral location.
- Include everyone who is able to contribute.
- Find a family member to discuss caregiving.

Do you want other family members or friends to become more involved with the caregiving? 

Are you a relative of the caregiver or on an other?