



Long Distance Caregiving Caring for Far Away Loved Ones

**In today's world, it's common for families and friends to be separated by great distances.
At some point in their lives, your loved one may need in-home care.**

Suddenly you are faced with the challenge of long distance caregiving. A Senior Home Care by Angels caregiver can provide the needed support to those whose loved ones live far away.

How to Provide Long Distance Senior Care

At some point your parents, grandparents or other senior loved ones may need in-home care at a distance. The best approach to long distance caregiving is to educate yourself and your family to prepare ahead of time.

Plan ahead by doing the following:

- Have a conversation about potential future care needs with your loved one and family members.
- Prepare any legal and medical documents that might be needed in an emergency.

- Create a local contact list of medical professionals, hospitals, pharmacies and other health care professionals who are involved in their health care routine.
- Create a contact list of reliable neighbors, friends and family in the area to assist with checking in on your senior loved one and communicate any concerns.

How Do We Afford the Care We Need?

Home care services are not publicly insured through the Canada Health Act in the same way as hospital and physician

services. Home care services are generally paid privately or by some long term care insurance companies.

Some provinces offer locally sponsored government programs to assist seniors in need of care. Check your local government website for senior resources.

Veterans and their spouses may qualify for in-home care coverage. More information is available on the Veterans Affairs website. <https://www.veterans.gc.ca>

Senior Home Care by Angels strives to work with seniors and families to develop a care plan that works within your available budget.



Choosing a Home Care Agency

Home care agencies offer different levels of service. It's important to choose an agency that offers more than basic homemaker services. Eventually your loved one will require personal care services (assistance with bathing, dressing, etc.).

There are several things to keep in mind when choosing a professional agency:

- Ask about in-home assessments and customized care plans for your senior.
- The agency you choose should be bonded, insured and licensed (not all provinces require home care licensing).
- All professional agencies should have caregivers with experience and screening, including a criminal background check.
- Vet the agency to insure the services offered are appropriate to meet your senior loved one's individualized needs.
- Ask about the caregiver matching process to ensure that your senior is matched appropriately.

Respect Your Own Needs

You're not alone, 45% of family caregivers report ongoing stress and symptoms, such as depression and fatigue², which can be compounded when dealing with long distance caregiving.

Here are some tips to alleviate the burden of providing caregiving:

- Reach out for help and outside assistance.
- Talk to friends and family and see if they can provide additional help.
- Respect your individual limitations and keep all goals realistic.
- Set aside time for yourself to give your mind and body a break.
- Talk to a professional, such as a therapist.
- Read resources, such as those provided by Senior Home Care by Angels or The Family Caregiver Alliance to help educate yourself.



Locally Owned & Nationally Known

The following services can be provided for a few hours a day up to 24/7 care.

Bathing & Dressing Assistance
Assistance with Walking
Medication Reminders

Errands & Shopping
Light Housekeeping
Meal Preparation
Companion Care

Respite Care for Families
Transitional Care
End-of-Life Care



Call for a FREE Consultation

519.653.8185

Senior Home Care by Angels Cambridge and Guelph

1730 Bishop St. N #3, Cambridge ON, N1T 1N5 | SeniorHomeCareByAngels.com/Cambridge