



Clever Ways to Be a Better Long-Distance Caregiver to a Senior Loved One

Long-distance caregivers have a tough job. Caregiving is difficult in general, but when you add miles between a senior in need of some assistance and the person in charge of making sure they get it, the situation becomes even more challenging. Fortunately, there are plenty of ways that you can help from afar. Here are some clever ones you might not have considered.

Hire a Housekeeper

If your senior loved one has a mobility issue, keeping a house clean can be a terrible burden. Not only that, but a messy and disorganized house causes stress and can even be a danger. From afar, you can make sure they always have a clean home by scheduling a housekeeper. [Finding a cleaning service](#) close to your loved one is pretty easy if you look online.

Manage Transportation via Ridesharing Apps

If your loved one no longer drives, that doesn't mean they don't have anywhere they need to be. You can help get them to their doctor appointments, social outings, church, or wherever they

want to go by [scheduling rides](#) via apps like Uber and Lyft. The good thing about this is you can track where they are via the app so you'll always know they reached their destination safely.

Tag-Team Their Care in a Group Thread

A long-distance caregiver is a kind of manager. You must coordinate their care from afar — care that may involve many people. Staying [in the loop](#) is paramount. Whether you want to start a group text, a Facebook group, a WhatsApp chat, or go “old-fashioned” and try email, one way to make sure everyone is on the same page is to stay involved in an all-inclusive [group thread](#).

Use Wearable Tech and Cameras

Obviously, your senior loved one's privacy is paramount, so any attempt to keep an eye on them should be discussed in detail before implementation. But new technology can help if your loved one is cool with it. There are [various wearable devices](#) that allow you to track their movements via GPS. Most of these devices have easy-to-use smartphone app interfaces.

Cameras are another option. [So-called “nanny cams”](#) have become less expensive and obtrusive in recent years, and since they are internet-enabled, they can be operated remotely from hundreds of miles away. You can place small cameras in their living room or kitchen (leaving privacy in the bedroom and bathroom) to keep an eye on them throughout the day.

Teach Them How to Video Chat

Face-to-face video chat is now ubiquitous — so much so that it is mostly free and super easy to use. There are literally dozens of [basic video chat programs](#) and apps that let you and your senior loved one communicate from anywhere on Earth. Taking the time to teach your loved one how to operate video chat on their computer, smartphone, or [tablet](#) is well worth it.

All of this will help you be a better long-distance caregiver. But know this: Being successful in long-distance caregiving requires you to give care in person on occasion. Frequent visits to see your senior loved one will give you the info you need to better care for them from afar. While you're there, make sure you do all you can to set them up for success when you leave. Make sure their home is in order. Help with their bills and other administrative tasks. Get their yard in order. Clean out the attic. Just aim to leave them better off than when you arrived.

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