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Long-Distance Caregiving: How Can I Help if I'm Far Away?

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Many people live far from their family or friends who need support in their everyday lives. This infographic offers ways that a long-distance caregiver can help their loved ones.

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You can still provide support as a caregiver, even if you don't live close by.

From a distance, you may be able to:



Arrange for in-home care, such as a home health aide



Research long-term care options, such as assisted living or a nursing home



Plan occasional in-person visits to help out the day-to-day caregivers



Order medical equipment, medicines, and other supplies



Assist with paying bills and managing insurance claims



To learn more, visit www.nia.nih.gov/long-distance-caregiving.



You may also be interested in

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