Caring from Afar: Tips for Long Distance Caregiving
Our Speaker

Esther Hurlburt, RN
Registered Nurse, Ordained Minister
The needs of the caregiver and the care-receiver are of equal importance

- Sorting through your feelings.
- What do you need to be a successful caregiver?
- If anything happens to the primary caregiver then the care-receiver is the first one to suffer.
The need for honest conversation

- How do we measure love and concern?
- You remain “independent” when you accept some help.
- Help me help you so I don’t have to worry
- Let me help you so you do not have to rely on strangers.
Establish ways to have permission to receive and provide information.

- Powers of Attorney
- Legal authority to act on another’s behalf
- Establish clear lines of accountability
- Consent forms provided by facilities
Go-Pack

- Date of birth
- Last 4 digits of SS
- Hospital preference
- Health Insurance information and/or copies of cards
- Names and phone numbers of ALL emergency contacts
- Attending physicians: Name, phone, address
- Summary of medical history…diagnoses…surgeries….hospitalizations. etc.
- List of ALL medications including OTC and herbal supplements etc.
Go-Pack (continued)

- Living Will/Advance Directives with name of health care surrogate
- Durable Power of Attorney
- Do Not Resuscitate document (optional…but if desired, be sure to add it)
- Allergies
- Dietary restrictions
- Religious preference and names of religious congregation clergy contact
Essential Information

- Make certain everyone involved in care has emergency information
- Face sheet: Facilities place it in the medical chart and/or client information folder
- Place on refrigerator door in a clearly marked envelope
Create Community

- Share information
- Neighbors and family friends
- Emergency Responders
- Facilities:
  - Administration and others with authority
  - Aides, dining room staff, activity directors
  - Staff from all shifts during the week
Stay Involved

- Initiate rather than wait
- Know when facility is required by law to share information
- Nursing home Ombudsman
- Plan of care conferences
- Skype or telephone conferences
- Newsletters
- Private geriatric care manager
Resources

24/7 Nationwide Helpline: 800.272.3900
ALZ.org
CommunityResourceFinder.org
ALZ.org/CRF
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