THE DUBIN CENTER
Where no one faces dementia alone.

SUPPORTING A LOVED ONE FROM A DISTANCE

Caring for someone you love—even when you live far away—can feel overwhelming. This one-page guide offers practical, reassuring tips to help you stay connected, coordinate care, and plan ahead with confidence.

Staying Connected from afar: Remain meaningfully involved and emotionally present, even at a distance.

- **Create a regular routine for connection.** Schedule consistent check-ins (calls, video chats, or texts) so your loved one knows when to expect you.
- **Look for subtle changes.** Pay attention to shifts in mood, memory, speech, or daily habits during conversations.
- **Stay engaged in daily life**. Ask about ordinary things: meals, neighbors, hobbies, not just medical issues.
- **Use technology thoughtfully.** Video calls, shared calendars, medication reminder apps, or smart devices can help you stay informed.
- **Offer emotional reassurance.** Remind your loved one (and yourself) that support doesn't require being physically present to be meaningful.

Coordinating Care and Communication: Work effectively with people on the ground and keep information organized.

- **Identify local helpers.** This may include nearby family, friends, neighbors, faith communities, or professional caregivers.
- **Clarify roles early.** Agree on who handles appointments, emergencies, finances, and routine check-ins.
- **Centralize information.** Keep a shared list of medications, providers, contacts, and important documents in one accessible place.
- **Communicate clearly and calmly.** Use group texts, shared notes, or scheduled updates to reduce confusion and stress.
- **Advocate with confidence.** Ask questions, request updates, and speak up when something doesn't seem right.

Planning Ahead and Knowing When to Step In: Prepare for future needs and make decisions without panic or guilt.

- **Anticipate changes before a crisis.** Discuss preferences for care, living arrangements, and decision-making early.
- **Watch for warning signs.** Increased falls, missed medications, isolation, confusion, or caregiver burnout may signal a need for more support.
- **Know your options.** Learn about in-home care, adult day programs, care management, and local resources before they're urgently needed.
- **Trust your instincts**. If something feels off, it's okay to pause, ask for help, or reassess the plan.
- **Release guilt.** Doing the best you can from a distance is still real caregiving.

For more information, resources, or support- please call and schedule a consultation with a social worker.

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