

5 Remote Caregiving Hacks

from Elizabeth Miller, Founder of Happy Healthy Caregiver



Create a Shared “Care Command Center”

Set up a shared digital calendar, password keeper, and cloud folder for important documents, or consider an app that specializes in care coordination.



Maximize the Power of Technology

Consider video calls, remote monitoring devices, digital companions, and online services for extra helping hands



Appoint a Local Point Person

A neighbor, friend, or hired aging life care manager can be your eyes and ears and point of contact in an emergency. Have debrief calls after each visit.



Turn Visits Into Action Plans)

Bundle medical visits, home repairs and preparations for future needs; Assess what has changed since your last visit and include something fun to do together!



More Grace, Less Guilt

Focus on what you CAN do – emotional support, advocacy, research, care coordination, and regular connection calls.



Would you like to receive the free
Happy Healthy Caregiver
newsletter in your inbox?
<https://bit.ly/HHCnews>

