



How to Rock Long-Distance Caregiving

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I know what remote caregiving is like...



What Can Be Managed From a Distance?



- Emotional and social support
- Bill payment and financial management
- Research
- Appointment management
- Hiring professionals and coordinating care
- Online shopping
- Supporting the primary caregiver

Prepare to Care from a Distance

- Prepare and simplify the home
- Determine the communication & visitation plans
- Identify local trusted point person(s)
- Create an Emergency Plan
- Embrace technology
- Compile the important documents you need



How do you recommend families start to prepare to care remotely – especially if the care recipient is hesitant or private?



**What tools or systems have you
found most helpful for managing
care remotely?**



**How can families stay connected to
a care recipient when they can't be
there physically?**



**What local professionals or services
do you recommend to be the “eyes
and ears” on the family’s behalf?**



**How do you help remote caregivers
manage guilt or helplessness when
they can't be physically present?**



**How have you seen families
successfully share the care
remotely?**



**What are some signs of depression,
neglect, or possible abuse that long
distance caregivers need to watch for?**



Happy Healthy Caregiver Resources



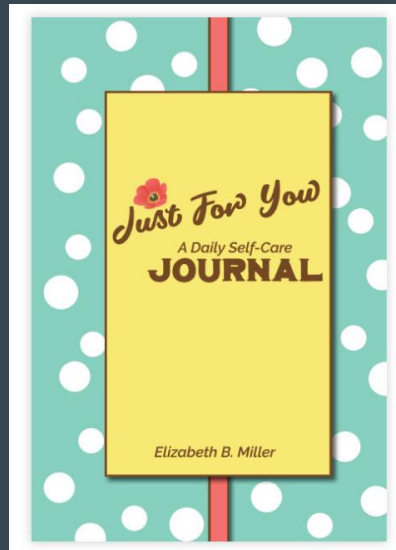
BOOKS



PODCASTS



TOOLS



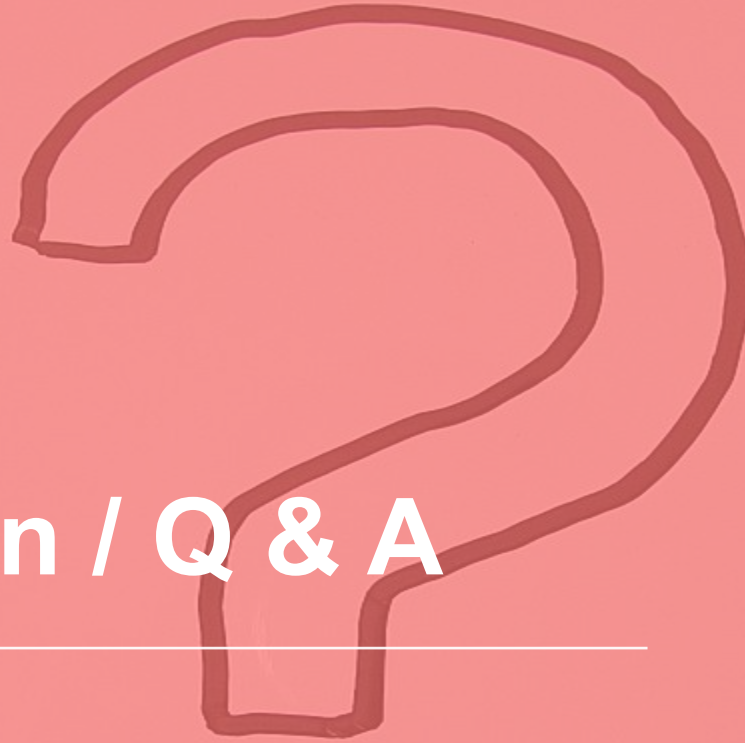
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Special respite!

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Open Discussion / Q & A

For help navigating your caregiving journey, contact me:

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