

# Home is Where the Heart is Checklist



## TIPS ON LONG-DISTANCE CAREGIVING

Ensuring the health and welfare of our friends and family is of the utmost importance, regardless of distance. We at the National Center on Elder Abuse want to share the following tips on staying socially connected with your loved ones. Here are some tips:

### **Ask your loved one what they WANT just as much as what they NEED**

- > Do they want a favorite food delivered?
- > Are they running low on a favorite lotion or cream?
- > Do they need or want assistance with shopping?
- > Do they feel safe going on walks or doing outdoor activities?

### **Get in contact and stay connected**

- > Ask them if it would be okay to check-in on a daily or weekly basis.
- > Determine the best way to reach them [e.g. landline, cell phone, computer, other devices].
- > Send them a letter through email, or be creative and pen a letter that you and your family create together.
- > Coordinate a video call and invite the entire family to check-in and catch-up.



## Create your own checklist to stay connected!



Check-in Event	Date or Day	Completed	Notes
<b>EXAMPLE: Check-in Zoom call with Grandma – Tuesday</b>	Tuesday	✓	She is doing well, wants help with grocery delivery.