

Caring From a Distance



Stay Ahead of Performance, Productivity and Health Issues

COMPSYCH
GuidanceResource Worldwide

Agenda

- You are not alone
- How to devise a care giving plan
- What elder care service options are available
- How to communicate more effectively with your elder relative, family and local care givers

Expectations

- If you define successful care giving as “doing it all” you are sentencing yourself to unnecessary guilt and misery
- You won’t be able to satisfy everyone’s expectations but you will be able to satisfy crucial needs



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Four Stages of Creating a Plan

1. Evaluate the situation
2. Research
3. Analyze
4. Decide



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Eldercare Support Services

Adult Day Care

- Senior centers
- Adult daycare centers
- Day hospitals
- Lunch & social clubs

Personal Care Services

- Home health services
- Homemaker services
- Meals on wheels
- Nutrition services
- Friendly visitor services
- Telephone reassurance services
- Private help

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Eldercare Support Services

House Care Services

- Chore services
- Home maintenance, adaptation and repair programs

Medical Services

- Intensive medical services
- Personal Emergency Response Systems (PERS)

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Keeping in Touch

- Offer reassurance that you do care and want to help
- Schedule a set time daily or weekly to call your elder
- Listen for warning signs
- Check regularly on your elder's condition
- Make plans to visit your elder frequently



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Communication

- Hold a family conference
- Define roles for family members
- Establish communication channels
- Create positive family dynamics
- Provide respite
- Research
- Identify friends/neighbors who could assist with care giving responsibilities
- Be respectful when talking to family members

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Review

- How to devise a care giving plan
- What elder care service options are available
- How to communicate more effectively with your elder relative, family and local care givers



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Additional Help

ComPsych counselors are qualified to help you your concerns about showing care for your elderly family member from a distance. They can assist you with making a care plan.

There are additional resources for caring for the elderly

www.guidanceresources.com

Check it out!

Call ComPsych® GuidanceResources®
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