

LONG-DISTANCE CAREGIVING TIPS

Long-distance caregiving can be complicated but not impossible, especially thanks to modern day technology. Here are some long-distance caregiving tips that can be utilized with your phone or computer:

CALLING

Talking on the phone is a great way to connect with loved ones.

EMAILING OR TEXTING

Email messages and text messages provide fast and easy communication and let them know you're thinking of them without being intrusive.

RECORDING SPECIAL OCCASIONS

Consider recording friends, family, and special events as a way to bring the celebration to your loved ones.

VIDEO CONFERENCING AKA "SKYPING" OR "FACETIMING:"

Video conferencing allows people to see and talk to each other online in real time, like a video telephone. Each person needs a web camera that is connected to the internet through his or her phone and computer. The software is free, as is the cost of the call.



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ONLINE SUPPORT COMMUNITIES: There are a variety of ways to support yourself and loved ones through online tools. Here are some examples:

- **Cancer Care:** Online support groups for caregivers, online resources, and phone support. You can access this at www.cancercares.org/tagged/caregiving.
- **Cancer Support Community:** Online resources for caregivers, physical locations with programming and support groups, and phone support. You can access this at www.cancersupportcommunity.org/
- **Caring Bridge:** An online tool that enables you to keep family and friends updated and involved during a difficult time. You can access this and learn more at www.caringbridge.org
- **My Cancer Circle:** An online tool created to support caregivers of people coping with cancer. It is a free, private support community for caregivers where you can organize the community of people who want to help you. You can access this tool at www.mycancercircle.lotsahelpinghands.com.
- **TakeThemAMeal.com:** A meal coordinating website where friends and family can sign up and take your loved ones a meal. You can access this at www.takethemameal.com.
- **Sharsheret Website:** You can access other helpful caregiver tips, articles, and blog posts on our website, www.sharsheret.org.