

Long-Distance Caregiving Checklist for Families

Supporting an aging parent or loved one from a distance can feel overwhelming at times. This checklist is designed to help families stay organized, prepared, and connected while supporting older adults from afar.

Emergency & Contact Information

- ☐ Primary emergency contact information is updated
- ☐ List of family members and caregivers is current
- ☐ Doctors and healthcare providers are documented
- ☐ Pharmacy contact information is available
- ☐ Neighbor, friend, or local support contact identified
- ☐ Emergency numbers are easily accessible

Medical & Health Information

- ☐ Family members have appropriate authorization to communicate with healthcare providers if needed
- ☐ Current medication list is updated
- ☐ Medication reminders or pill organizers are in place
- ☐ Upcoming medical appointments are scheduled
- ☐ Health insurance information is organized
- ☐ Healthcare authorization forms are completed
- ☐ Medical conditions and allergies are documented
- ☐ Emergency medical alert system considered if needed

Home & Safety Check

- ☐ Home is clean and safely maintained
- ☐ Smoke detectors and carbon monoxide detectors work properly
- ☐ Walkways and stairs are clear of fall hazards
- ☐ Lighting is adequate throughout the home
- ☐ Bathroom safety features are installed if needed
- ☐ Food and household supplies are stocked
- ☐ Transportation needs are addressed

Financial & Legal Planning

- ☐ Bills are being paid on time
- ☐ Important financial accounts are organized
- ☐ Power of attorney documents are completed
- ☐ Healthcare directives are updated
- ☐ Insurance documents are accessible
- ☐ Future care preferences have been discussed with family members
- ☐ Important legal paperwork is stored safely

Communication & Emotional Well-Being

- ☐ Regular phone or video calls are scheduled
- ☐ Family members share caregiving responsibilities when possible
- ☐ Parent has regular social interaction
- ☐ Signs of loneliness, anxiety, or depression are monitored
- ☐ Community programs or senior services have been explored
- ☐ Caregiver support resources are available if needed

Questions to Ask During Check-Ins

- Are medications being taken correctly?
- Has anything changed with health or mobility?
- Is transportation still manageable?
- Are meals being prepared regularly?
- Is the home being maintained safely?
- Are there any new concerns or challenges?
- Is additional support needed at home?
- Have you been able to spend time with friends or family recently?
- How have you been feeling emotionally lately?

Helpful Reminder

Long-distance caregiving can be challenging, but families do not have to manage it alone. Building a trusted support network, staying organized, and maintaining regular communication can help older adults remain safe, independent, and connected. For additional support and aging resources in Southeast Michigan, contact AgeWays at (800) 852-7795.