



The Caregiver News

May 2019

Long Distance Caregiving

Caregivers do not need to live close to family and friends to provide support. The basic needs of support, such as consistent contact, meal delivery, medical transportation, and much more, can often be arranged from far away.

Communication

One sibling or family member is often the main contact for the family. This can become overwhelming. If mom goes to the hospital, five people may call for updates in a two hour period. A long distance family member can help by creating a check-in system or option.

Ideas include:

- A family blog. The long distance caregiver creates a blog, where a primary caregiver can upload information, photos, captions about the week's appointments, etc. All others can check the blog for current information. Visit blog.com for ideas.
- Hold a conference call or video chat the same time each week, or at a scheduled time directly after surgery. The long distance caregiver can set up the call so the main caregiver can focus on the message.

Food Delivery

Many grocery stores and restaurants have delivery ability for a small fee. Someone who lives far away can easily support a tired caregiver by having groceries or a meal delivered.

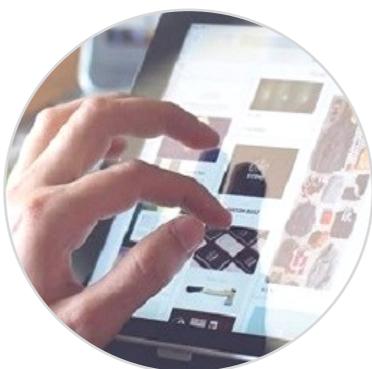
- Set up a standard online grocery order to be delivered every Monday afternoon. Add specialty items as needed.
- Use companies such as Grubhub.com, Doordash.com or UberEats.com to deliver meals. Send your parents a Friday meal so the main caregiver can have a night off.

Transportation

- Uber.com, Lyft.com and other options provide the driver's name, photo, and license plate number—letting people know who they will be riding with. Drivers can also pick up packages and deliver to a home—they transport cargo and people.

A long distance caregiver can also encourage self care, by sending a tired caregiver a thank you card, restaurant gift card, encouraging text, etc.

Create a list of what you need and send it to long distance caregivers for consideration.



Getting Started with Long Distance Caregiving



Building a Long Distance Caregiver Network



Strategies for Long Distance Caregiving

The Tip Jar

Help Others Feel Loved, No Matter the Distance.

A few ideas:

- Send hand written notes and cards.
- Make a weekly call.
- Send a text about something funny that is seen or experienced.
- Start a group text with everyone in the family, "What is your favorite summer vacation memory? Why?".
- Send random flowers, a video, or treat through the mail.

Education Programs

Stress-Busting for Family Caregivers

Stress Busting is a free nine week evidence-based program. Come learn eight stress therapy techniques and enjoy peer support with other caregivers. **Next class** starts **May 14 at the West Jordan Viridian Center** (evening class).

Caregiver Academy

The Caregiver Academy is a free six week skill program where caregivers learn to manage a care environment, explore resources, manage behaviors, set boundaries, and more. **Next classes** start **May 7 in Salt Lake**, or **June 5 in West Jordan**.

Call **385.468.3280** to reserve a place in a class. **Space is limited.** Reasonable ADA Accommodations for workshops available.

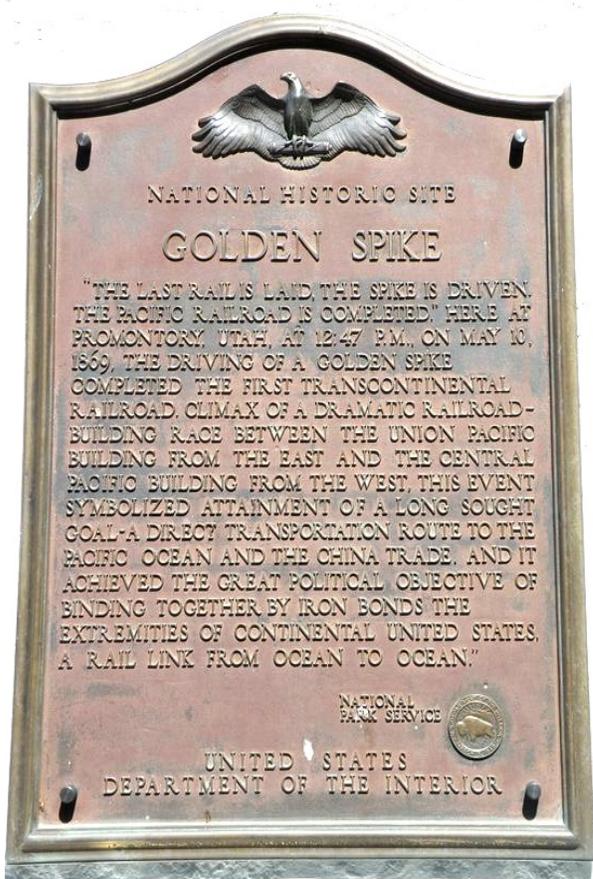
Stress Busting Ideas

- **Mama's Wranglers** will be playing at Liberty Senior Center (251 E 700 S), May 1st from 10:30 am to 11:30 am. Other musical options provided through Heart and Soul are available on heartsoul.org website. Call 801-467-5499 for details.
- **Come party like it's 1869!** Utah played a significant roll in railroad history when transcontinental rails from the east and west met for the first time in Promontory, Utah (Northwest of Corinne, take State Route 83). Sesquicentennial celebration events will take place at the Golden Spike National Historical Park—marking the 150th Anniversary. The celebration will also broadcast on KSL Channel 5 on May 10th from 12:00 noon to 1:00 pm. Visit spike150.org for information, parking passes, and more.

Visit nowplayingutah.com, seniorsbluebook.com, slco.org [senior center](#) and [caregiver](#) calendars for more options.

[Pinterest.com/slcoaging](https://www.pinterest.com/slcoaging)

Take a moment to learn something new about Utah's History this month.



Support Groups

- **Amyotrophic Lateral Sclerosis (ALS)**
 - ♦ [Murray Heritage Senior Center](#). Call 801.264.2635.
 - ♦ [Riverton Senior Center](#). Call 385.468.3043.
- **Alzheimer's & Related Dementia Groups**
 - ♦ [Draper Library](#). Call 801-265-1944.
 - ♦ [Millcreek County Library](#). Call 801.265.1944.
 - ♦ [Jewish Family Services](#). Call 801.746.4334.
 - ♦ Other Alzheimer's Association groups call 801-265-1944.
- **Caregiver Lunch Bunch**—a peer group for family caregivers only. 1st Thursday each month at 11:30 am. May's event will be held at Midvale Mining Cafe on 390 W 7200 S, Murray. Call 385.468.3281 to reserve a seat.
- **FTD & Related Dementia**—[Sandy Senior Center](#). Call 801.231.3442.
- **General Caregiver Groups**
 - ♦ [Mt Olympus Senior Center](#). Call 801.424.2200.
- **S.A.G.E./LGBTQ Seniors**—[Tenth East Senior Center](#). Call 385-468-3140.

Visit the slco.org/caregiver for more groups and events.