



## **Long-distance caregiving: it's an uphill climb!**



Are you trying to provide or locate care for your parents or other relatives who live hundreds – or even thousands – of miles away from you? This is a very common situation today considering that:

- **Adult children** frequently relocate to pursue their own lives and careers, and may live quite a distance from their parents.
- **Retiring adults** often choose to move away from lifetime homes to enjoy a “kinder climate” or “senior friendly” area of the country.

Distance may present a challenge for relatives who hope to “stay close” despite the miles between them. Yet it’s usually a manageable situation thanks to telephones, email, superhighways, and airplanes.

However, when aging, illness, or other changes create everyday care issues for elderly relatives, it can be a serious problem if there is no nearby family to help.

### **As a long distance caregiver, you face major obstacles...**

- How do you find out about care resources where your elders live?
- How can you handle your loved ones’ care issues – on top of coping with the demands of your own busy life?

### **As your work-life benefit, we can help!**

- WFB provides experienced counselors, and comprehensive web search capacity at www.wfbenefits.com to help you locate care solutions for your elders no matter where in the U.S. they live.
- WFB saves you time work by identifying resources for you, so you can make arrangements from far away, or be prepared with concrete, up-to-date information when you visit to problem-solve.

So if you’re struggling with long-distance caregiving responsibilities, let us pitch in with our experience and research capabilities. Remember: WFB’s services and web site are free and available 24/7 – we’re **always** ready to help you!