

WELLBEING FOR CAREGIVERS



Health & Benefits Education to Keep You Well

MANAGING REMOTE CAREGIVER GUILT

If you live far away from aging parents or other relatives who require care, you might struggle with feeling guilty about how you can (or cannot) support them.

Here are some tips to help you manage remote caregiver guilt:

- ✓ **Accept that you will feel guilty sometimes.** It's normal to feel like you should be doing more; acknowledging these emotions allows you to process them and work to let them go.
- ✓ **Come up with a communication plan.** You may not be able to visit your loved one often, but you can arrange a video chat, write, or find other ways to show you care.
- ✓ **Redefine what "caring" means.** Although you may not be able to be there in person, remember that what you can do remotely still matters.
- ✓ **Reconcile issues from the past.** Grudges and pain from the past can worsen remote caregiver guilt. Consider talking with a mental health professional to help your healing process.
- ✓ **Support the primary caregiver.** If another friend or family member is taking the primary role of support, they could use your support! Take the initiative to support the primary caregiver with words of encouragement, a listening ear, and financial support if possible.

Read more tips at:
[care.com/c/9-tips-for-coping-with-remote-caregiver-guilt](https://www.care.com/c/9-tips-for-coping-with-remote-caregiver-guilt)

