

DOWNLOAD YOUR FREE GUIDE

Supporting a Loved One From a Distance

Helping You Care, Connect, and Support—From Anywhere



≡ GoldenRides® ≡

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Living far from an aging parent can be stressful and emotional. But with the right tools, resources, and planning, you can support their wellbeing from afar and maintain a meaningful connection.

Stay Connected Consistently

- Schedule weekly video or phone calls.
- Send letters, cards, or small gifts to remind them they're loved.
- Use smart devices or tablets to help them stay tech-savvy and in touch.

Build a Local Support Network

- Identify reliable neighbors, friends, or local relatives who can check in.
- Hire in-home care or companion services if needed.
- Partner with transportation services like GoldenRides for mobility and socialization

Coordinate Medical & Safety Needs

- Keep a record of their doctors, medications, and health history.
- Consider remote monitoring tools for emergencies or medication reminders.
- Schedule regular health check-ins with their providers.

Handle Finances & Legal Planning

- Ensure important documents are in order: will, power of attorney, insurance.
- Set up online banking and bill pay with security controls.
- Consider a financial advisor familiar with elder care issues.

Visit Strategically

- Use visits to assess changes in health, home safety, and emotional wellbeing.
- Make improvements or arrange services during visits.
- Spend quality time together doing things they enjoy.

Offer Emotional Support

- Acknowledge feelings of loneliness or fear of decline.
- Encourage them to pursue hobbies, groups, or new friendships.
- Remind them they're not alone, even from afar.

GoldenRides® : Support That Preserves Independence

Even from hundreds of miles away, your care, planning, and love can make a meaningful impact. With the right support, your parent can continue to age with dignity, safety, and joy. GoldenRides® can provide peace of mind for you and your family while making things safer, easier and more comfortable for your loved one whenever they venture out.

We provide:

- Safe, reliable transportation
- Personal assistance and companionship
- Calm, respectful support — at your pace

📞 Call: (888) 470-0260

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