

Budget-Friendly Ways to Leverage Tech and Care for Your Loved Ones From Afar

As much as we want to keep our nearest and dearest close at all times, this is often not the norm these days. Family members scatter for jobs and to raise families of their own, and often their senior loved ones have to fend for themselves. Thankfully, by using just a handful of cost-effective tools, you can leverage the internet to ensure that loved ones like senior parents and grandparents remain hale and hearty despite the distance. Here are some of the best ways to do just that.

Keep multiple lines of communication open.

Gone are the days of costly long-distance phone calls. Presently, communicating from a distance can be as easy as firing up a messaging or video calling app. Better still, most of these apps are free or come with a nominal subscription fee, so anyone with a compatible device can take advantage of them at any time.

There's [no excuse](#) not to keep in touch these days, especially with loved ones in your care. It's a good idea, therefore, to employ various [lines of communication](#), as well as keep them open at all times. These can run the gamut from text messaging to emails, phone calls to video calls. It's not a replacement for face-to-face interaction, but it's a close-enough and budget-friendly substitute.

Be as involved as possible.

In the same way that remote communication tools make it easy to get in touch with family, so is it possible to get involved in some of the more important aspects of their lives, especially for seniors and those who have specific medical needs that require monitoring. Furthermore, you can [keep track](#) of your high-risk senior from afar via their physical activity trackers, specific location trackers, or medical alert systems.

For instance, in lieu of accompanying them in person to medical appointments, you can make arrangements to stay in the loop through conferencing—again, using a host of affordable (or free) [conferencing software](#). This is also a great way to meet your loved one's healthcare team and work out coordinated efforts in keeping them healthy. These healthcare providers are also the best resources for information on your loved one's specific condition, with [reputable medical websites](#) and journals coming a close second.

Make use of online delivery services.

Now, there's also the question of ensuring that your loved ones get everything that they need with ease. Thankfully, almost all businesses have an online presence today, so it's [easy enough](#) to buy goods—ranging from fresh food to medication to bric-a-brac—from wherever you are in the world and get it delivered straight to your loved one's doorstep.

Of course, savvy shopping still applies, especially if it's savings you're after. It's definitely more than wise to find ways to save when online shopping by finding the best deals and retailers offering the best discounts. For instance, when shopping online from Walmart, you can enjoy savings when you use your Walmart credit card, get cash back on purchases through sites like Honey, and take advantage of Walmart's free two-day delivery offer.

Enlist the help of people on the ground.

Finally, it's a foregone conclusion that you won't always get to visit and do things for your loved ones, which is why it's important to enlist the help of local professionals offering different services that can make their home life more manageable. Case in point, cleaning services are of the essence, especially when your family member has a physical limitation that prevents them from doing the work themselves. Meal prep and delivery are just as important, too, as are [home care](#), pet sitting, driving, and landscaping services, to name a few.

If cost is an issue, there are ways around that, too. Most areas have [volunteer groups](#) that can take on tasks for seniors, which you can easily find online. And don't underestimate your own network, too, as you will likely find neighbors, friends, and fellow church members who will be all too happy to check on your loved ones for you.

[Long-distance caregiving](#) can be a challenge, but today's constant connectivity does bridge the gap effectively in more ways than one. So take advantage of the many wallet-friendly solutions that tech advancements now offer. You may just be pleasantly surprised at how well it all works out.



Image Credit: [Pexels.com](https://www.pexels.com)