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## [Handbook for Long-Distance Caregivers](#)

Whether you live an hour away or across the country, [The Handbook for Long-Distance Caregivers](#) from the Family Caregiver Alliance offers a road map for those new to the challenges of caring from afar for ill or elderly loved ones.

This helpful handbook addresses how to assess your care situation; develop a care team; hold a family meeting; access community organizations and private agencies; and balance work and caregiving.

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Used with permission of **Family Caregiver Alliance, National Center on Caregiving**--40 years of experience advocating for policies and delivering programs nationwide to support and sustain the quality work of family caregivers and caregiving professionals. Leads quality education, provides compassionate caregiver planning services and works to bridge research and practice to benefit all caregivers. For more information, visit [www.caregiver.org](http://www.caregiver.org) or call (800) 445-8106.