Department of Social and Health Services
Home and Community Living Administration

Remote Caregiving

A New Way to Get Caregiving Help from Home

What is Remote Caregiving?

Caregivers helping you with daily tasks through scheduled video calls.

Why Choose Remote Caregiving?

- Get help faster when no in-person caregiver is available.
- It's flexible – you can get care without someone coming inside your home.
- You need support that can be provided over video.

Examples of remote tasks:

- Personal care reminders
- Meal support
- Transportation scheduling
- Appointment reminders
- Encouragement to exercise
- Medication reminders
- Blood glucose support
- Insulin reminders
- Nebulizer oversight

Remote caregiving may work well when:

- You do not need hands-on support.
- You live in a rural or hard-to-reach area.
- You need care between scheduled in-person visits.
- You prefer remote caregiving.
- A mix of in-person and remote personal care meets your needs.

What kinds of tasks can be done remotely?

Tasks that can be performed remotely are those that include reminding, oversight, monitoring, encouragement, and do not require hands-on personal care.

Who provides remote caregiving?

DSHS-contracted home care agencies have trained and qualified caregivers who can provide care in-person and through secure video calls.

http://dshs.wa.gov/RemoteCaregiving

What if I need physical help with some tasks, but not all of them?

In-person and remote personal care services can be combined, provided the total hours from the care assessment are not exceeded. Clients should contact their case manager for more information.

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