

Long Distance Support

You may live far away from your family member with a disability but still be involved in their care and support from a distance. There are many programs and resources to help you manage long distance caregiving... and to put your mind at ease.

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Links

Caregiver Tech Tool Finder (CTTF)

Source

[Caregiver Tech Tool Finder \(CTTF\)](#)

Article

Finding Grocery, Farmers Market, and Food Delivery and Other Resources in Your Community

When you're having a hard time getting to the store, or if you're trying to stay home for health reasons, grocery delivery services can come to the rescue.

Source

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