

Helping to care for an older adult who lives out of the country comes with its own set of unique challenges. The following The Larkin Company resources, tools and templates have been carefully selected from The Larkin Company Digital Care Advisor for those who are providing care to an older adult living outside of the U.S.

### Make a plan for emergencies

Putting emergency plans in place can provide peace of mind and essential information for everyone involved in care management when it's needed most.

- Obtain the names and contact details for at least two trusted people who live within very close proximity to the older adult. You'll never know when you'll need to ask for support and you'll be so glad if you already have this information.
- Fill in the rest of the information on this "[Essential List](#)" so information (like the preferred hospital) is readily available.
- Print and complete this [Health-Related Contact List](#) so the medical specialists' information is easily accessible.

### Understand the older adult's needs

Consulting with local family, friends and/or neighbors to hear their perspective on the older adults' current needs may be helpful. Additional insights and information may be gathered from video calls.

- Keep the list of [Warning Signs of Decline](#) handy so you are able to recognize areas where the older adult may show signs that more support is needed. Family or friends may provide helpful observations in these areas.
- Use the [Needs Assessment Checklist](#) to help identify how and where to support an older adult with their activities of daily living as well as where household support is needed.

### Talk through health changes and care plans

Understanding the older adult's care preferences and managing care from afar and (possibly) between siblings can be complex. The following tools can help make that process easier.

- Use the tools and suggestions in our [Tips for Talking](#) to start care conversations and glean insights into where the older adult may be coming from in their current season of life.
- The [Family Meeting Tool](#) provides details on how to set up and run a family meeting in order to discuss care needs for an older adult. It has pre-meeting points to set things up for success and detailed suggestions for how to facilitate a family meeting.
- If a playful approach is a good fit for you and the older adult, our "fill-in-the-blank" [game](#) can be a light-hearted way to start bigger conversations about housing and care.

### Help keep the older adult's home safe

A fall or injury as a result of an under-lit hallway, throw rug or slippery bathtub could make the difference between the older adult living independently and needing daily care because of an injury and subsequent increased needs.

- The [Home Modification Checklist](#) is a comprehensive list that includes suggested safety precautions, home adaptations and additions to make the older adult's living environment as safe as possible. With local help, modifications can be managed from afar.

### Track medications and health information

If you are interfacing with medical professionals and advocating for the older adult, having key medical details at your fingertips will be a tremendous help.

- Print out and fill list of [Current Medications & Supplements](#). Update it as regularly as possible so it's accurate when it's most needed.
- Print and fill out this [Medical History](#) template so you have a snapshot of the full medical history.

### Locate important documents and financial information

The types of document and details will likely vary if the older adult's residence is outside the U.S., but these forms will prompt a thorough inventory and can be customized as needed.

- Print and complete this [Location of Important Documents](#) to help gather and secure important information like marriage license, safe deposit box keys, etc.
- Secure access to their personal finance information and create a list of approved people who have access. This [Accounts Permission Checklist](#) provides a detailed list of places a caregivers name should be added in order to get information or make changes. These regulations vary regionally.