

RURAL AND REMOTE: CAREGIVER ISSUES

Issues Facing Rural and Remote Areas

Geographical remoteness and weather conditions

Long distances

Low Population Density

Less availability of specialist and medical care

Limited housing

Impact on Family Caregivers

Family Caregivers are cut off from support services and face transportation issues accessing what does exist. This can lead to isolation, depression and lack of support.

Family caregivers must travel vast distances to get loved ones to their appointments. Often times there is no public transit and medical appointments can be several hours away by car or plane. This poses a heavy time constraint as well as financial burden on the family caregiver.

Family caregivers face vast geographical areas and a thinly spread out population making service delivery expensive and difficult to provide. Family caregivers are relied upon to provide many of the services that would be available in urban centers. Such as transportation, home care services like cleaning, grocery delivery, shopping, and snow shoveling.

Family caregivers are responsible for getting their loved ones to medical appointments, surgeries and specialists. If transportation is provided, it is only for the person receiving care. Often times, these appointments are out of community. Family caregivers face separation from their loved one or a heavy financial and emotional burden due the cost and time involved in accompanying their loved one.

Family caregivers face limited housing options. Allowing a loved one to remain in their own home can be dangerous due to lack of supports in rural and remote communities. Accessing assisted living or long term care can be equally difficult due to long waitlists and the 'first available bed' policy. This policy can be devastating in a remote and rural setting as it can separate families and communities in areas where no transportation exists.