



SENIOR COMMUNITY  
SERVICES

Of our current survey respondents, 57% say that using online shopping or delivery services has been helpful in their caregiving journey.

While caregiving often includes actual physical care, it also includes non-care services like housekeeping, yard work, and errands. For errands like grocery shopping, picking up prescriptions, or purchasing household items and pet supplies, there's no doubt caregivers can benefit from the convenience and time savings offered by online shopping and delivery services. But these tools can also benefit you and your loved one in other ways.

### **Task sharing and social engagement**

Ask another family member, friend, or neighbor to place online orders for your loved one, complete order pickup/drop-off (or stop by when the order is delivered) to help organize the items. This completes a task on your "to-do" list and provides your loved one with social engagement from others.

### **Autonomy and independence**

Help your loved one learn how to safely set up and use online services on their own. This provides them with continued independence, the ability to make their own decisions, and the satisfaction of learning a new way to navigate challenges.



**TIP:** Senior Community Services can help with this at a local one-on-one technology support clinic or via a home visit.

### **Connect via CareNextion**

Use CareNextion to set up a care team and you and your loved one can add tasks of all kinds to the shared calendar. Tasks that need a "doer" can be shared with the entire team and team members can assign themselves to the task. CareNextion is an award-winning, free, secure online tool that provides care teams of families and friends with centralized communication, including task scheduling & assignment, journaling, and local resources. Check out our newly released video explaining how CareNextion works, then watch the step-by-step instructional video to set up your care team. Both videos are available on our website and YouTube channel.

To celebrate National Family Caregivers Month, we're helping [#CaregiversConnect](#) by sharing what we learn from those we serve and inviting caregivers to share what they have learned along their caregiving journey.

**Celebrating National Family Caregiver Month 2023**