









# SMART CAREGIVING

by  Family  
Caregiver  
Alliance®

## “My mom lives in another state and I want to move her in with me. What do I need to know?” - A family caregiver

So many family caregivers call us *after* they’ve moved Mom across state lines, and they’re finding out the hard way that it’s more challenging than they expected. To prepare for what’s ahead, we recommend you consider the following:

-  **What are your Mom’s needs?**  
Talk with her physician, friends and neighbors to get a clear picture of Mom’s needs. Our [Caregiving at Home](#) guide details how to prepare for moving her across state lines and into your care.
-  **Are you prepared to replace Mom’s social network?**  
When Mom moves, she’ll lose close contact with her friends, neighbors and other members of her social circle. Many family caregivers underestimate the demand filling this void can place on a single person or a family.
-  **What services are available in your area?**  
First, you’ll want to find a doctor who is accepting new patients and is a good match for you and your Mom. Next, visit our [Services by State](#) page to find family caregiving assistance in your home state. If you’re bringing Mom to California, register with [CareNav](#)® and we’ll talk with you about your caregiving situation, answer questions and provide tailored resources and tools.
-  **Medicaid benefits vary by state**  
Medicaid, an insurance program serving people on limited incomes, is managed at the state (not federal) level. Not only will Mom have to re-apply, her benefits may be different in your state. Visit our [Services by State](#) page to find your local Medicaid office and learn more.
-  **How will you care for yourself?**  
Caregiving can be stressful and overwhelming—but also satisfying. Look at our [Taking Care of YOU](#) guide for tips on self-care, including finding support groups, respite care and useful ways to ask for help.
-  **Prepare now for changing needs**  
Care needs will change over time, and it’s never too early to think about possible future arrangements. Our [Residential Care Options](#) and [Understanding Palliative Care](#) guides can help you can make informed, well thought-out decisions in advance.

### FCA offers free, expert family caregiving support

Register with [CareNav](#)® to receive free access to expert guides, recorded webinars and live online events related to your caregiving needs. If Mom will be joining you in California, you’ll have access to additional support. Sign up today!