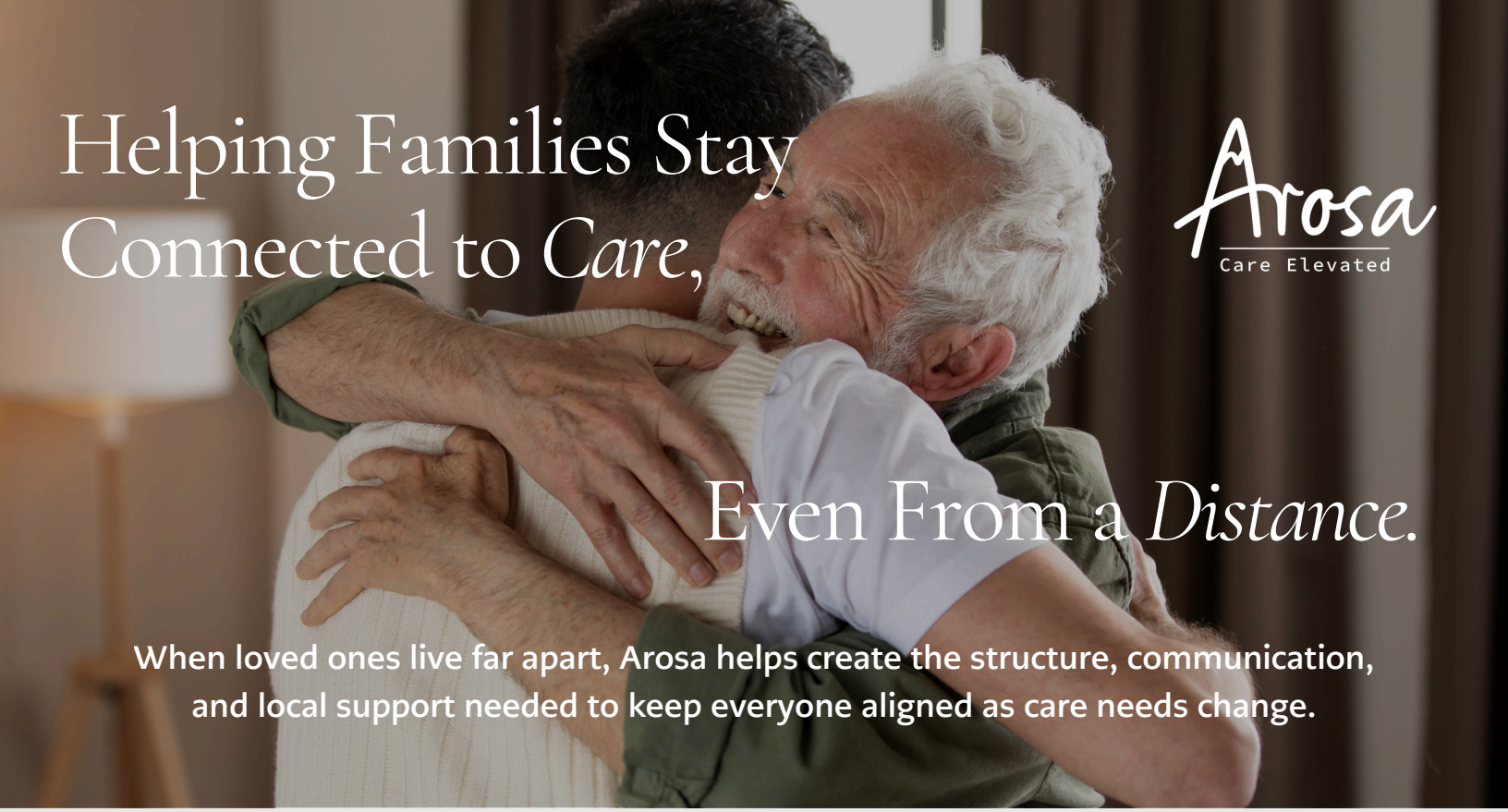

Helping Families Stay Connected to *Care*, Even From a *Distance*.

Arosa
Care Elevated

When loved ones live far apart, Arosa helps create the structure, communication, and local support needed to keep everyone aligned as care needs change.

Families can care deeply from a distance, but distance can make care coordination harder.
A phone call may not show whether meals are being missed, medications are becoming confusing, appointments are being delayed, or daily routines are starting to change. Family members may each have part of the picture, but no shared plan for what is happening, who is responsible, or when more support is needed.

A shared care plan helps long-distance families move from scattered updates to clearer coordination, better follow-through, and more confidence that their loved one is supported day to day.



Why Long-Distance Care Can Become Difficult:

- Family members may not see day-to-day changes
- One nearby person may become the default coordinator
- Siblings or relatives may have different levels of information
- Appointments, medications, and follow-up may be hard to track
- Safety concerns may not be obvious during phone calls
- The person receiving care may minimize changes or avoid worrying family
- Family members may disagree about what support is needed
- Small changes can become larger concerns before anyone realizes it

Distance does not mean families are disconnected. It means the care plan needs more structure.

What a Shared Care Plan Can Clarify:

- What support is currently in place
- What has changed recently
- Who is responsible for appointments, medications, bills, transportation, or household needs
- How family members will receive updates
- What warning signs should prompt a conversation
- When more help may be needed
- How the person receiving care wants to be supported
- Who will help coordinate local resources and follow-through



How Arosa Helps:

Care Management Oversight
Arosa Care Managers help families understand the bigger picture, identify changing needs, coordinate next steps, and provide local oversight when family members are not nearby.

Caregiving Support
Arosa Caregivers help support daily routines, meals, hydration, personal care, companionship, transportation, and consistency at home.

Family Communication
Arosa helps families stay informed with clearer updates, shared expectations, and practical next steps.

Role Clarity
Arosa helps families identify who is responsible for what so care coordination does not fall entirely on one person.

Local Eyes and Ears
When family members live at a distance, Arosa can help notice changes, identify concerns earlier, and reinforce the routines that support safety and dignity.

Integrated Care
Arosa's integrated care model connects Care Management, Caregiving, and Concierge Nursing in select locations to support more coordinated care over time.

A shared care plan helps families stay connected to what matters most: safety, dignity, routine, and quality of life.

Arosa can help your family create a clearer plan for care, communication, and support, even when loved ones live far apart.

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