Telehealth uses digital information and communication technologies, such as computers and mobile devices, to manage your or your loved one’s health and well-being. Telehealth can mean less time and energy spent getting to and from doctors’ appointments, less anxiety, stress and isolation, better physical health for family caregivers, and more. AARP recently asked California registered voters age 40+ about telehealth and caring for their families. This is what we learned:

What’s Telehealth?

- Monitoring devices for blood pressure, temperature and weight and much more.
- Video chats with a doctor, nurse or specialist consultation.
- Monitoring devices that can alert a family caregiver and emergency health care providers when the person being cared for has a serious injury such as a stroke.

79% of California registered voters age 40+ are interested in using telehealth.

California registered voters age 40+ support policies that allow for greater access to telehealth. Including:

- Being able to receive telehealth services while at home: 88%
- Require private health insurance, employer-based, Medicare, and Medicaid to cover telehealth: 83%
- Require health care providers to follow strict guidelines to protect patient data: 88%
- Invest in broadband to improve access: 79%
- Allow for telehealth coverage regardless of distance between patient’s home and provider’s office: 83%
- 88%
- 79%
- 83%
- 88%
- 83%

Telehealth and Family Caregivers

Telehealth can help make California’s 4.4 million family caregivers’ lives a bit easier through more connected care. Working and long-distance family caregivers can virtually join their loved ones’ medical visits. When family caregivers sacrifice their own health care to care for others, telemedicine care can help them save time and help ensure the care of their loved one.