



# HOLIDAY VISIT CHECKLIST

## HOME ENVIRONMENT

Look for signs that daily tasks may be becoming difficult:

- Clutter, dirty dishes, or laundry build-up
- Unopened mail or unpaid bills
- Expired food or lack of groceries
- Changes in home safety such as poor lighting or trip hazards

## PHYSICAL HEALTH

Subtle physical changes can signal bigger concerns:

- Noticeable weight changes
- Frequent bumps or bruises
- Unsteadiness or difficulty walking
- Low energy or shortness of breath

## PERSONAL CARE

These may indicate struggles with mobility or routine:

- Wearing the same clothes repeatedly
- Decline in hygiene or grooming
- Trouble bathing, dressing, or styling hair

## MEDICATION & APPOINTMENTS

Look for difficulties managing health needs:

- Missed doses or confusing medications
- Outdated prescriptions
- Missed medical appointments

## EMOTIONAL & SOCIAL WELL-BEING

Watch for signs of isolation or emotional strain:

- Withdrawing from activities
- Sadness, irritability, or anxiety
- Disinterest in holiday traditions

## COGNITIVE CHANGES

Be mindful of changes that appear during conversations:

- Repeating questions or forgetting details
- Difficulty following conversations
- Confusion about time or place

## CAREGIVER STRESS

If you are providing care, check in with yourself:

- Feeling overwhelmed or exhausted
- Difficulty balancing responsibilities

