



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- ☐ Outdated prescriptions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

