

The Holiday Visit Checklist

*What to notice while you are there.
Not an inspection, and not a diagnosis. Just what you saw.*

Visiting: _____

Filled in by: _____

How to use this page: you see them twice a year, which is exactly why you can spot a change nobody who sees them daily can. Give it an hour, quietly. Write what you saw rather than how it felt, date it, then enjoy the visit.

WHAT TO LOOK AT	WHAT I SAW specifics, not impressions
THE KITCHEN	
The refrigerator food in it? anything well past its date?	
Cooking is the stove used safely, are burners turned off	
How their clothes fit compared with the last time you saw them	
THE MAIL AND THE PAPERWORK	
The pile opened or unopened, second notices, sweepstakes mail	
THE MEDICINE CABINET	
The pill organizer days ahead already empty? days behind still full?	
The bottles duplicates from two pharmacies, expired, old prescribers	
THE HOUSE	
Floors rugs that slide, objects underfoot, cords across a path	
Stairs handrails loose or on one side only, light at top and bottom	
Bathroom and lighting grab bars by tub and toilet, slippery tub, dark path at night	
THEM	
Memory and thinking repeated stories in one afternoon, a decision that is unlike them	
Mood and interest still doing the things they enjoy?	
Steadiness watch them on the stairs once, without making it a test	

BEFORE YOU LEAVE

Write it down before you leave. "Waistband loose, duplicate blood pressure bottles, mail unopened since August" is useful. "Seemed a little off" is not.

Have one conversation, not five. Raise the single thing that worries you most, without criticism. It is their house and their life.

Take it to a clinician, not a search engine. With their permission, call the primary care office and describe what you saw.

If they talk about hopelessness or about not wanting to be here, do not save it for later. Call or text **988**, the Suicide & Crisis Lifeline, and stay with them. In a medical emergency, call 911.