Holiday-Visit Checklist

10 signs your parent may need more support

Look around gently during your visit. Check what you notice and jot down details to share with family or their doctor. One sign isn't a crisis. A few together, or a change since your last visit, mean it's time for a calm conversation and a plan.

Parent's name _____ **Date of visit** _____

☐	1	Mail or bills piling up unopened	Notes:
☐	2	Less food in the fridge, or food past its date	Notes:
☐	3	Pill bottles that look too full or too empty	Notes:
☐	4	New bruises, or a new way of walking	Notes:
☐	5	Weight loss, or clothes fitting differently	Notes:
☐	6	A home that's less tidy than usual	Notes:
☐	7	Forgetting recent conversations or plans	Notes:
☐	8	Less interest in friends, hobbies or church	Notes:
☐	9	New dents or scrapes on the car	Notes:
☐	10	Seeming more worried, sad or withdrawn	Notes:

Call their doctor if you notice

Sudden confusion, a fall, a big change in eating or weight, or low mood that lasts more than two weeks. **In an emergency, like chest pain or trouble breathing, call 911.**

Carey phones your parent, then tells you how they're doing.

Peace of mind, even on the days you can't be there. No app or device needed.

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