



# Holiday

## HOME SAFETY CHECKLIST

For many, the holiday season means it is time to buy presents, plan big meals, and make travel plans. If your travel plans include visiting an older parent or loved one, make sure to take the time to assess their home, safety, and wellbeing to ensure a happy and healthy new year!

Some questions to ask yourself while visiting can include, but are not limited to:

### GENERAL HOME MAINTENANCE

- Is there a change in the level of cleanliness of the home since your last visit?
- Are there signs of disrepair, i.e. light bulbs out, broken items or appliances, etc.?
- Are there dirty or unwashed dishes in the kitchen?
- Are food items in the refrigerator and or pantry fresh?

### PERSONAL HYGIENE

- Does your parent or loved one appear to have lost or gained weight? Does their appearance look unkempt?
- Is there any evidence of a fall or unexplained bruising?
- Is laundry being done?

### SOCIALIZATION

- Does your parent or loved one appear to be withdrawn from conversation?
- Are they repeating stories or asking repetitive questions?
- Have they been keeping up with friends, neighbors, or family members?
- Who was their last visitor? How long ago?

### OTHER DAILY LIVING ITEMS

- Is there unopened mail piling up?
- If he or she is an active driver, is there unexplained damage to their car?
- Is he or she taking new medications? Are meds empty or disorganized?

There are lots of concerns that can't be seen on phone conversations, texts, or even through video, but can be noticeable when the family is together during the holidays. If these or other warning signs are noted, we encourage you to schedule an appointment with your loved one's physician to address any potential health conditions.

