

DailyCaring

Checklist for Visiting Aging Parents

Pro tip: In general, look for signs of trouble with or changes in thinking skills, vision, and physical activity.

Physical and mental health

- Have they lost weight or do they seem more frail?
- Do they have trouble having normal conversations?
- Do you notice any strange new behaviors like repeating stories or being unusually confused about simple things?
- Are they squinting or tripping over things much more than usual?

Getting around

- Are their driving skills the same as before? Do you feel safe when they drive you around?
- Are there any unexplained dents or scratches on the car?
- Have you heard about any traffic tickets?

Social life

- Do they still do the activities they used to enjoy?
- Are they reluctant to leave the house?
- Are they keeping up with their usual friends and community organizations?

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The house

- Is the house messier or dirtier than normal?
- Is there a lot of unopened mail? Are unpaid bills lying around?
- Are there broken household items like clogged drains, burned out light bulbs, or broken appliances?

The kitchen

- Is the refrigerator stocked with fresh foods they normally eat?
- Is there moldy or expired food around?
- Are there burned pots and pans or burn marks on the floors or counters?

Medication

- Are there any new medications, vitamins, or supplements you haven't seen before?
- Is their medication organized so it's easy to take the correct dose at the correct time?
- Are expired medications mixed up with current ones?