

CHECKLIST FOR VISITING ELDERLY PARENTS

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

PHYSICAL AND MENTAL HEALTH	YES	NO
Have they lost weight or do they seem more frail?	<input type="checkbox"/>	<input type="checkbox"/>
Do they have trouble having normal conversations?	<input type="checkbox"/>	<input type="checkbox"/>
Do you notice any strange new behaviors, like repeating stories or being unusually confused about simple things?	<input type="checkbox"/>	<input type="checkbox"/>
Are they squinting or tripping over things much more than usual?	<input type="checkbox"/>	<input type="checkbox"/>
GETTING AROUND	YES	NO
Are their driving skills the same as before? Do you feel safe when they drive you around?	<input type="checkbox"/>	<input type="checkbox"/>
Are there any unexplained dents or scratches on the car?	<input type="checkbox"/>	<input type="checkbox"/>
Have you heard about any traffic tickets?	<input type="checkbox"/>	<input type="checkbox"/>
Do they still do the activities they used to enjoy?	<input type="checkbox"/>	<input type="checkbox"/>
Are they reluctant to leave the house?	<input type="checkbox"/>	<input type="checkbox"/>
Are they keeping up with their usual friends and community organizations?	<input type="checkbox"/>	<input type="checkbox"/>
THE HOUSE	YES	NO
Is the house messier or dirtier than normal?	<input type="checkbox"/>	<input type="checkbox"/>
Is there a lot of unopened mail? Are unpaid bills lying around?	<input type="checkbox"/>	<input type="checkbox"/>
Are there broken household items like clogged drains, burned out light bulbs, or broken appliances?	<input type="checkbox"/>	<input type="checkbox"/>
THE KITCHEN	YES	NO
Is the refrigerator stocked with fresh foods they normally eat?	<input type="checkbox"/>	<input type="checkbox"/>
Is there moldy or expired food around?	<input type="checkbox"/>	<input type="checkbox"/>
Are there burned pots and pans? Or burn marks on the floors or counters?	<input type="checkbox"/>	<input type="checkbox"/>
MEDICATION	YES	NO
Are there any new medications, vitamins, or supplements you haven't seen before?	<input type="checkbox"/>	<input type="checkbox"/>
Is their medication organized so it's easy to take the correct dose at the correct time?	<input type="checkbox"/>	<input type="checkbox"/>
Are expired medications mixed up with current ones?	<input type="checkbox"/>	<input type="checkbox"/>

Notes