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Parent Holiday Checklist

If you have aging parents, the holiday trip home is a great opportunity to check in on their mental and physical health. Below is a checklist of some warning signs that recognized as potential 'red flags' and might indicate a health problem.

Home Safety

- ✓ Are the lights working?
- ✓ Is the heat on?
- ✓ Has the well-maintained yard become overgrown?
- ✓ Are there dirty dishes in the sink?
- ✓ Are the pots scorched?
- ✓ Is their home cluttered with piles of newspapers and magazines?
- ✓ Is there food in the refrigerator is uneaten or spoiled?
- ✓ Are mail and bills piling up?
- ✓ Are your parents having difficulty navigating the narrow stairway?
- ✓ Have your parents mentioned any recent falls or injuries?

Self-care

- ✓ Have they lost weight?
- ✓ Are your parents' clothes clean?
- ✓ Do your parents appear to be taking good care of themselves?
- ✓ Are you witnessing them forgetting to take medication?

Mood

- ✓ Do they seem withdrawn or blue?
- ✓ Are they still connecting with friends?
- ✓ Have they lost interest in hobbies and other daily activities?
- ✓ Are they involved in social organizations or clubs?
- ✓ If they're religious, do they attend regular services?

Mobility

- ✓ Are they reluctant or unable to walk usual distances?
- ✓ Is knee or hip arthritis making it difficult to get around the house?
- ✓ Does your parent need a cane or walker?

Did you check any of the above? The next step is determining what kind of help is needed - adult daycare, meal delivery, psychiatric counseling, home health services, home safety modifications, interaction at a senior center, installing an emergency response service— are just a few things that can make a big difference. For resources, please check our website.