



From keeping your loved one safe to questions you should think about **this is your Home For the Holidays Guide.**

It can be difficult to tell how your senior parents are really doing at home when you don't live near them. This guide will help you know what to look for when you are visiting with your parents this holiday season. Print it out and keep it close by!

Personal Health and Well-Being

- ___ Are they neglecting their personal hygiene?
- ___ Do you notice unkempt hair, dirty or lengthy nails, poor oral hygiene or body odor?
- ___ Are they wearing the same clothes repeatedly?
- ___ Do you see a significant change in their weight?
- ___ Are they eating a healthy diet/nutritious meals?
- ___ Are they repeating themselves? Do they seem lost or confused during regular conversations?
- ___ Do they still get out and do the activities they enjoy, or are they hesitant to leave the house?

Around the House

- ___ Is their home, that was once tidy, now being neglected?
- ___ Are things as clean as they used to be?
- ___ Do you see potential tripping hazards, such as cords, rugs or newspapers piled up in the middle of the floor?
- ___ Is there enough bright lighting inside and outside of the home as well as stairwells?
- ___ Is there a lot of unopened mail or unpaid bills piled up on the desk or counter?
- ___ Do they have expired or spoiled food in the refrigerator or pantry?

Overall Safety

- ___ Do they lose track of their medications...or skip them altogether?
- ___ Are they having trouble with mobility – getting in and out of bed or a chair; in and out of the bathtub or shower; on and off the toilet?
- ___ Are they navigating the stairs OK, or would they benefit from more secure railings on both sides of the stairs?
- ___ Do they repeatedly forget to turn off the oven or stove?
- ___ Has driving become an issue, especially at night?
- ___ Are there new dents or scratches on their vehicle?

At FirstLight® Home Care, our caregivers are taught to watch for potential hazards and manage them before an accident occurs. Call us today to learn how we can help keep your loved one safe and about the many other services we provide.

