



# 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.

Please visit us at [FirstLightHomeCare.com](http://FirstLightHomeCare.com)  
to find a FirstLight location near you.

