Checklist for Visiting Elderly 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?
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?