

FREE PRINTABLE

The full-day visit checklist

A short phone call can hide real gaps. A whole day at the house, from morning coffee to the evening, is where they show. Check each spot and jot down what you see.

Around the house

- ☐ Mail and bills: unopened stacks, late notices, duplicate payments, new charities or "prize" letters
- ☐ Fridge and pantry: expired food, very little food, or lots of the same item
- ☐ Pill organizer: missed days, pills taken twice, bottles that don't match the prescriptions
- ☐ Car: new dents or scrapes
- ☐ Kitchen and rooms: burned pots, scorched towels, new clutter, a thermostat set oddly

How her day goes

- ☐ Grooming: same clothes for days, skipped showers, unwashed hair
- ☐ Meals: does she eat lunch?
- ☐ Conversation: the same story twice within an hour, losing the thread mid-sentence
- ☐ Calendar: missed appointments, not knowing the day or season
- ☐ Driving: getting lost on familiar routes

How to share it with your siblings

- 1 Share facts, not conclusions. "The electric company sent a shutoff notice" lands better than "Mom can't handle money anymore."
- 2 Add dates and specifics. Keep a simple running note on your phone.
- 3 One or two items alone don't mean much. A pattern across several is worth taking to her doctor.
- 4 If the change came on quickly, over a few days, call her doctor. It could be something treatable like an infection or a medication problem.

What to say: "I'm not asking you to agree with me yet. I'm asking you to spend one full day with her and tell me what you see."