

Home for the Holidays Checklist

As you visit your loved one during the holidays, you may find that he/she has had some changes since your last visit, that you weren't aware of. Use this worksheet to take notice of red flags or concerns and work with your loved one to identify solutions.

Red Flags

- | | |
|-------------------------------------------------------|---------------------------------------|
| 1. Change in mood or behavior | 6. Excess mail or paperwork piling up |
| 2. Withdrawal from social activities/normal interests | 7. Clutter in home (dishes, laundry) |
| 3. Increased tiredness, changes in sleep patterns | 8. Change in walking |
| 4. Decline in hygiene | 9. Decreased appetite |
| 5. Increased confusion | 10. Change in weight |

Mood & Memory

Changes to Look for	<ul style="list-style-type: none"> • Increased confusion/forgetfulness • Agitation/changes in mood
Questions to Ask	<ul style="list-style-type: none"> • Is your loved one repeating stories throughout the day? • Is your loved one keeping the conversation to "small talk"? • Is your loved one referring to the past more than the present?
Suggestions	<ul style="list-style-type: none"> • If sudden change, rule out UTI • Schedule an appointment with physician • Memory screening

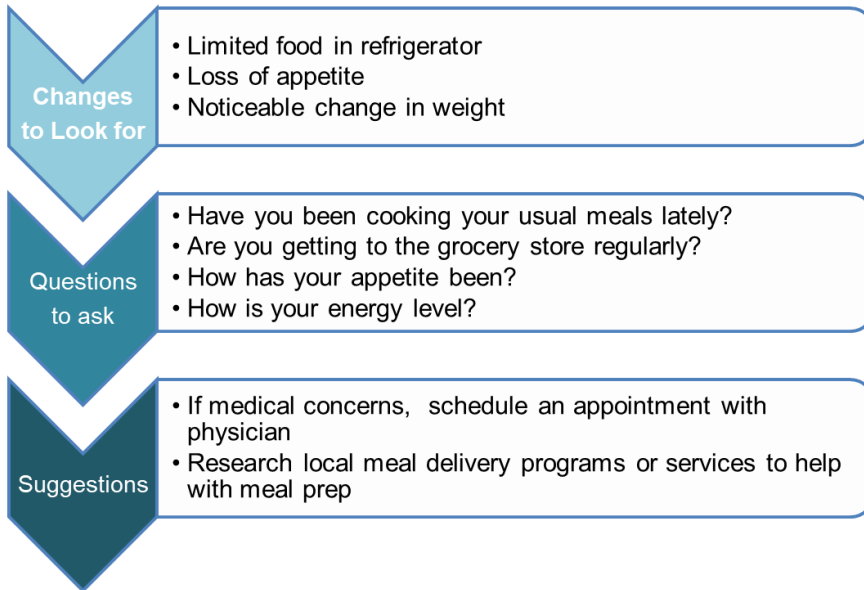
Notes:

Home Safety

Changes to Look for	<ul style="list-style-type: none"> • Walking slower than normal • Grimacing while moving around • Unsteady, leaning, or holding on to furniture
Questions to Ask	<ul style="list-style-type: none"> • Is your loved one having difficulty getting around the house? • Is your loved one taking lots of breaks as they walk? • Is your loved one suddenly using a cane or walker?
Suggestions	<ul style="list-style-type: none"> • Home safety assessment • Physical Therapy/Occupational Therapy • Schedule an appointment with physician

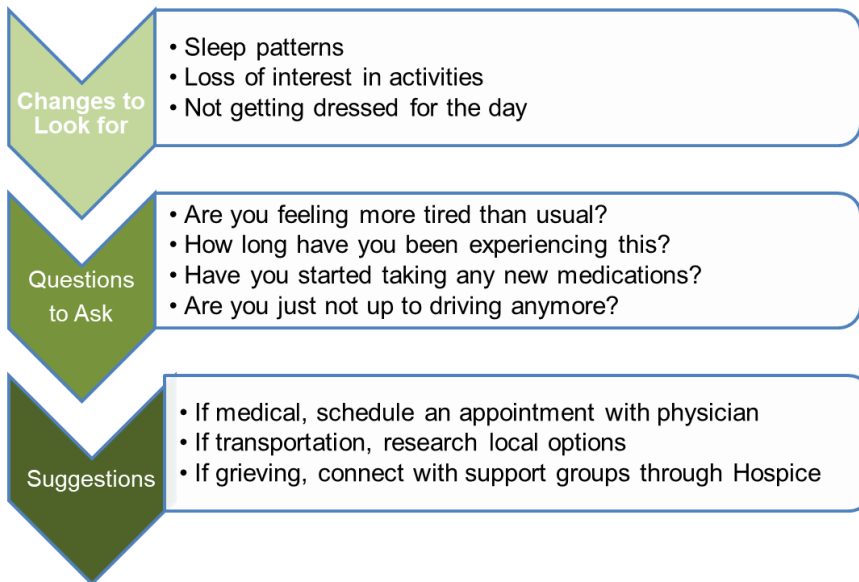
Notes:

Diet & Malnutrition



Notes:

Social Isolation

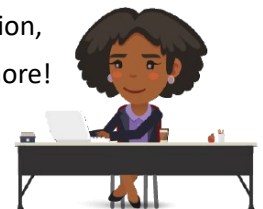


Notes:

Other Resources for Family Caregivers

ElderHelp provides a variety of resources to help family caregivers support their aging loved ones. Available resources:

1. A library of previously recorded **webinars** on topics including caregiving & communication, home safety & fall prevention, older adult drivers, elder abuse & scams, and so much more!
2. **Online courses** where you will learn tips and strategies to navigate your caregiving Journey, plus tools you can download to help organize your loved one's care.



Please visit our website to learn more: <https://www.elderhelpofsandiego.org/solutions-for-living/family-caregiver/>