HOLIDAY VISIT CHECKLIST

10 Quiet Signs a Parent May Need Help

All Heart Homecare Agency™
Because We Care!

Use this checklist during your holiday visit.

- [ ] **Unopened mail or unpaid bills** are piling up.
- [ ] **Spoiled or missing food.** The fridge is nearly empty or has expired items.
- [ ] **Weight loss.** Clothes fit more loosely than last time.
- [ ] **The same clothes** are worn day after day.
- [ ] **Unexplained bruises,** which can be a sign of falls.
- [ ] **Missed medications.** Pill bottles are too full, or doses are mixed up.
- [ ] **New dents or scratches on the car.**
- [ ] **A messier home** than they would normally allow.
- [ ] **Repeated stories or questions** in the same conversation.
- [ ] **Skipped showers** or less attention to grooming.

Noticed 2 or more?

You don't have to decide everything this week.
We'll help you understand your care options.

Call 888-274-0404 for a Free Consultation