FREE GUIDE

Family Care Visit Checklist

What to check on every visit to an aging parent — in 20 minutes

Brought to you by **WitnessLog**
getwitnesslog.com

© 2026 WitnessLog | getwitnesslog.com

Family Care Visit Checklist

Small changes are easy to miss when you visit often. This checklist turns a casual visit into a quiet safety audit — without making it feel like an inspection.

- ■ **1. Medications**
  Are pills organized? Any expired bottles? Missed doses?
- ■ **2. Fridge & pantry**
  Expired food, empty shelves, or only junk food are warning signs.
- ■ **3. Bills & mail**
  Piles of unopened mail can hide missed payments or scams.
- ■ **4. Mood & memory**
  Withdrawal, confusion about recent events — note patterns over time.
- ■ **5. Mobility**
  New bruises, trouble with stairs, avoiding walks they used to enjoy.
- ■ **6. Home safety**
  Loose rugs, poor lighting, no grab bars in the bathroom.
- ■ **7. Hygiene**
  Changes in grooming habits can signal depression or cognitive decline.
- ■ **8. Driving**
  New dents on the car, getting lost on familiar routes.
- ■ **9. Social life**
  Are they still seeing friends? Isolation accelerates decline.
- ■ **10. Scam exposure**
  Ask about strange calls or 'new friends' asking for money.
- ■ **11. Write it down**
  Two minutes of notes after each visit beats memory every time.

© 2026 WitnessLog | getwitnesslog.com

Want the full version?

WitnessLog helps you log every visit in two minutes — so nothing important is forgotten.

getwitnesslog.com

© 2026 WitnessLog | getwitnesslog.com