What to Notice When Visiting Mom or Dad

A gentle guide for families with a parent in Northern Nevada

A visit is a chance to connect, listen, and notice changes from your parent's usual routines. This is a conversation guide, not a test or diagnosis.

Six areas to notice

- ☐ Memory and familiar tasks: More repeated questions, missed appointments, or difficulty with familiar activities?
- ☐ Mail and responsibilities: Unopened mail or daily tasks that seem unusually difficult?
- ☐ Meals and routines: Food available, meals enjoyed, and routines that still work for them?
- ☐ Mobility and transportation: New difficulty getting around or concerns they have about driving?
- ☐ Home and personal care: Changes from their usual housekeeping or personal care?
- ☐ Connection: Less contact with friends, activities, or people they enjoy?

Ask before assuming

"What has felt harder lately?"

"What's going well that you want to keep doing?"

"Is there anything you'd like help with?"

"What would make day-to-day life easier for you?"

Keep a few neutral notes

What did I observe? When? Is it different from their usual routine?

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What did my parent say about it? What would they like to happen next?

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Choose one next step together

Ask permission to talk again, include someone your parent trusts, or discuss an appropriate professional resource. Avoid making decisions over your parent's head.

Want help thinking it through?

Schedule a complimentary 30-minute conversation with Rich Schulze. Phone, Zoom, or in person in Reno. Adult children can join from anywhere.

(775) 853-5700

Not for emergencies or medical diagnosis. Sudden or concerning health changes need appropriate medical attention. For an immediate emergency, call 911.