Seeing the Whole Day

Noticing what a short visit or phone call can miss

A plan for one longer visit, for you or someone else. Use it with the *What I'm Noticing* log from Chapter 1.

When

- A weekday if possible, not only a holiday
- Stay into late afternoon and evening, or overnight, if your parent is comfortable with it
- Note the hour for anything you write down

Before the visit

- Ask your parent what they'd like to do
- Agree on one or two things to help with, if they want help

Spend time together during an ordinary day (don't take over, but step in if anything looks unsafe, especially medicines)

- Making a meal
- Opening and dealing with the mail
- Taking medicines
- Getting around the house, including stairs
- How the evening and night go, if you stay over
- A drive on a familiar route, if your parent still drives and there are no immediate safety concerns

Ask, with your parent's permission

- A neighbor, friend or local relative: "Have you noticed anything I should know about?"

Afterward

- How did your parent seem later that day, and the next morning?
- What surprised you?
- What went well?
- Write it in the log, with dates and times.

Compare notes with the family member who sees your parent most:

What the visitor saw	What I usually see	Same, different, or not sure?

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