

Plan for a Successful Holiday Visit

A family checklist for visiting someone living with memory loss

A shared plan can make the visit more comfortable for your loved one and help everyone know how to contribute. Plan together and stay flexible.



Before the visit

- ☐ Ask who they'd like to see, what they'd enjoy and which routines to respect.
- ☐ Confirm the time, place, visitors, transport and a contact for changes.
- ☐ Agree how to shorten, move or cancel the visit if they want to.

What they'd enjoy / routines to respect:

Time, place and visitors:

Transport / person arranging it:

Contact / plan if things change:

During the visit

- ☐ Follow their pace. Ask whether the activity or plan still feels right.
- ☐ Ask them before taking photos, making a recording or sharing personal details.

Before you leave

- ☐ Agree on useful help with the person and the person who helps them most often.
- ☐ Give each agreed task an owner and date. Ask your loved one who may receive each update. Check with them before sharing new details.

Agreed task	Who	When

Next check-in:

Who needs an update / how:

Keep this plan where the intended people can find it. Check that the help still fits before making arrangements.