

# Getting Ready for Your First In-Home Visit

There is nothing to clean and nothing to prove. This short guide simply helps you gather what makes the first visit most useful.

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## Worth gathering before we arrive

- **Every medication** — prescriptions, over-the-counter medicines, vitamins, and supplements. The bottles themselves are perfect; a written list works too.
- **Insurance card and photo ID.**
- **Recent paperwork**, if you have it: hospital discharge papers, specialist notes, or recent lab results.
- **Your questions.** Write down everything — no question is too small. The visit is built so there is time to answer them.

## What the visit feels like

It begins with listening. Then a careful look at the whole picture: your history, your medications, how daily life actually works in your space. Home visits let us see what a clinic never can — where you rest, what the stairs are like, what the day asks of you.

You will not be rushed. And you will end the visit knowing what comes next, and why.

## Family and caregivers are welcome

If a family member or caregiver helps with your care, they are welcome to join — their perspective is valuable, and clarity for the whole family is part of the goal.

## Good to know

- Pets are fine — just let us know at the door if anyone is protective.
- Visits can also happen by video when that fits better; the same preparation applies.
- This visit is not for emergencies. If something urgent is happening, call 911 first.

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*This guide is general education, not personal medical advice, and it does not create a provider–patient relationship. Medicines interact with health conditions and other medications — check with your provider or pharmacist before starting anything new, especially if you have high blood pressure, kidney or liver disease, are pregnant, or take prescription medications. For emergencies, call 911. Dosing for children differs — always confirm before giving medicine to a child.*