

How to be a good visitor

When someone is going through a tough time, visits can be a lovely way to stay connected. There are a few things worth thinking about before you knock on the door.



Check first.

“Would you like some company today?”

Don't be offended if today's not a good day for a visit. Keep asking.



Ask what kind of visit they want.

“Do you want to talk about it, or would you rather I distract you?”



Don't wait for the perfect words.

“I don't know what to say, but I'm here and I'm really glad to see you”
is perfectly okay.



Don't bring your germs.

If they're vulnerable to infection, ask what would make them comfortable. Offer to wear a mask, sit outside or use hand sanitizer. Reschedule your visit if you're unwell.



Be useful while you're there.

Put the kettle on. Empty the dishwasher. Take the bins out on your way. Offer, rather than taking over.



Know when to leave.

Twenty lovely minutes can be better than a two-hour visit. Take their lead and don't overstay.



Remember who they are.

They're still the person who loves footy / terrible reality TV / books / model trains. Not every conversation has to be about what's happening to them.



Keep coming back.

Don't make it one heroic visit. Tough times can last a long time. Keep showing up.