



Here's What I Need While Home for the Holidays...

Thank you so much for having me as a guest! I know you are already busy preparing but I am hoping you can help me with a few items. Could you tell me where will I be sleeping? If possible, I prefer to sleep on a _____
(kind of bed/bedding)
in _____. Getting a good night's sleep each day helps my
(type of space, i.e. quiet bedroom)
health and makes for a better visit! Do you use scented products in your home? I am sensitive to _____,
(scents from candles, perfumes and candles, etc.)
so if you wouldn't mind _____ before I visit, that would be great.
(how should scents be handled, i.e. not used, limited)
I'm also sensitive to some foods (that make me feel unwell), and those are:
_____. If you have time it would be great
(your food allergies or sensitivities)
to have these _____ just in case: _____.
(foods, toiletries, etc.) (list of foods, items you would like)
Don't feel stressed if you can't get them ahead of time. If you point _____
(me, us, etc.)
to the store when I arrive _____ can pick these up. I may sometimes need
(I, we, etc.)
assistance with _____, so if you could
(what you may need assistance with while visiting, i.e. mobility)
make sure _____, I would really
(support you need for assistance)
appreciate it. I'd also like you to know _____.
(any other ways you might need or want support while visiting)
Thank you again for having me as a guest. I am excited to see you!