

**SHUT-IN VISITATION DAY**  
**BY: Melissa Jeremiah, RN, CHCE**  
**Director of Hoosier Uplands Home Health and Hospice**

**February 11<sup>th</sup> is Shut-In Visitation Day. Approximately 10% of Hoosier's are classified as shut-in or homebound. I am sure we have a loved one who is shut-in and it would be great if we could all take it on ourselves to adopt a shut-in, so to speak.**

**Below are things that we could do to make the day of a loved one, some of which you could do even if they live in another part of the state, or across the country:**

- 1. Take part in letter writing, which is becoming a lost art.**
- 2. Write to your loved ones sports interest and request a fan packet for them. Many major league teams are more than willing to help you brighten another's day if you explain the situation.**
- 3. Send cards, for every holiday imaginable.**
- 4. If your loved one has always enjoyed talking on the phone, give them a call.**
- 5. Take dinner over to your loved one.**

**Be creative and come up with ideas that would help to brighten a person's day. You will be amazed of the things you will come up with, and how rewarding an experience this will be.**

**Data from this article was gathered using information from Purdue Extension, The Kaiser Foundation and The Washington Post.**