



# Spring Cleaning Tips for Older Adults



Spring is the perfect time to open your windows, reorganize your space, and complete those cleaning tasks you've been putting off all winter. For older adults, keeping your living space safe and accessible will make it easier for you to get around and reduce risk for a fall or injury.

## Some important Spring cleaning tips to remember:

### SAFETY

- Have emergency numbers and your home address posted in every room.
- Keep a mobile phone or medical alert device with you at all times.
- Maintain your water heater thermostat at 120° F or lower to avoid scalding.
- Post a current medication list in your kitchen or on the refrigerator.

### CLUTTER

- Keep wide-open walkways and remove any unused furniture.
- Remove throw rugs and electrical cords from walkways.
- Get rid of unused items just taking up storage space such as extra towels and washcloths, kitchen cookware and plates, home and party decorations, etc.

### ORGANIZATION

- Store frequently used items in easy-to-reach locations ideally at waist height.
- Avoid using upper or lower shelves that require step stools or excessive leaning.
- Keep all important documents (passports & insurance policies) in a secure area.

**If you are having trouble completing daily living tasks or need help identifying potential hazards in your home, an Occupational Therapist can help.**

In addition to working with individuals in the clinical setting on components like strength, balance, and endurance, Occupational Therapists provide Home Safety Assessments. During this visit, a therapist will assess your living environment to identify potential hazards and recommend home modifications that promote your independence and safety.

**Contact the Therapy Department to learn more or to schedule an appointment.**

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