

Cleaning to Help Prevent Falls

Reduce clutter, stay organized and keep your home safe!

Use the checklists below to help reduce clutter in your home.

Time to organize! Develop a filing system and find a spot for your important documents. Put these items away as soon as you are done with them:

- Bills
- Insurance information
- Medical documents
- Artwork from grandkids or cards from loved ones
- Newspapers

Clear a path! Remove clutter from floors and walkways in these areas:

- Stairs
- Hallways
- Bathroom
- Bedroom
- Entryway
- Basement and garage
 - Consider using shelves and storage bins placed along the walls

Check for cords:

- Move cords out of walkways in all areas of your house. Secure to the wall if possible

Organize cupboards and closets:

- Place heavy, frequently used items (blender, slow cooker, etc.,) on lower shelves
- Organize pantry so you can easily find items without having to reach

Don't forget about your pets:

- Keep food and water dishes out of walkways
- Have a dedicated spot for pet toys and clean up toys off the floor frequently

Cleaning Tips:

- ❖ Set a timer for 15-20 minutes once a day to stay on task.
- ❖ Start small – tackle the paperwork on the nightstand before moving to the dresser or dining room table.
- ❖ Make it fun! Play music while you clean
- ❖ Repeat as needed!