

# 8 Simple Spring Cleaning Tips for Older Adults



Spring has arrived, bringing with it the perfect opportunity to refresh your living space and welcome the warmer months ahead. For many older adults, spring cleaning is more than just tidying up — it's a chance to simplify, organize and make living spaces safer and more comfortable.



This guide offers practical and easy-to-follow spring cleaning tips tailored to older adults. Whether you're tackling the task on your own or with a helping hand, these tips will make your home feel like new in no time.

Plus, we'll share how transitioning to a Life Plan Community could help you enjoy a more effortless, maintenance-free lifestyle.

## 1. Start small to avoid feeling overwhelmed

Spring cleaning doesn't have to be completed in one day. Start with one small area, like a drawer, countertop or closet shelf. Once you've finished that area, move on to the next. Breaking the process into bite-sized tasks makes it more manageable and helps prevent overexertion.

## 2. Declutter with purpose

One of the most satisfying parts of spring cleaning is decluttering. Focus on removing items you no longer need or use. Organize items into "keep," "donate" and "trash" piles as you go to help streamline decision-making.

## 3. Prioritize safety in your living space

Spring cleaning can also be a good time to ensure your home is free of safety hazards. Look for areas that might pose risks, such as:

- Loose rugs or uneven flooring
- Electrical cords crossing walkways
- Overcrowded shelves that could topple

Make adjustments like securing rugs with non-slip pads, organizing cords and keeping regularly used items within easy reach. Ask a family member, neighbor or professional for assistance with tasks like rearranging furniture or reaching high places.

Continued on page 2



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#### 4. Refresh your kitchen

Take this opportunity to organize your pantry and refrigerator. Check expiration dates on food items, spices and condiments, and dispose of anything outdated. Wipe down shelves and drawers, and store frequently used items in easily accessible places to reduce bending or reaching.

#### 5. Deep clean the bathroom

Bathrooms can accumulate hidden grime and germs, so deep-cleaning this space is essential. Start by scrubbing sinks, counters and toilets with disinfectant. Wash shower curtains, bath mats and replace old sponges or brushes.

Older adults might also consider installing safety measures during spring cleaning, such as grab bars, non-slip mats or a hand-held showerhead if they're not already in place.

#### 6. Set up seasonal storage solutions

With warmer weather ahead, it's time to tuck away heavy winter coats and extra blankets. Vacuum-sealed storage bags or clear bins are great for keeping these items neat while saving space. Label each container for easy identification later.

#### 7. Maintain a schedule

Spring cleaning doesn't always have to be an annual frenzy. Maintaining a cleaning schedule throughout the year can make springtime tidying much easier in the future. Devote 10–15 minutes each day to cleaning or organizing one area, and you'll be amazed at how manageable things become.

#### 8. Build a support team

If spring cleaning seems like a daunting task, don't hesitate to ask for help. Family members, friends or even professional cleaning services can lend a hand, making the process faster and less stressful.

#### Make Spring Cleaning Even Easier with a Life Plan Community

Imagine living somewhere where heavy cleaning, home maintenance and yard work were taken care of for you. At The Village at Rockville—A National Lutheran Community, we do just that. Our maintenance-free lifestyle ensures you have more time to enjoy the things you love while our supportive community offers countless ways to enrich your retirement.

**If you're ready to simplify your life and reduce the need for spring cleaning, contact us today at [301-355-2801](tel:301-355-2801) to learn more about how our Life Plan Community can be the perfect fit for your next chapter.**

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