

## Maintaining a Clean, Safe, and Healthy Environment

Environmental cleanliness enhances the lifestyle and creates a pleasant and safe environment for both the caregiver and the senior receiving care services. A tidy home environment creates a happy home and eliminates the chaos caused by disorganization.

### **How Do You Maintain a Clean Environment:**

- Organize Care Tools
- Keep Up With Daily Cleaning Tasks
- Obtain Necessary Custom-Cleaning Materials for Special Care Needs
- Create Daily and Weekly Cleaning Schedule

Cleanliness is contagious. If you keep yourself and the care environment neat and clean, everyone who visits will also want to keep the area neat and tidy which will make the caregiver's job much easier.

Standards of cleanliness indicate a sign of overall care provided. Concern will be present if the care premises are not kept clean and in order.

### **To Maintain a Clean Environment:**

- Wash Soiled Clothing, Sheets and Towels Immediately
- Toss Into Trash Disposable Gloves, Needles and Wipes
- Remove Trash Daily (Take to Garbage Bin Outside)
- Wash Dishes Immediately After Meals
- Discard Mail and Newspapers
- Clean Out Refrigerator Weekly
- Be Sure Glasses, Plates and Utensils are Sanitary
- Maintain Clean Bathroom and Kitchen
- Vacuum and mop floors at least Weekly

Cleaning Products: Use special antiseptics and bleach to clean in order to eliminate germs, making allowances for any special allergies or preferences by the senior.

If Outside Cleaning Service Is Used: Make a cleaning instruction list and inform them of any special areas that are overused and need extra cleaning attention. Check to be sure everything is cleaned afterward to maintain high quality.

**Note: Kitchens and bathrooms are used the most and require daily cleaning maintenance.**

Integrate daily cleaning into your daily care plan duties.

Stay Organized: Create a space for all of the care tools you will be using so that everything has a place for you to find it and return it after use.

Remember, a person's home is their castle. Some seniors may have lived with extra "clutter" in their homes their entire lives while other seniors lived the minimalist lifestyle. You will not be able to change a senior's style, but can assist them to maintain cleanliness and order.