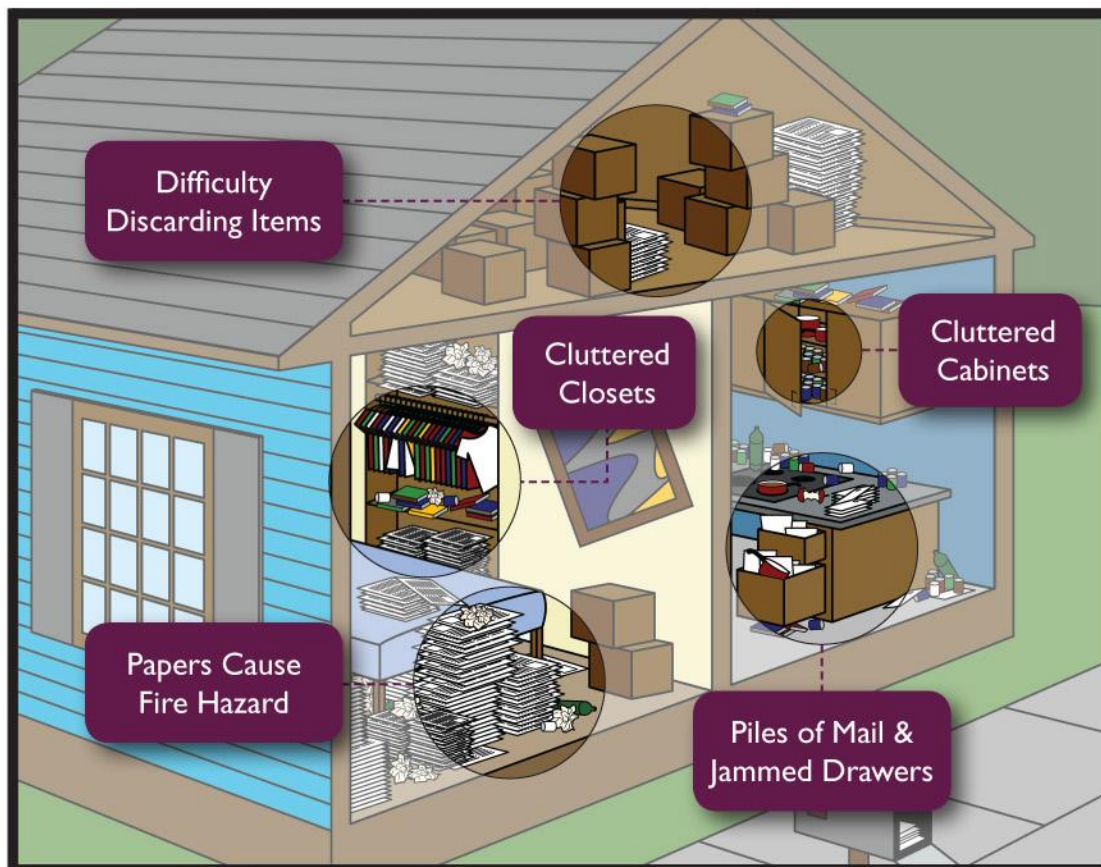


A Caregiver's Guide to Spot Clutter Creep



Source: Home Instead

A SENIOR HOME'S CLUTTER ZONES

KITCHEN

- Cabinets with unused pots and pans.
Problem: a senior can fall trying to get to them.
- Freezer and refrigerator with expired and old food
Problem: a senior can suffer food poisoning or malnutrition.
- Bills on the counter and kitchen table.
Problem: unpaid bills.

BATHROOM

- Expired medications in the medicine cabinets and old make-up.
Problem: missed medications and accidental overdosing; skin infections and irritations from expired make-up.
- Cluttered shelves.
Problem: inability to locate necessities.
- Using the bathtub to store papers.
Problem: hygiene.

BEDROOM

- Papers and magazines on and under beds.
Problem: fire hazard.
- Too much clothing and shoes in the closet.
Problem: confusion and disorganization.

STAIRWAYS

- Magazines and shoes on the steps.
Problem: tripping hazard.

BASEMENTS

- A catch-all for everything.
Problem: rodents, mold and mildew.

National Association of Professional Organizers | www.napo.net

Find a professional organizer near you.

National Association of Senior Move Managers | www.nasmm.org

For assistance helping older adults and their families downsize, relocate or modify their homes.

National Study Group on Chronic Disorganization | www.nsgcd.org

For various resources on combating clutter. This non-profit organization features fact sheets, a clutter-hoarding scale for professional organizers to help assess their clients, and a questionnaire to determine if someone is a chronic disorganizer. Chronic disorganization is defined by the group as ongoing (chronic), interfering with the ability to get things done or with relationships, and a history of failed self help.

Vickie Dellaquila | vickie@organizationrules.com

Certified professional organizer and author of *Don't Toss My Memories in the Trash*.

University of New Mexico Researcher Dr. Catherine Roster | Roster@mgt.unm.edu

Dr. Roster is a clutter researcher who serves as research director for The National Study Group on Chronic Disorganization. She is currently working on a clutter self-assessment tool that will help clutter collectors get to the root of their issues.

University of Kansas Professor Dr. David Ekerdt | dekerdt@ku.edu

Dr. Ekerdt is coordinating a "household moves" project to determine the role that possessions play in older people's housing decisions.

Katherine "Kit" Anderson, CPO-CD | kit@andersonorganizing.com

President of the National Study Group on Chronic Disorganization.

To get seniors off of junk mail lists

www.dmachoice.org, www.catalogchoice.org, www.optoutprescreen.com.