


HOLIDAY
RETIREMENT

 **CHECKLIST:**

4 Steps to Simplify Spring
Cleaning With Mom or Dad





Ready, set, clean! Spring is here, and that can only mean one thing: it's time for a good cleaning session. Many Americans will make it a point to help their older loved ones tackle the seasonal chore. Scrubbing and sweeping is a great opportunity to spend time together and make a few little changes for the better.

We've got four practical and painless steps to make your spring cleaning efforts a spotless success!

STEP ONE



✓ Preparation, Preparation, Preparation

A little time spent planning prior to cleaning day will do a lot to help you leap into efficient action. Before you do anything else, schedule a day and time that works well for everyone and commit. Make a list of any supplies you know you'll need and collect them ahead of time. Then, make a list of everything you want to accomplish on cleaning day — from clearing gutters to polishing the silver or going through the magazines that pile up by that chair, write it all down and prioritize accordingly.



Pro-tip: Think outside the usual parameters of scrub and polish. As your parent ages, this clean-up day is a good opportunity to check up on everything from financial paperwork to the food in the cupboards.

STEP TWO



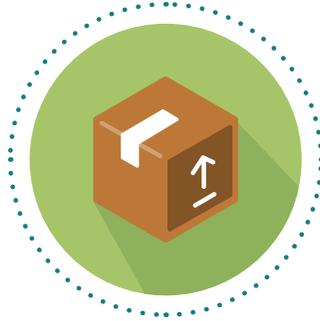
✓ Divide and Conquer

There's no reason to shoulder the effort all alone. Ask other members of your family to pitch in or consider hiring a service to help if you have ambitious plans. A larger workforce will allow you to attack numerous jobs at once and will leave mom or dad free to focus on the most manageable tasks while others focus on the heavy lifting. As you're planning, consider other environmental factors too. Are there hard to reach places that will require a ladder? Answer these questions in advance and you'll breeze through the day.



Pro-tip: Consider planning tasks that will keep you and your parent in close proximity, there's no reason you can't have a nice chat while you dust the office and mom clears the desk.

STEP THREE



✓ Clean It Out Then Clean It Up

Spring cleaning is a great opportunity to take stock of items that are no longer wanted or needed and clear up some space. Keep this in mind and plan your process accordingly. If you declutter first, deep clean second and organize third, you'll be working smarter, not harder!



Pro-tip: Parting ways with belongings can be tough for all of us, but may be particularly difficult for older adults. If your parent is hesitant to do too much decluttering all at once, consider spreading your efforts out over a few weeks and going room-by-room.

STEP FOUR



Set Goals

Chances are you may end up with a few lingering items leftover on your to-do list. That's okay! Take stock of your progress and celebrate it, share a meal with your parent and relax, you deserve it! After everyone has had a break, take a few minutes to revisit your checklist and decide if there are little projects you want to work on over the coming months.



Pro-tip: Even if you knock out your cleaning checklist in a single day, your efforts might inspire a new idea or project. Ask your parent if there are any small improvements they'd like to tackle next.



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