

Section 10—A Clean and Happy Home



Did you know there are some real health benefits for keeping a clean home? When you live in a messy home, you are always reminded of work that needs to be finished. And visually, your eyes do not have a place to rest. Too much clutter can cause a lot of stress and fatigue. When you lose or can't find things, stress levels rise, and so does your risk for illness.

You can reduce your stress by keeping your things picked up. In areas that are naturally damp, like basements and garages, allergies and asthma can get worse. Dust mites, pet dander and mold hide in some objects. That can trigger allergic reactions, decrease air quality, and increase asthma problems. The more stuff you have in our home,

the harder it is to clean. Messy areas increase the potential for dust, pet dander and mold to build up in closets, on surfaces and in cracks.

Did you know one of the leading causes of death inside the home is from falls? When your home is disorganized and there is excess stuff on the floor, those are tripping hazards. The same is true if you spill something and don't clean it up right then. You or someone else can slip and fall. You should always keep your floors clutter free and clean to prevent falls.

Kitchens and bathrooms are where germs love to live. Your countertops should be cleaned daily to keep them germ-free. If you put raw meat on your kitchen counters, you should sanitize them after. This is a common cause of food contamination. Plus this helps with keeping bugs and other critters out of your home.

The U.S. Centers for Disease Control and Prevention says the number one place germs live is also the place that is hardly ever cleaned. They report kitchen and bathroom faucets, door knobs, light switches, remotes, cell phones and other things you tend to touch a lot are some of the places germs thrive. So don't forget to clean those frequently touched items too.

A clean and clutter-free home is a happy home. You will find you are less stressed and healthier when you live in a clean and happy home.



Resources

Reasonable Modifications Under Fair Housing Act

https://www.hud.gov/sites/dfiles/FHEO/documents/reasonable_modifications_mar08.pdf

Fair Housing Guide to Reasonable Accommodations and Modifications

<https://www.equalhousing.org/wp-content/uploads/2020/02/Fair-Housing-Guide-to-Reasonable-Accommodations-and-Modifications.pdf>

Louisiana Housing Corporation

<https://www.lhc.la.gov/>

Checklist

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
HOUSEKEEPING for ALL ROOMS						
<input type="checkbox"/> I am able to wipe down and sanitize all door knobs and knobs on cabinets						
<input type="checkbox"/> I am able to wipe down and sanitize all light switches						
<input type="checkbox"/> I am able to wipe down all baseboards						
<input type="checkbox"/> I am able to clean the ceiling fans						
<input type="checkbox"/> I am able to clean the window sills and inside of windows						
<input type="checkbox"/> I am able to change a light bulb in a lamp						
<input type="checkbox"/> I am able to mop all hard surface floors						
<input type="checkbox"/> I am able to sweep or vacuum all hard surface floors						
<input type="checkbox"/> I am able to vacuum carpet						
<input type="checkbox"/> I am able to dust all furniture						
<input type="checkbox"/> I am able to clean all mirrors						
HOUSEKEEPING & HOME MAINTENANCE for BEDROOM(S)						
<input type="checkbox"/> I am able to change my bed linens						
<input type="checkbox"/> I am able to make my bed						
<input type="checkbox"/> I am able to keep my closet tidy						
HOUSEKEEPING & HOME MAINTENANCE for BATHROOM(S)						
<input type="checkbox"/> I am able to clean countertops						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I am able to clean sinks						
<input type="checkbox"/> I am able to clean the toilet and bathtub						
<input type="checkbox"/> I know how to prevent a toilet or sink from clogging up						
<i>HOUSEKEEPING & HOME MAINTENANCE for KITCHEN</i>						
<input type="checkbox"/> I am able to clean my stove						
<input type="checkbox"/> I am able to clean the oven						
<input type="checkbox"/> I am able to clean the refrigerator						
<input type="checkbox"/> I am able to clean my countertops						
<input type="checkbox"/> I am able to clean all small appliances						
<input type="checkbox"/> I am able to wash dishes						
<input type="checkbox"/> I am able to load and unload the dishwasher						
<input type="checkbox"/> I am able to turn on the dishwasher						
<input type="checkbox"/> I am able to put things up and keep a clutter-free kitchen						
<i>MISCELLANEOUS HOUSEKEEPING & HOME MAINTENANCE</i>						
<input type="checkbox"/> I know appropriate cleaning products to use for different cleaning jobs						
<input type="checkbox"/> I can read directions on cleaning products						
<input type="checkbox"/> I am able to use a vacuum cleaner, including emptying canister or changing bags						

Independent Living Skills	I Can Do This	I Need to Practice	I'm Going To Start	I Will Always Need Support	This doesn't apply to me	Notes
<input type="checkbox"/> I am able to use a plunger to unclog a toilet or sink						
<input type="checkbox"/> I am able to change a fuse or reset a circuit breaker						
<input type="checkbox"/> I know when to contact the landlord or a professional for repairs and can call them						
<input type="checkbox"/> I am able to use a ladder safely to change lightbulbs in ceiling fixtures						
<input type="checkbox"/> I know the causes of roaches, mice and other pests						
<input type="checkbox"/> I know how to use common products to get rid of roaches or other pests						