



A Plan For Senior Care's Guide To Spring Cleaning & Wellness Check

Spring is a good time to take care of spring cleaning and other tasks for your loved one. Here are some ideas to get ready for the season.

Annual Appointments:

- Schedule your loved one's regular annual well visit check up
- Schedule appointments for the dentist and the podiatrist
- Review and schedule the need for any screenings or immunizations
- Visit the optometrist/ophthalmologist for an annual eye examination. This visit can help detect warning signs or rule out possible eye diseases

Expiration Dates:

- Check the expiration dates of the food in the pantry and refrigerator
- Check the medicine cabinet and discard expired medications
- Test your loved one's smoke alarm system and add new batteries
- Review the emergency kit and check the fire extinguisher date



Miscellaneous:

- Evaluate your senior's home to ensure they maintain clear walkways for safety
- Clean out your loved one's closet, changing out the warm weather clothes for lighter clothing
- Pack up winter items
- Confirm their telephone contains programmed emergency numbers
- Have the windows and carpets cleaned
- Refresh the garden with the planting of colorful spring flowers pruning of overgrown plants

If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. We will be happy to create a personalized care plan for your loved one.