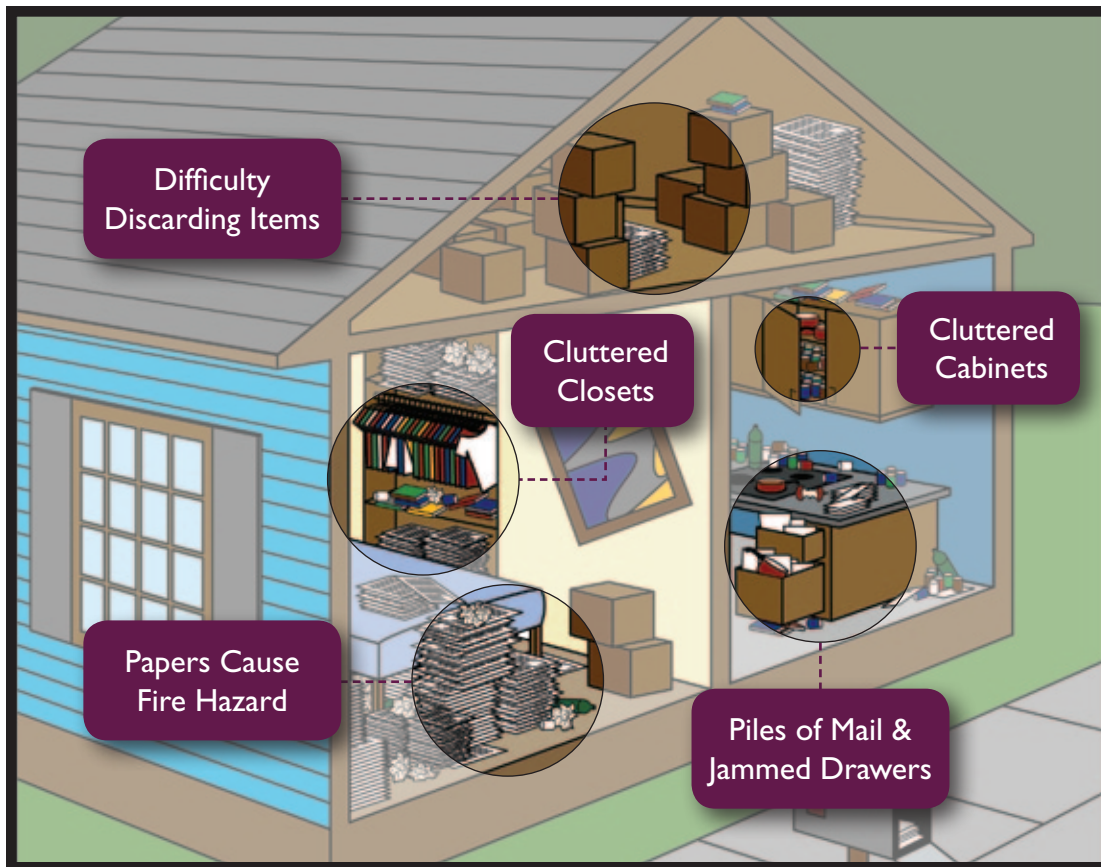


# A Caregiver's Guide to Spot Clutter Creep



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](http://www.napo.net)

Find a professional organizer near you.

## **National Association of Senior Move Managers** | [www.nasmm.org](http://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](http://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](mailto: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](mailto: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](mailto: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](mailto:kit@andersonorganizing.com)

President of the National Study Group on Chronic Disorganization..

## **To get seniors off of junk mail lists**

[www.dmachoice.org](http://www.dmachoice.org), [www.catalogchoice.org](http://www.catalogchoice.org), [www.optoutprescreen.com](http://www.optoutprescreen.com).