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.
Resources

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.

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To get seniors off of junk mail lists