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## **Chore Services helps seniors with autumn yard work**

*Arapahoe County program helps seniors with heavy duty and seasonal chores*

**Littleton, Colo.** – As the autumn leaves begin to fall, many seniors may struggle to keep up with the piles of leaves and other physically-demanding tasks to get their homes ready for the winter. Arapahoe County’s Chore Services program can help eligible seniors by tackling their autumn yard work and other non-routine, heavy-duty chores at no cost.

Chore Services are available to county residents, age 60 or older, who have limited financial resources and are unable to perform chores due to health reasons: Services can include:

- Fall and spring yard work, such as raking leaves and picking up fallen debris;
- Washing outdoor first-floor windows and any inside windows;
- Major cleaning, organizing or de-cluttering projects in a home or apartment;
- Assistance with unpacking after a move to subsidized housing; or
- Help in preparing for Housing and Urban Development inspections.

“Seniors in our communities regularly identify yard and home work as key areas where they need assistance,” said Arapahoe County Commissioner Frank Weddig. “Chore Services can help seniors to continue living independently in their own homes, enjoy a safer environment and meet HOA guidelines for their home’s appearance.”

Chore Services visits are scheduled in three- to four-hour blocks every few months, as needed. Residents who need ongoing support may benefit from the County’s Homemakers Program, which provides free, light housekeeping on a regular basis. These programs are not able to provide pet, personal or health care.

Last year, Chore Services helped more than 235 seniors with one-time projects to maintain their homes. The program is funded by Older American’s Act Funds through the Denver Regional Council of Governments. While there are no fees for these services, donations are welcome as they help the County to serve more people.

For more information or to learn if you are eligible, please contact Pamela Dean in the Arapahoe County Senior Resources Division at 303-738-8080 or [pdean@co.arapahoe.co.us](mailto:pdean@co.arapahoe.co.us).

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To download photos, click on the following link: <ftp://www.co.arapahoe.co.us/Pub/CM/Photos/Senior>

**Robert.jpg:** Arapahoe County's Chore Services program assists residents with heavy chores and yard work to help them live independently in their own home.

