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Seniors offered free help with household chores

Arapahoe County provides services to help seniors maintain their independence

Aurora, Colo. --- Arapahoe County residents who are seniors or disabled and need help performing household chores can apply for Arapahoe County's homemaker services.

This free program provides a few hours of service each month to help seniors and disabled people continue to live independently in their home. Typical activities include vacuuming, cleaning bathrooms, laundry, changing linens and kitchen clean up.

"Most of our clients are in situations where their disabilities have left them unable to work but not disabled enough to qualify for other in-home assistance programs," said Arapahoe County Commissioner Pat Noonan. "One specific client with heart and lung disease is unable to carry out tasks that involve exertion such as vacuuming or scrubbing a floor. Through our program he receives assistance with cleaning and laundry every other week, and he's called several times to tell us that he would not be able to stay in his apartment without our assistance."

The County's goal is to help keep people in their homes when it is in their best interest. It's a more cost effective alternative to out of home care, and seniors who remain in their homes, continue to be involved with their local community, which helps maintain their emotional and physical health. This year, Arapahoe County has served more than 375 clients.

To be eligible, Arapahoe County residents must meet specific income guidelines and have a documented medical disability. For more information, contact Arapahoe County Senior Resources at 303-738-8080 or pdean@co.arapahoe.co.us.

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