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Seniors offered free help with spring cleaning

Arapahoe County provides services to help seniors maintain their independence

Littleton, Colo. --- Spring is here and for many, it means time for spring cleaning. While most of us are fine with grabbing a mop, broom or rake, many seniors dealing with health conditions are finding it increasingly difficult to maintain their home.

Spring cleaning often means lifting heavy items, repetitive movements and stress on the upper body, which can lead to injuries if done improperly. Injury in the home accounts for one-third of all injuries in the United States, according to the Home Safety Council. To help, Arapahoe County has created Chore Services, a program that assists seniors in maintaining independence in their home.

“Chore Services assists seniors with non-routine heavy duty chores such as cleaning the yard, getting the deck or patio ready to enjoy and other major chores around the house,” said Linda Haley, Senior Resources Division Manager.

Generally scheduled in three to four hour blocks, typical services include:

- Spring yard work such as raking and picking up sticks and branches
- Washing indoor windows and first floor windows outside
- Assistance in cleaning, organizing and de-cluttering an apartment or home
- Major cleaning such as the refrigerator, oven, bathrooms and more.
- Assistance in unpacking after a move to subsidized housing
- Help in preparing for HUD inspections

To be eligible, clients must be Arapahoe County residents, 60 years or older, unable to perform these chores due to health problems and have limited resources.

In addition, the County also provides transportation services to and from doctor’s appointments and dining centers through “First Ride Transportation for Seniors” as well as ongoing light housecleaning through the homemakers program.

While there are no fees for these services, donations are appreciated as they help the County serve more people.

For more information, contact Arapahoe County Senior Resources at 303-738-8080 or pdean@co.arapahoe.co.us.