

Helping People with Dementia Maintain a Clean Home

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Dementia can significantly impact a person's ability to maintain their living space, affecting tasks like cleaning, personal care, and household chores. Individuals may struggle with memory, organization, and motivation to tidy their homes as the condition progresses.



Understanding the Challenges

Dementia affects housekeeping in multiple ways:

- Memory loss causes people to forget cleaning tasks

- Changes in vision and depth perception
- Reduced mobility
- Decreased motivation
- Difficulty planning and completing tasks

Supportive Strategies for Housekeeping

1. Approach with Empathy

- Be kind and patient
- Avoid criticizing or taking over completely
- Praise their efforts and existing cleanliness

2. Collaborative Cleaning

- Involve the person in cleaning activities
- Let them take the lead when possible
- Make cleaning a shared, enjoyable experience

3. Task Distribution

- Assign lighter tasks to the person with dementia
- Handle heavy cleaning yourself
- Examples:
 - They can fold clothes or dust
 - You can manage vacuuming and laundry

4. Professional Support

- Consider hiring senior-friendly cleaning services
- Explore in-home care options that provide housekeeping assistance

Our [Adult Day Program](#) provides support to older adults and seniors who have cognitive impairments, such as Alzheimer's and dementia and are physically frail. This program allows caregivers to receive some respite during the day to rest, recharge, and complete everyday tasks.

It is key to maintaining a person's dignity, independence, and quality of life while ensuring a safe, clean living environment.