



Home Maintenance Checklist for Seniors

Monthly Tasks

- Test smoke alarms and replace batteries if needed
 - Check all lightbulbs and replace burnt-out ones
 - Inspect power cords for wear or fraying
 - Wipe down ceiling fans
 - Clean or replace air-conditioner filters
 - Check outdoor paths and steps for tripping hazards
 - Review your medicine cabinet - dispose of expired medication
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Seasonal Tasks

Summer

- Trim bushes and trees away from windows
- Check irrigation or watering systems
- Inspect garden hoses for leaks
- Declutter outdoor spaces and patio areas

Autumn

- Clean gutters and downpipes
- Check roof tiles for damage
- Rake leaves and tidy up outdoor walkways

Winter

- Test indoor heaters for safety
- Ensure windows and doors seal properly to prevent drafts
- Check that outdoor lights work (for early sunsets)
- Inspect pipes and taps for leaks

Spring

- Deep clean windows and curtains
- Wash bedding, pillows, and winter blankets
- Check garden tools and outdoor furniture
- Declutter wardrobes and donate unused items

Annual Tasks

- Have your geyser/water heater inspected
- Schedule pest control if needed
- Deep clean carpets and upholstery
- Service air conditioning units
- Review insurance policies and emergency contacts
- Check your home's safety features - locks, alarm systems, fire extinguishers

Safety Reminders

- Keep emergency numbers in an easy-to-see place
- Make sure walkways are clear and well-lit
- Consider motion-sensor lighting for entrances
- Arrange furniture for easy movement and accessibility

Need help? Contact Senior Movers Today!

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