

PRINCIPLES OF CAREGIVING FUNDAMENTALS

SECTION THIRTEEN - HOME ENVIRONMENT MAINTENANCE

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OBJECTIVES:

1. Explain the relevance of the care or support plan for home maintenance.
2. Describe the importance of consumer rights and cultural or religious issues in regard to home maintenance.
3. Demonstrate the ability to plan and organize tasks according to the care plan and the consumer's wishes.
4. Identify home maintenance tasks and describe procedures for maintaining a safe and clean home environment.

KEY TERMS:

Appliance

Care plan

Chore

Manufacturer's directions

Prioritizing

Support plan

A. DECIDING WHAT TO DO

1. Care and Support Plans

- The care/support plan usually lists general tasks, such as, clean the kitchen or wash clothes. It does not list the procedures—that is up to the DCW and the consumer
- FOLLOW THE CARE/SUPPORT PLAN – If a consumer wants you to do something that is not listed in the plan, you need to contact your supervisor. **You may be held liable if you do something for the consumer that is not on the care plan and an accident occurs.**
- Make a list of tasks that need to be done according to the care plan.
- Ask the consumer to prioritize the tasks that need to be done – If the consumer lists more tasks than what can be accomplished in your allotted time, try to negotiate with the individual to do it another day.

2. Consumer Rights

- Adapt to consumer's household. Use the consumer's equipment and cleaning supplies.
- Be considerate and cautious of consumer's supplies, equipment, and furnishings. Conserve whenever possible.
- **Show as much respect for the consumer's property as you would if it were your own.**

3. Planning and Organizing Tasks

- Follow the consumer's directions when performing tasks, even if you know a better way.
- Plans may also change depending on the consumer's needs or health status.
- Use a tray to carry dishes to and from the table.
- Carry cleaning supplies from room to room in a shopping bag or basket (keep a small plastic bag for trash with you while cleaning—saves steps to the trash can).
- Sample plan:
A load of laundry can be put in the machine just before lunch. While the machine is running, prepare and serve lunch to consumer. Dry and fold clothes while consumer is resting after lunch.

B. SUPPLIES

1. Maintain list of items in short supply.
 2. Have a shopping list posted on the refrigerator door for the consumer and family members to use.
 3. When using cleaning products or appliances, read labels and directions carefully. Look for warnings, use protection (e.g. gloves), and follow all manufacturer directions.
 4. If equipment is faulty, notify consumer and/or supervisor.
 5. **Be considerate of the consumer's financial resources and buy/use cleaning supplies frugally.**
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C. CLEANING

- a. Cleaning Appliances
 - Dishwasher – Clean exterior and interior.
 - Freezer – Defrost once a year. Wipe inner surface with a damp cloth. Check outdated food and dispose of food with the consumer's permission.
 - Refrigerator – Clean inside and outside with soft wet cloth and mild soap or baking soda. Check for spoiled food and dispose of food with the consumer's permission.
 - Trash Compactor – Replace bags as needed.
 - Garbage Disposal – Run cold water during use and for one minute after. Oranges, lemons, and ice can be used to maintain freshness.
 - Microwave Oven – Wipe with wet cloth and soap. Rinse and wipe dry.
 - Stove/Oven – Wipe up spills and grease immediately! Clean oven with vinegar in water to remove grit.
 - **Washing Machine – Wipe exterior and interior with soft wet cloth. Clean lint filter.**
 - Dryer – Clean filter because heavy buildup of lint can catch fire.
- b. Dishwashing-- Hand wash dishes in the following order:
 - Glasses
 - Silverware
 - Plates and cups
 - Pots and pans
 - Rinse with hot water and allow to AIR DRY
- b. Dishwasher
 - Run only full loads to conserve water, soap and power costs.
 - Do not interrupt the dry cycle to save money if sanitizing the dishes is needed.
- c. Cleaning Bathroom
 - Wear gloves.
 - Clean from cleanest areas to dirtiest (toilet is considered the dirtiest).

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- Clean sink, countertops, and shower/tub with disinfectant (bleach solution 1:10 works well).
 - Use a brush to clean the toilet, and brush under the rim.
 - DO NOT COMBINE cleaning chemicals especially AMMONIA AND BLEACH as this forms a toxic gas!
- d. Floors
- Use a clean mop and change mop water when dirty.
 - Vinyl: use mild soap and rinse with clean warm water.
 - Ceramic floors: use vinegar and water. Check with consumer if soap can be used.
 - Carpets: Vacuum frequently making sure the bag does not get overfilled. To remove stains Hot Shot carpet stain remover works well.

D. LAUNDRY

- Check labels for special washing instructions.
- Check the clothes for stains and pre-treat.
- Turn dark clothes, beaded, or appliquéd garments inside out.
- Take care when washing red or vibrant colors ** Shout's "Color Catcher" sheets or like product works great to pick up any excess dye in the wash water. Can be re-used a couple of times depending on how much dye residue is in the sheet.
- Check the pockets.
- Sort clothes by colors (whites and colors), lint generators such as towels, lint magnets (corduroy), and delicates.
- Zip pants and skirts.
- Use liquid bleach only for white cotton materials.
- Do not overload the washer as this decreases the agitation and cleaning power.
- Distribute clothes evenly in the wash drum.
- Dryer use
 - Do not put delicates in the dryer unless directed by the consumer.
 - Remove clothes when dry immediately and hang up or fold.
 - Some permanent press clothes will be less wrinkled if taken out of the dryer while still slightly damp and hung on a hanger.
 - Clean lint filter after every load.

E. BED MAKING

1. Place clean linens near the bed.
2. Strip the bed gently to avoid spreading pathogens into the air. Fold blanket(s) and place nearby. Place linens to be washed in a plastic bag or hamper.
3. Open sheets gently. Do not shake.
4. Put the contour sheet or flat sheet at the head of the bed working toward the bottom. Only work on one side at a time to save time and energy.
5. Miter the corners (square off the corners) and tuck the sheet under the mattress.
6. Place top sheet over the clean bottom sheet wrong side up with the top edge of the hem even with the top edge of the mattress.
7. Place any blanket(s) back on the bed with the top edge of the blanket(s) about 12 inches from the top of the mattress.
8. Tuck both the top sheet and blanket(s) under the mattress and miter the corners.
9. Repeat procedure on the other side of the bed.
10. Place blanket with top at bed head and extend to foot.
11. Remove surface wrinkles.
12. Fold excess top sheet over top of blanket and cover with spread if desired.
13. Put clean pillowcases on pillows. Arrange side by side on top of folded top sheet.
14. Take soiled linens to bathroom or laundry.
15. If you have linens that are soiled with body fluids(feces, urine, vomit):
 - a. Put on gloves before handling soiled linens and carry at arms length (not against your clothing).
 - b. Put linens in a plastic bag (NOT THE FLOOR) and take them to the bathroom.
 - c. Rinse the “chunky stuff” out in the toilet and place the soiled linens back in the plastic bag.
 - d. Launder immediately using bleach if linens are white. If the sheets are colored just make sure they are dried completely in the dryer (the heat is as effective as bleach in killing the bacteria).

Note: See the section on Infection Control for more instructions on handling infectious waste and soiled linens.

F. CULTURAL AND RELIGIOUS ISSUES

Be aware of the following issues that may affect how and what you clean

- Culture affects a person's belief in how things are treated (e.g., money, time, animals)
- Religious beliefs affect holiday observations, cooking, and cleaning and handling of religious artifacts

G. ACTIVITY: PLANNING AND ORGANIZING CHORES



Break into groups and discuss the following scenario:

You are assigned to provide eight hours of housekeeping and personal care services for an incontinent consumer. When you arrive you encounter piles of laundry, dirty floors, soiled bed linens, dirty dishes in the sink, and no food in the refrigerator. The consumer needs a bath and is hungry but wants to go for a walk in the park. How would you respond to the consumer's request? How would you organize and prioritize the other chores on your care plan?

What would you do if you only had three hours scheduled?

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