



Optimizing Your Home After Rehabilitation

Organizing your family member's home after a return from rehabilitation can be daunting. But Jill Yesko, President of Discover Organizing®, can help with this challenge – because she's been there. You see, Jill's passion for organizing took root when she started caring for her grandmother. Keeping her grandmother's possessions organized and free of clutter led to a more calming lifestyle for both of them.

In this article, Jill shares expert insights on how you can safely organize a home after rehabilitation, and why it is so vital to recovery.

Combating Relocation Stress Syndrome

"Relocation stress syndrome is real, and moving around can be very worrying," said Jill. "Reorganizing the home after returning from rehabilitation is a great opportunity to take a clean slate approach."

There's a way to blend the familiarity of the home with a new level of safety and care – this is what Jill strives for. Rebooting the house in question is a critical step in making it a more accessible and less hazardous living space.

"For example, you want to make sure no stray objects are allowed on the floor. Remove loose wires and things that get in the way," Jill cautions. Additionally, it's important to get those living at the space engaged in the new system. Make it fun and interesting for them. Jill likes to send pictures of different containers and storage bins to those rebooting their homes, so the people whose lives are being organized have a say in how things are changing. By customizing things to their tastes, these residents are more invested in the changes being made to their living spaces.



Cut Back on Clutter

The easiest way to make a space more efficient and effective? Eliminating clutter. Unneeded items take up a lot of space. If they can be gathered up and donated or disposed of, this automatically frees up areas, making the home more spacious.

Space can also make homes safer after rehabilitation. Wide hallways and clear paths to get from one place to another can work wonders. Illuminating rooms with bright lightbulbs and keeping a lamp close to the bedside can help show surroundings more clearly.

Increase Access to Necessary Items

Make sure nothing is impeding access to necessary items, like medication. If a shelf needs to be lowered so the resident can access it better, lower it. Once medications are organized on the shelf, use labels and contrasting colors to make each one easy to identify – not just for the resident who lives in the space, but also for neighbors or family members who may have to stop by and help.

Facing all these changes when returning home from rehabilitation might be daunting to a resident. Lessen any frustrations they might feel by explaining upfront what's changed since the time they left. If you get permission in advance to make these changes, and if you make them a part of the process, the transition is likely to go over more smoothly.

Making an older adult's life more organized doesn't have to be a battle. Keep emphasizing safety, enhancing their independent living in the process. A third-party mediator can also work wonders. Ultimately, you're all working towards the same goal – safer, more accessible living.

Jill Yesko, owner of Discover Organizing® is a Certified Professional Organizer®, and is an active member of the National Association of Productivity and Organizing Professionals.



PLEASE NOTE: All photographs were taken prior to the onset of the coronavirus/COVID-19 pandemic and enactment of Pennsylvania's social distancing requirements.