

## The health and wellbeing benefits of: Cleaning



Cleaning may not be “fun”, but it can help you stay fit, strong, and mobile. Think of it as an investment in your health, rather than a chore.

**Note:** If you are concerned about your health or safety doing these tasks, consult your doctor or home support provider.

### Physical benefits

#### Endurance and fitness

Mopping, sweeping and vacuuming works your heart and lungs.

#### Balance

Promote balance by vacuuming, reaching up and down to clean wall tiles, loading and unloading the washing machine and picking things up off the floor.

#### Strength

Maintain strength by lifting wet clothes out of the washing machine, vacuuming carpets, making the bed, or squeezing spray bottles.

#### Joint health

Keep joints mobile by squeezing water out of sponges, bending knees and hips to access low cupboards or reaching to hang clothes on the line.

#### Fine motor skills and coordination

Keep fingers and hands nimble by pegging clothes on the line, ironing, and opening bottles/packages.

#### Sleep

Yes! people who do a variety of housework tasks (even light tasks) often have better sleep.

### Social and emotional benefits

#### Confidence

Cleaning can boost physical abilities and thinking skills. This improves confidence to do other activities at home and in the community.

#### Privacy

Independence protects your privacy because you don't need support workers coming into your home.

#### Choice and control

Maintain your home in a way that suits you. More independence means less lifestyle disruption from support worker appointments.

#### Satisfaction

Sense of achievement and independence from looking after your own home.

### Cognitive (thinking) benefits

#### Memory

Remembering all the tasks that need to be done.

#### Planning and organising

Planning your cleaning tasks for the week, and making sure you have all the necessary equipment and products.

#### Concentration

Focusing on getting the job done well and safely.

#### Following instructions

Reading and following instructions for cleaning products.