



## **SPRINGFIELD** SENIOR HELP

### **Springfield Senior Help — List of Services**

Below are all the types of services we currently offer,

#### **1. Small Home Fixes & Light Maintenance**

These are the "too small for a handyman" tasks seniors often put off:

- Change light bulbs (including high ceiling fixtures)
- Replace smoke detector batteries
- Replace carbon monoxide detector batteries
- Test smoke/CO detectors
- Replace HVAC and air filters (client-supplied)
- Install non-slip bathroom mats
- Tighten loose knobs, handles, fixtures
- Lubricate squeaky doors and hinges
- Adjust doors/latches that stick
- Hang pictures, shelves, simple décor
- Assemble small furniture (IKEA, Walmart, Amazon pieces)
- Install shower curtains
- Secure loose cords and reduce trip hazards
- Add nightlights and pathway lighting
- Install adhesive/removable grab bars (non-drilling)

- Weatherstrip doors
- Replace doorbell button or mount a simple wireless unit
- Check locks, doors, window latches for ease of use
- Basic mailbox adjustments or mounting
- Light home upkeep (not deep cleaning)

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#### **2. Home Safety Checks & Fall Prevention**

A signature offering with high value for families:

- Whole-home safety walkthrough
- Identify and remove fall hazards
- Secure loose rugs with non-slip pads
- Improve lighting paths and recommend upgrades
- Add nightlights in key areas
- Clear walking paths and rearrange small furniture
- Identify unsafe thresholds or steps
- Check stairway lighting
- Suggest locations for handrails or grab bars
- Organize frequently used items at reachable levels
- Ensure emergency items are accessible (flashlights, phones)
- Provide written summary of findings and recommendations
- Make small on-the-spot safety fixes (within non-licensed scope)

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#### **3. Tech Help for Seniors**

One of the highest-demand service categories:

- Set up smartphones, tablets, or new devices
- Connect devices to Wi-Fi
- Program TV remotes

- Set up streaming services (Netflix, Roku, Disney+, etc.)
- Troubleshoot common TV/internet issues
- Help manage passwords
- Set up email on devices
- Transfer contacts or photos
- Connect printers
- Set up smart home devices (Alexa, Google Home)
- Help seniors join video calls
- Assist with simple online ordering
- Organize cords and simplify setups

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#### 4. Organization & Decluttering

Tasks that make the home easier and safer to navigate:

- Organize drawers, closets, pantries
- Declutter countertops, desks, cramped areas
- Sort mail and papers (no financial advice)
- Create labeled bins and easy-access zones
- Seasonal clothing rotation
- Light laundry folding or linen changes
- Assist with small downsizing prep
- Holiday decoration setup/takedown
- Organize kitchen cabinets for safe access
- Tidy nightstands and bedside areas

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#### 5. Routine Household Chores

Simple, ongoing help that keeps things running smoothly:

- Take out trash and recycling
- Bring trash bins to/from curb
- Replace trash bags
- Load/unload dishwasher

- Wipe kitchen counters
- Sweep small areas or porches
- Shake out entry mats
- Break down cardboard boxes from deliveries
- Unpack grocery deliveries and put items away
- Light tidying of common areas
- Check pantry and fridge for expired/outdated items (with permission)

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#### 6. Pet Support (Non-Medical)

Helpful pet-related tasks many seniors struggle with:

- Feed pets and refill water bowls
- Scoop litter boxes (light upkeep)
- Short leash walks (small/medium dogs)
- Bring pets to/from groomer or vet appointments (client makes decisions)
- Tidy pet areas
- Refill pet food containers
- Help organize pet supplies

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#### 7. Outdoor Small Tasks & Home Entry Care

Quick tasks to keep the property safe and welcoming:

- Sweep front steps and porch
- Knock down cobwebs
- Bring packages inside
- Water porch or patio plants
- Change porch light bulbs
- Seasonal entry décor assistance
- Salt icy steps (client-supplied salt)
- Check mailbox condition
- Minor yard tidying (no lawn mowing)

#### ✘ What We DO NOT

- No bathing, toileting, or dressing
- No lifting or transferring clients

- No medication reminders or medical tasks
- No wound care
- No nursing care or home health care
- No electrical work
- No plumbing repair
- No HVAC work
- No roofing or construction
- No heavy lifting
- No deep house cleaning
- No yard work or mowing
- No pest control