

## AT FOR HOUSEKEEPING

Spring beckons warmer weather, chirping birds, blooming buds, and longer days. It's the season of leisurely strolls, sunny picnics, ice cold lemonade, and spring cleaning. Did that last thought bring your wistful musings to a screeching halt? If it is any consolation, you are not the only one.

The phrase, "spring cleaning," often elicits feelings of apprehension and dread. The thought alone evokes negative feelings in 68% of adults (Laughran, 2012). Still, it is a task that most households take on, albeit grudgingly. According to the American Cleaning Institute's 2013 Spring Cleaning Survey, spring cleaning is an annual ritual for 72% of households in America ("Clean Living"). Even though many people regard spring cleaning as a detestable chore, it does not have to be this way.



A wide selection of products is available to help alleviate the burden of spring cleaning. Though they are mainstream and intended for use by the general public, their universal design and construction are such that people with disabilities can use them as well, both independently and effectively. This guide provides an in-depth description of several housekeeping products and you - particularly if you have reduced shoulder or arm movement, limited reaching capabilities, mobility or upper extremity disabilities, or if you have difficulty bending - can use them effectively to take up the charge of spring cleaning. It explains how these products can help ease the laborious task of cleaning floors, lessen the strenuousness of scrubbing tiles, and break up the monotony of washing clothes.

### Reaching the Unreachable with Long Handled Tools

Why is it that dust and grime seem to settle in the most inconvenient, hard-to-reach places? Don't let this question plague your thoughts any longer. A wide array of long handled tools is available to help you reach those seemingly unreachable hotspots for dust, grime and the like.

#### *OXO Good Grips® Upright Sweep Set*

The OXO Good Grips® Upright Sweep Set is designed to deal with dust and debris. Measuring 38.5 inches in height and weighing 1.13 pounds, both the broom and the dustpan, included in this set, feature ergonomically designed rubber handles for added comfort and control. The broom has durable nylon bristles measuring 10 inches in width, and an oval cross-section on the handle that prevents it from

spinning gratuitously on its own. The dustpan is equipped with a rubber lip to ensure snug contact with the floor, teeth that comb out dirt and dust from the Broom's bristles, and locking capabilities for more controlled dust pickup and disposal. Moreover, the broom and dustpan's 38.5-inch long handles ensure that if you have reduced arm or shoulder movement or limited reaching capabilities you do not have to bend low to sweep away dust and debris from your kitchen and hardwood floors.



### *Twist and Shout Mop™*

The Twist and Shout Mop™ is a self-wringing spin mop designed to clean floors while you keep your hands clean and dry. It is helpful if you have reduced arm or shoulder movement, limited reaching capabilities, or difficulty bending. The absorbent mop head (14 inches in diameter) is made of over 8,000 strands of microfiber, which can capture hair and dust when used dry, and lock in spills when used wet. Not only can microfiber absorb up to eight times its weight in liquid, but it can also reduce bacteria on the floors. The Twist and Shout Mop™ features a lightweight, adjustable handle that can extend up to 56 inches in length. It also has a flexible swivel head that allows the mop handle to bend 180°, enabling you to clean under furniture and around tight corners. When it's time to wring out the mop, gently push down on the handle. The mop head will begin rotating; creating a centrifugal force that will strip off any excess water from the head as it spins inside the bucket. It can be used on wood, tile, and stone floors.

### *High Reach Cleaning Kit*

Now that you have swept, mopped, and polished the floors beneath you, it is time to tackle the area above you - the ceiling and its counterparts. The High Reach Cleaning Kit is designed to help. Suitable if you have reduced arm or shoulder movement, limited reaching capabilities, or mobility disabilities, this versatile cleaning kit contains various features for you to clean your ceiling, from corner to corner. It includes a four-section telescoping steel pole that can extend from 3 feet and 5 inches to 10 feet long, allowing you to access the higher reaches of your home while staying securely grounded. The pole can also be fastened to any of the included eight interchangeable heads, providing you with six versatile cleaning tools and two handy apparatuses: A 16-inch duster, a cobweb duster, a long bendable duster, a squeegee/sponge with sponge cover, a microfiber flat duster, a ceiling fan duster, a standard bulb changer, and a floodlight-bulb changer. So instead of wasting time wondering how you are ever going to eradicate those pesky cobwebs, shine those high clerestory windows, and wipe away the ever increasing layer of dust from your ceiling fans, wonder no more.



### *Casabella® Flex Neck Tub-n-Tile Scrubber*

As you venture into the next room on your "To Clean" list - the bathroom, the Flex Neck Tub-n-Tile Scrubber is an advantageous tool to have at your disposal. This scrubber features a telescopic pole that can extend from 33 to 55 inches; enabling you to reach both high and low spaces for a more thorough clean if you have upper or lower extremity disabilities. The scrubbing head, which consists of a 6-inch wide sponge with a synthetic fiber pad, is strong enough to scour away mildew, soap scum, and grime - without scratching or damaging your floors or shower. The scrubbing head also has a

flexible neck which allows it to reach into the curves and corners of your bathtub or shower, so you don't have to.

Here are a few supplemental long-handled cleaning tools to help you if you have limited reaching capabilities or reduced arm or shoulder movement to reach more targeted spots throughout your home:

- Long Handle Toilet Brush with Cup (overall length = 26 inches) - It's Long acrylic handle and 3-inch diameter bristle head easily fits into the curves of the toilet bowl.
- Long Handle Oven Cleaner - This 21-inch long, epoxy-coated aluminum handle is attached to a 3"x5" double-sided sponge/scouring pad, bringing the back of the oven within cleaning reach.
- OXO Good Grips® Soap Dispensing Dish Brush - This nifty tool is a long handled brush and a liquid soap dispenser in one. Push the button on this 10.75-inch long handle to dispense liquid soap, and use the durable nylon bristles to wash your dishes or the built-in scraper on the backside of the brush to scrape away baked-on food.

## A Fresh Approach to Laundry

Doing laundry is a task most people find laborious, and folding laundry, even more so. The average American family does eight to ten loads of laundry each week, with a single load taking an average of one hour and 27 minutes to complete (Leverette). This means that the average American family spends approximately 11 to 14 hours each week washing and drying laundry, plus an additional length of time folding that washed and dried laundry. Thank goodness products are available to help simplify this task and lighten the load.

### *GE® Energy Star® RightHeight™ Design Front Load Washer (Model GFWR4805FRR)*

If you use a wheelchair or have the use of only one hand, the GE® Energy Star® RightHeight™ Design Front Load Washer, model GFWR4805FRR might be a good option for you. Measuring 47 inches high and 28 inches wide, this Americans with Disabilities Act- (ADA) compliant washer is equipped with a tilted wash basket made of stainless steel; a control panel positioned at eye-level; a chrome pocket door handle; and a door with see-thru glass. It also comes fully-loaded with an assortment of other beneficial features:

- RightHeight™ Pedestal - This built-in stand raises the washer seven inches above the ground so that you do not have to strain your back as you load and unload the washer.
- Overnight Dry - When selected, this feature will wash and dry a small load of clothes for you in eight hours or less without requiring you to move the load into a separate dryer.
- Stain Removal Guide - This set of preprogrammed settings can modify any cycle to help you remove the five most common stains from your clothes - blood, tomato, wine, dirt, and grass. Once you have made your selection, the washer will automatically adjust to the ideal setting to tackle that particular stain.
- LED Lights - Lights will illuminate the interior of your wash basket every time you open the door, so not even a single sock will escape your notice.



## MiracleFold™

The MiracleFold™ is a laundry folding aid designed to help if you have upper extremity disabilities or the use of only one hand to fold shirts, sweaters, pants, and even towels with just a few flips. Made of premium plastic, the MiracleFold™ consists of a large base board (24 inches high and 9.5 inches wide when folded) with three attached foldable segments. To use, place the MiracleFold™ on a flat surface, lay a garment on top of it facing down with the neck of the shirt or the waistband of the pants lined up across the top edge, and flip each segment towards the center of the board. Voila! What you are left with is a folded article of clothing. The MiracleFold™ allows you to fold laundry evenly and uniformly, each time.

## Robotic Aids

If someone told you ten years ago that robots would be available in the near future to help you clean and tidy up your home, would you have believed him? Home cleaning robots, once the latest trend, have quickly become a household staple. According to the International Federation of Robotics (IFR) Statistical Department, approximately 2.7 million domestic robots (i.e., vacuum and floor cleaning, lawn-mowing, and entertainment and leisure robots) were sold in 2013. It is projected that between 2014 and 2017, sales of domestic robots will increase to nearly 23.9 million units (“Service Robot Statistics”). Given their ever increasing availability, convenience, and effectiveness, you shouldn’t be surprised to enter a person’s house nowadays and find a robotic cleaning aid amid their mops and brooms.

### Ideaworks Robo Sweeper™

The Ideaworks Robo Sweeper™ is an automatic, cordless electric floor sweeper that does not require you to empty any bins or change any filters. It may be suitable for you if you have reduced arm or shoulder movement, limited reaching capabilities, or mobility disabilities. Guided by its built-in sensors, this 10-inch, battery-operated device roams under and around furniture as it removes dust, dirt, and allergens from any hard surface floor. The Robo Sweeper™ is designed to be easy to use: Position one of its washable and reusable microfiber cloths on the bottom of the device, place the sweeper on the floor, and flip the switch.



### iRobot Roomba® 780

The iRobot Roomba® 780 is a vacuum cleaning robot. It may be helpful for you if you have reduced arm or shoulder movement, limited reaching capabilities, or mobility disabilities. The automatic vacuum cleaner requires minimal human intervention. At the touch of your fingertips on its touchpad control, Roomba® 780 begins its solo trek across the floors in search of dirt and debris using its optical and acoustic sensors. As soon as it detects pet hair, dirt, dust, or allergens, Roomba® 780 employs its vacuum to pull debris off your floors. It even performs concentrated cleaning in more problematic areas, moving back and forth and applying additional elbow grease wherever it senses excessive dirt. Measuring 13.9 inches in diameter and 3.6 inches in height, Roomba® 780 provides widespread cleaning coverage as it vacuums under and around furniture.

The iRobot Virtual Wall® Lighthouse™, which comes with Roomba® 780, provides another measure of cleanliness. The Virtual Wall® Lighthouse™ uses an invisible infrared signal to contain Roomba in one

room until it is completely vacuumed, directs it to the next room, and prevents Roomba from entering off-limit areas in your home. Roomba® 780 performs a number of other functions as well: It automatically adjusts to different floor surfaces (e.g., carpets, hardwood, tile, and laminate); charges itself by going back to its Home Base® to dock and recharge between cleanings; can be programmed to clean on a routine schedule; and lets you know through its full bin indicator whenever it needs to be emptied.

### *iRobot Scooba® 450*

If you have reduced arm or shoulder movement, limited reaching capabilities, mobility disabilities, or difficulty bending the iRobot Scooba® 450 may be a helpful option for scrubbing your floors. This multi-functional device not only scrubs, but also sweeps, presoaks, and wipes down. It delivers maximum cleaning performance by utilizing a three-cycle cleaning process. First, Scooba® 450 sweeps up loose dirt and debris and dispenses a thin sheen of water or cleaning solution unto the floor. Then, as the scrubbing brush - which is spinning at over 600 RPM - removes grime and stuck-on messes, the squeegee vacuum suctions up dirty water off the floor. To finish the cleaning process, Scooba® 450 runs its squeegee cycle, leaving your floor squeaky clean. There is a host of other components that make Scooba® 450 such a versatile cleaning tool: iAdapt® Responsive Navigation Technology enables Scooba to clean rooms up to 300 square feet in one cleaning cycle; built-in sensors help prevent Scooba from traversing unto rugs and carpets; cliff-detection sensors help the robot avoid stairs and other drop-offs; light-touch bumper system senses obstacles in the room; and Wall-Following Technology allows Scooba to clean dust and dirt right along walls, baseboards, and edges.



### More Information

Now that you have read about the inventory of housekeeping products, “what’s the next step,” you ask? The next step is to equip yourself with the appropriate tools; tools that best suit your needs and will help you get the job done. To find out where you can purchase these products and more, please visit [AbleData](#). There, you will find a wealth of objective information about the different types of AT products that are currently available, their manufacturers and distributors, and other helpful AT resources. Once you are fully equipped with the proper tools, you will be ready to take up the charge and confront this mission head on. Who said spring cleaning can’t be a breeze?

Products listed in this guide are for illustration purposes only and are not endorsed by AbleData or NIDILRR. Additional products are listed on [www.abledata.com](http://www.abledata.com). This Guide is intended to provide information only. For medical advice, consult your healthcare provider.

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