



UNITED TRIBES
TECHNICAL COLLEGE
LAND GRANT EXTENSION

UTTC LAND GRANT EXTENSION

UTTC Lifeskills Lessons – Managing Home and Self

Lesson 26: Home Maintenance

LS00026

“A house is made of walls
and beams; a home is kept
with love and dreams.”

- Author Unknown



RESOURCES

- Oneida Environmental Health and Safety Division - (920) 496-5330
- <http://sweetteaproper.com/2014/03/seasonal-home-maintenance-schedule-template/>
- http://portal.hud.gov/hudportal/HUD?src=/program_offices/administration/hudclips/guidebooks/PIH-95-66
- <https://www.youtube.com/watch?v=O4CgscYG6JI> – 2:50 minute u tube video
- <http://www.nolo.com/legal-encyclopedia/tenants-rights-privacy-repairs-faq-29066-2.html> (Landlord responsibilities for home care)
- <http://www.moneycrashers.com/diy-home-maintenance-tips-ideas/>

A SAFE & HEALTHY HOME



A safe & healthy home must be maintained to stay safe and healthy. Tips, long houses, and earth lodges required constant upkeep and annual maintenance. Women and men had their roles in building and keeping the home as warm and comfortable as possible for everyone who lived there, no matter the season.

Today’s houses may be easier to maintain, but every house must be maintained to be a home. Poor home maintenance decreases the value of a house and may not allow the rental deposit to be returned. There is evidence that poor home maintenance and the costs may lead to depression and stress caused diseases for home owners. Scheduled and regular home maintenance serves as prevention for big fix-it projects and saves money.

Whether you own or rent your home, whether it’s an apartment or a house, it’ll need maintenance. Make your life easier and a little less stressful by planning out your home’s maintenance for the whole year. Think about what needs to be done and fill out an annual calendar. Use the checklist on the back to consider what time of year the many maintenance projects should be done. These calendar dates will be reminders so you stay on track!

SOME THINGS TO CHECK BECAUSE WE DON’T USE THEM VERY OFTEN



- **SMOKE and CARBON MONOXIDE DETECTORS** – it is suggested we change the batteries when we move into or out-of “Day Light Savings Time” (spring ahead and fall back!)



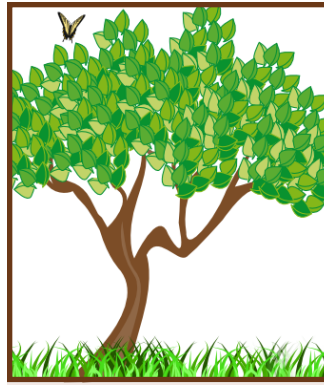
- **FIRE EXTINGUISHERS** – have one handy in the kitchen and also on every level of the house. Find out where fire extinguishers are checked or refilled within your local community



“Think you can fix it....or
should you get help?”



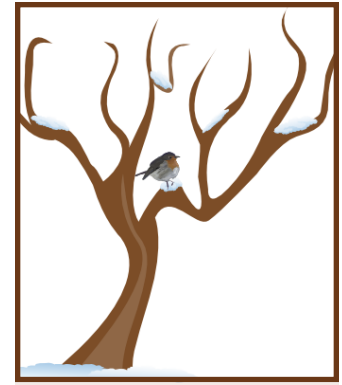
- Turn OFF gas furnace/ fireplace pilot lights.
- Test sump pump before spring thaw.
- Clean chimney if needed.
- Clear gutters & downspouts & be sure water flows away from the foundation. Fix wind damaged gutters and rain spouts.
- Clean windows, replace storm windows with screens- fix if torn.
- Check smoke & carbon monoxide detectors & replace batteries.
- Check temperature and flush out hot water tank. Check the owner's manual on how to do it.
- Vacuum under refrigerator and clean condenser coils.
- Defrost freezer whenever frost is 1/4" thick.
- Clean out basement window wells & under decks.
- Tune up lawnmower, drain old gas, and add fresh gas.
- Rake lawn.



- Pump septic tank.
- Repair any cracks in foundation, siding or roof.
- Clean faucet aerators and shower heads.
- Check and repair caulk and grout in bathroom or kitchen.
- Monitor basement humidity— less than 60%.
- Clean or replace any air conditioning filters.
- Check basement pipes for condensation— insulate cold water pipes to reduce humidity, if they sweat.
- Check toilet flush flapper and chains. Replace flappers that do not seal tightly.
- Check air conditioning system— clean filters & service every 2 yrs.
- Seal off any holes in exterior that could be entry point for small pests and bugs.
- Remove any plants/roots that penetrate the siding or brick.
- Inspect water main and sewer pipes for leaks.
- Clean and lubricate sliding door tracks and garage door tracks.



- Clean and store patio furniture.
- Trim trees touching roof or gutters.
- Check & clean the gutters and downspouts for accumulated seeds and leaves.
- Drain outside water spigots and store hoses.
- Check caulk and weather stripping around windows and doors— repair as needed. Make sure all close properly.
- Check chimney flues for obstructions/bird nests.
- Service heating system and change the filter.
- Prune and trim trees & shrubs and remove debris that may attract insects/ pest within 1 foot of your house.
- Rake and fertilize the lawn.
- Sharpen lawn mower blades.
- Check that this snow blower is in working order.
- Clean, sharpen & store garden tools.
- Turn gas pilot light ON.
- Replace screens with storm windows.
- If you don't have one yet, get a programmable thermostat. Program it to your schedule.



- Pour water down seldom used drains i.e. basement.
- Clean out dishwasher food filters.
- Daylight Savings—Test smoke and carbon monoxide detectors.
- Clean kitchen and bathroom exhaust fans.
- Clean humidifiers 2-3 times during the winter.
- Check fire escape routes and practice with family members.
- Check door and window locks and lighting around house to be safe.
- Watch that any air vents indoor and outdoor are not blocked by snow or debris.
- Check furnace filters monthly— change as needed.
- Test well water annually.
- If you haven't yet, change light bulbs to Compact Fluorescent Lights (CFL).
- Use LED lights at the holidays— saves money.
- If you need to replace any appliances — look for Energy Star label to save money.



UNITED TRIBES
TECHNICAL COLLEGE
LAND GRANT EXTENSION

UTTC LAND GRANT EXTENSION

UTTC Lifeskills Lessons – Managing Home and Self

Lesson 26: Home Maintenance

HOME MAINTENANCE

LS00026

OBJECTIVES:

1. To discuss the differences in home maintenance for home owners versus home renters.
2. To discuss the potential emotional and financial impact if homes are not maintained.
3. To consider annual seasonal home maintenance projects.
4. To discuss home maintenance assistance available in the local community.

PROCEDURE:

1. Write objectives on the board
2. Distribute Lesson 26 Talking Sheet: Home Maintenance
3. Ask for a volunteer to open the session with a prayer, offer a prayer asking the creator to give us strength in showing respect for ourselves and others through keeping our surrounding clean and safe, or begin the session with a minute of silence.
4. Facilitate discussion regarding maintenance reminders on the front and back of the Talking Sheet.
5. Show the video listed as a resource to prompt thoughts and discussion.
6. Using what was learned prior to the session, offer ideas for home maintenance support that may be available in the local community.
7. Allow participants to share how improper home maintenance might impact families emotionally and financially.
8. Distribute and collect the Evaluation

RESOURCES FOR INSTRUCTION SUPPORT:

1. Local community Housing Authority
2. Community businesses offering services for persons with disabilities, elderly or families without skills or resources
3. <http://sweetteaproper.com/2014/03/seasonal-home-maintenance-schedule-template/>
4. http://portal.hud.gov/hudportal/HUD?src=/program_offices/administration/hudclips/guidebooks/PIH-95-66
5. <https://www.youtube.com/watch?v=O4CgscYG6JI> – 2:50 minute u tube video
6. <http://www.nolo.com/legal-encyclopedia/tenants-rights-privacy-repairs-faq-29066-2.html> (Landlord responsibilities for home care)
7. <http://www.moneycrashers.com/diy-home-maintenance-tips-ideas/>

TIME:

50 minutes



UNITED TRIBES
TECHNICAL COLLEGE
LAND GRANT EXTENSION

UTTC LAND GRANT EXTENSION

UTTC Lifeskills Lessons – Managing Home and Self

Lesson 26: Home Maintenance

LS00026

On a scale of 1 to 5, with 1 being least confident and 5 being most confident, please circle one per question.

Not Confident

Very Confident

Please rate how confident you are in recognizing that there are emotional and financial impacts if homes are not maintained properly

1 2 3 4 5

Please rate if your knowledge increased about the differences in home maintenance between home owner and home renters

1 2 3 4 5

Please rate how comfortable you are in being able to verbalize at least one home maintenance task for each season of the year

1 2 3 4 5

Please rate how confident you are in connecting with home maintenance support people or businesses in the community where you live

1 2 3 4 5

New things I learned or understand better because of the lesson

Comments

EVALUATION

