In Just Five...Organize Your World with Color

by Caryn Jung, MS, Senior Coordinator

Fall is approaching with its seasonal changes to rich, autumn hues. Take a cue from nature and use color as a family organizational tool throughout the year.

For children, school supplies such as binders and folders can be color coded by subject matter. Consider taming the paper trail of school, party invitation and other announcements by placing them in designated color folders for daily or weekly review. Promote organizational and sequential skills in young children by having them coordinate calendar postings with markers and stickers.

To maximize safety for older adults, color contrast can be especially important in differentiating changes in same- and different-level flooring surfaces. Examples include moving from tile to carpet, and in navigating stairs. Multi-patterned clothing may be more difficult than solid colored items for distinguishing buttons and button holes accurately. These suggestions can help you think of other ways color influences organizational and safety features for families.

Explore the Life & Work Connections website for more child care, elder care, and work/life support information.

For resource and appointment information about child care and work/life support, contact Caryn Jung, MS, Senior Coordinator. For resource and appointment information about elder care, contact Jan Sturges, M.Ed., LPC, Caregiving Coordinator.