



HOW TO CREATE A COMFORTABLE HOME LIFE IN ADELAIDE, SOUTH AUSTRALIA



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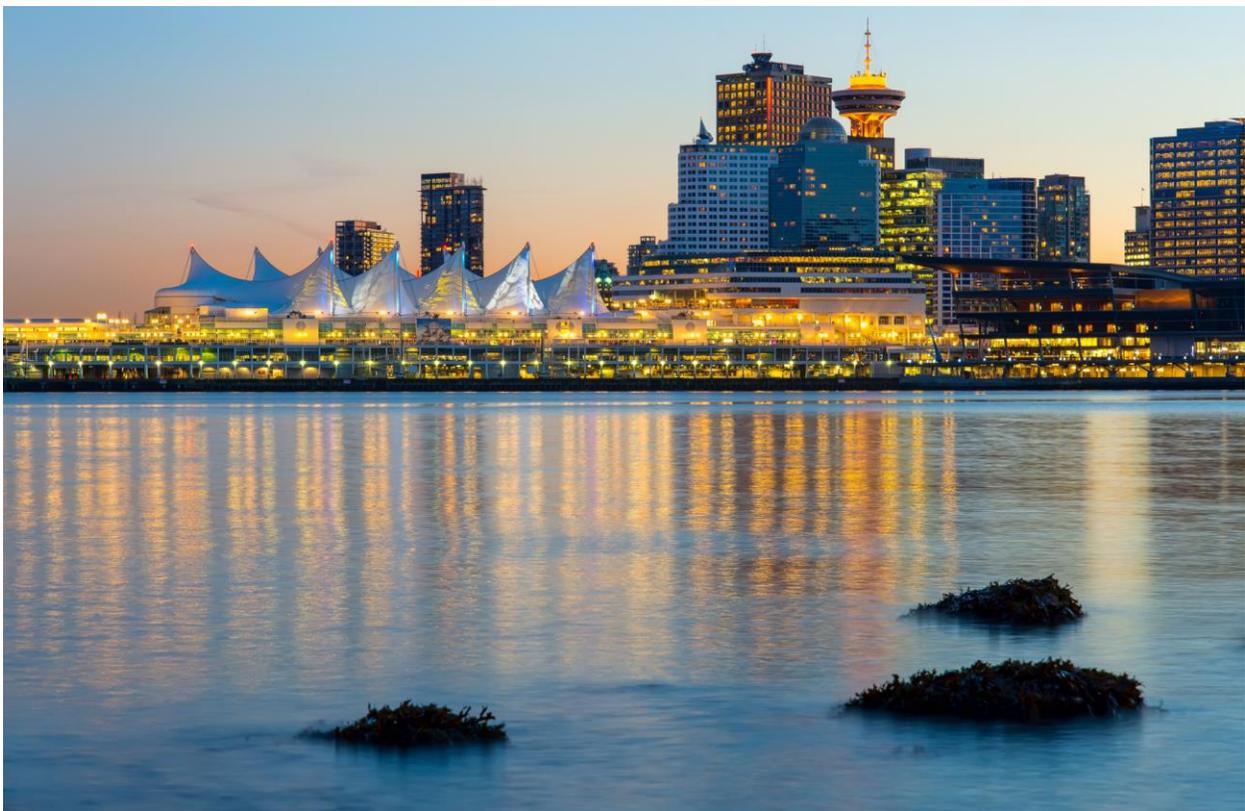
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Abstract

Creating a comfortable home life in Adelaide is about more than arranging furniture or maintaining cleanliness. It involves shaping an environment that supports physical ease, emotional wellbeing, and a balanced lifestyle. Adelaide's unique blend of relaxed urban living, accessible outdoor spaces, and strong community connections provides an ideal foundation for a fulfilling home life. This guide explores the essentials of comfort in an Adelaide household, from understanding local lifestyle advantages to managing daily routines, home maintenance, and sustainable improvements. Drawing on government resources, expert advice, and lifestyle insights, the content helps residents create living spaces that reflect both comfort and practicality within the South Australian context.



Getting Started

Adelaide is known for its easy pace and focus on quality living. Before making any major changes to your home routine or design, it helps to consider what comfort truly means for you and your household. Start by observing your daily habits, identifying what adds value to your day and what causes unnecessary stress. Simple adjustments such as improving home organisation, setting up a weekly task plan, or seeking local support services can make a noticeable difference.

Think about your home as a reflection of Adelaide’s lifestyle — open, calm, and community-oriented. Begin by ensuring your home environment supports your everyday rhythm. This might include creating functional zones for work and relaxation, maintaining essential repairs as outlined in South Australian housing guidance, and introducing design touches that bring warmth and personality.

Once your foundation is set, build consistency through small, manageable routines. Focus on regular upkeep, personal wellbeing, and sustainable practices that align with Adelaide’s growing emphasis on environmental awareness. The goal is not perfection, but balance — a home that feels inviting, efficient, and distinctly yours within the Adelaide way of life.

Living in South Australia



Capital

Adelaide is the capital of South Australia and the fifth largest city in Australia. The city of Adelaide is located on the southern coast of South Australia.

Population

In the 2021 Census, the number of people counted as usual residents of South Australia was 1.8 million. In 2021, almost 4 out of 5 people in SA lived in the capital city area of Greater Adelaide (1.4 million).

In the 2021 Census, 43,000 people identified as being of Aboriginal and/or Torres Strait Islander origin in South Australia, making up 2.4% of the SA population.

Country of birth

Most people in SA were born in Australia with 23.8% of people born overseas.

In 2021, the top 5 countries of birth in SA were:

Australia (71.5%)

England (5.3%)

India (2.5%)

China (1.4%)

Vietnam (1.0%)

Language

In 2021, most people in SA only used English at home (77.6%).

After English the most common languages used were Mandarin (1.8%), Italian (1.3%), Greek (1.2%) and Vietnamese (1.2%).

Climate



South Australia is divided into 3 biomes (areas with similar climates and ecosystems). Two of these are land (arid and Mediterranean) biomes and the third is a marine biome.

The arid biome, covering 87% of SA, has a warm-to-hot and dry climate with low and erratic rainfall. The south has mostly winter rains with summer rains in the north.

The Mediterranean biome, making up the remaining 13%, has a cool-to-warm climate, with a tendency for winter rains.

History

Indigenous Australians

The first Australian people migrated from the north around 50,000 years ago. Rock engravings in the Olary region of South Australia are more than 35,000 years old.

Although never large in numbers, indigenous peoples occupied all areas of the state, including Kangaroo Island.

European exploration



European interest began early in the 17th century when the Dutch explored parts of southern Australia. In 1802, British explorer Matthew Flinders mapped the entire South Australian coast in his ship, the Investigator. French explorer Nicholas Baudin was mapping the southern

Australian coastline at the same time. The 2 expeditions met at Encounter Bay near Victor Harbor in April 1802.

Early settlement

The first European entry into South Australia in the early 1800s was unplanned and made up of sealers who lived on Kangaroo Island. The sealing industry peaked in the 1820s.

In the early 1830s, southern right whales passed close to Encounter Bay and Kangaroo Island on their annual migration west. The lure of quick profits from whaling and longer-term land speculation saw the formation of the South Australian Company, which selected land around Nepean Bay near the current town of Kingscote as its headquarters.

British colony



After the British Parliament passed the South Australia Colonisation Act in 1834, the South Australian Company was formed. Its purpose was to establish a colony based on free settlement rather than convict labour used in eastern Australia. A number of Adelaide city streets, including Wakefield, Angas, Currie, Hindley, Pirie and Rundle, are named after members of the founding board of directors.

The first settlers and officials set sail in early 1836 aboard nine ships and landed at Kangaroo Island, where they initially started a settlement near the current town of Kingscote. Less than 4 years later it was abandoned because there was no reliable supply of fresh water.

984,321 square kilometres, which is similar in size to Egypt, Bolivia and Tanzania. It borders all the other mainland states and the Northern Territory.

Its landscape varies from rugged outback wilderness and desert, including some of the most arid parts of the continent, to scenic mountain ranges and a coastline that stretches more than 3,700 kilometres.

Lifestyle - South Australia



South Australia offers a relaxed, family-friendly lifestyle where you can truly achieve work-life balance and afford to do more.

Adelaide is one of the world's most liveable cities, perfectly positioned just a short drive from some of Australia's most unique, globally-renowned regions, so whether you choose city, suburban or country life, South Australia offers something for everyone.

Cost of living

South Australia is one of the more affordable places to live and work in Australia. Homes are affordable with more than two-thirds of residents owning their homes. Adelaide continues to be one of the most cost-competitive markets for setting up business and leasing office space, and the regions are even more affordable.

Getting Around

Adelaide was designed for convenience. Our city planners surrounded the central business district with parklands and established a grid network of broad roads. As Adelaide grew, many of the outlying suburbs also embraced the grid pattern, so today, traffic moves freely and easily. Adelaide prides itself as a manageable city where you can spend more time where you want to be – not just getting there.

Driving Driving is the most popular way to get around Adelaide and South Australia. Our roads are well planned and maintained and our driving rules are designed to keep us all safe.

Public Transport Adelaide's public transport network is called Adelaide Metro and is made up of:

- buses and trains to metropolitan suburbs and the city
- free buses around the central business district
- a tram service between Glenelg and Adelaide Entertainment Centre

Wherever you need to be, there is a public transport option to get you there. Regional Travel South Australia also offers other regional public transport systems, both buses and rail, as well as flights to outer regions to speed up travel time when required. Overall however, South Australia is a very 'driveable' state with most regions accessible by car.

Food, culture, & entertainment



South Australia boasts a world-renowned food and wine culture, is home to a diverse range of cultural and sporting events and offers residents and visitors alike opportunities to experience a variety of cultural and entertainment experiences, for both education and leisure.

Whether you are looking for things to do in Adelaide's city or are seeking to activities in South Australia's beautiful regions, you will be amazed by the diversity of experiences on offer.

Getting help at home



The City of Unley provides services to help with basic chores both inside and outside of the home. Short-term help is available for those who have recently been discharged from hospital or have experienced a significant change in circumstance. In certain cases, ongoing support in the home can be arranged. To learn more about In-Home Support Services, watch the short video here.

Head to our Government support and My Aged Care page for information on how to access these services. Services are subsidised and clients contribute towards their cost.

Available services

Cleaning and tidying

My Aged Care 'Domestic' referral is required to access these services.

Standard services Empty heading

- General house cleaning
- Unaccompanied and accompanied shopping
- Laundry assistance
- Bed making.

Interior spring clean

Everyone loves doing a good clean once in a while. The Spring Clean service is designed for bigger jobs that we only do once in a while, such as:

- cleaning the tops of cupboards
- cupboard doors
- light fittings and window sills
- high dusting
- ceiling and exhaust fans
- removal of cob webs
- oven cleaning
- removing curtains for washing
- wiping bathroom tiles and shower alcoves.

Window cleaning



Cleaning windows and sills is also a big job that can be difficult to manage. The window cleaning service is specifically designed for interior and exterior windows and sills and may involve taking down window screens to get the job done.

Maintenance



These services aim to assist residents to maintain their independence, safety, accessibility and health and wellbeing within the home environment to ensure the home is maintained in a safe and habitable condition.

Minor home maintenance repairs and tasks available include:

- Changing light globes
- Replacing toilet cistern washers and tap washers
- Replacing smoke alarm batteries and installing non-hard wired smoke alarm devices
- Minor carpentry and fencing
- Fly wire screen repairs
- Gutter Cleaning

My Aged Care 'Home Maintenance' referral is required to access these services.

Modifications

Installation of key safe boxes, magnetic door catches, grab rails and other home modifications as recommended by an Occupational Therapist.

Other tasks and repairs can be discussed at the time of request.

A My Aged Care 'Home Modifications' referral is required to access these services.

Garden Maintenance



Basic pruning and general gardening services such as slashing, sweeping and raking are offered to improve safety and accessibility in the garden. Height limitations apply to all pruning work.

These services aim to contribute to resident safety and minimise hazards such as obstructed access to pathways and washing lines, possible fire hazards and the reduction of overgrowth to improve security and alleviate attraction of pests.

Some work may require an assessment to determine suitability.

Please note, Lawn mowing is not provided as part of the garden maintenance program.

A My Aged Care 'Home Maintenance' referral is required to access these services.

Public Housing

Housing SA is South Australia's public housing authority which delivers housing related services through a network of regional offices throughout the State. Part of the Department of Human Services, Housing SA incorporates the former South Australian Housing Trust, Aboriginal Housing Authority and South Australian Community Housing Authority.

Public housing is targeted to those people in most need. To be eligible applicants must meet a range of criteria including an income and assets test and/or a needs test.

Housing SA also provides for some specific purpose housing programs and services.

RentRight SA (formally TIAS)

Provides free independent support to tenants in the public, private and community rental markets. Includes tenants in private rental properties and clients of Housing SA, the Aboriginal Housing Services, Housing Associations and Cooperatives. Support includes advocacy on tenancy issues such as tenancy rights and responsibilities, application processes for private and public rental, neighbourhood disputes, evictions, bond assistance, complaints, debt and home purchase.

Maintenance and repairs



Housing SA will normally carry out and pay for repairs resulting from fair wear and tear. It is important that tenants notify Housing SA as soon as any repair is needed.

The tenant must pay the cost of any repairs which, in Housing SA's opinion, are not the result of fair wear and tear. The tenant is also responsible for keeping the dwelling in good rentable

condition. This means that the tenant must pay the cost of repairs to damaged windows, screens, fences and gates, of clearing blocked drains and of replacing plugs, light globes or lost keys. Where damage is caused by the tenant's family or visitors Housing SA will also require the tenant to pay.

Tenants may wallpaper interior walls, lay floor coverings and hang pictures. However, the tenant must repair any damage caused by doing these things. Trust officers are available to advise tenants on appropriate methods and materials. The tenant must have Housing SA's approval before making any additions or alterations to the premises.

More information on maintenance and repairs is available from Housing SA, via the SA Gov-Maintenance of Public Housing website.

How to Create a Weekly Cleaning Schedule That Works



Keeping the home organised and clean can feel like a challenge that never ends. In trying to juggle work, family commitments and social obligations, household chores may pile up. Without a plan, even the smallest mess can turn into a large one. To deal with this, creating a weekly cleaning schedule can transform the chaos of pending tasks into an organised list that can be easily followed to keep the home effortlessly tidy.

By breaking the tasks into manageable steps, you'll be able to stay ahead of the mess and reclaim your home. Let's see how we can create a schedule that is tailored to you and your home needs. Whether you're trying to do routine home cleaning or preparing for end of lease cleaning Adelaide, having the right plan will simplify the entire process.

1. Assess What Your Needs Are



Before you dive into actual cleaning, evaluate what are the needs of your household. Consider factors like the size of your home, personal lifestyle and the number of people in your house. A small apartment will require less time than a big 4-bedroom house. Those who work from home will have more flexibility compared to those who have a busy office schedule and may need a lighter daily clean or a weekend clean.

Also, the more people there are in the home, the more demand there will be for cleaning tasks. By understanding your circumstances, you'll be able to create a schedule that works for you rather than against you.

2. Break Down All The Tasks

To avoid feeling overwhelmed, divide the tasks into daily, weekly or occasional tasks.

- Daily tasks are those that are quick and simple, like making the bed, washing dishes or loading the dishwasher, wiping kitchen counters, etc.
- Weekly tasks are the ones that need a more detailed cleaning, like dusting surfaces, vacuuming, mopping, cleaning the bathroom, doing laundry, etc.
- Occasional tasks are those that are often forgotten but crucial, such as washing windows, cleaning baseboards, deep cleaning appliances, etc.

By breaking tasks into categories, you'll be able to ensure that every area of your home is taken care of. If you are preparing for end of lease cleaning in Adelaide, this will help keep a check on everything that needs to be done.

3. Assign Different Tasks to Different Days



With the list of tasks ready, it is now time to spread them out throughout the week. Assigning specific tasks to particular days will help you avoid being overloaded at the weekend. For example:

- Monday: Dust and Vacuum the living area.
- Tuesday: Deep clean the kitchen.

- Wednesday: The bedroom – dusting, changing bed linen, vacuuming.
- Thursday: Clean the bathroom – the sink, faucets, toilet, shower or bathtub.
- Friday: Declutter and organise the closets, drawers, etc.
- Saturday: Mop floors and tackle outdoor areas like the patio or verandas.
- Sunday: Relax! Use the day for a light tidying up or catching up on anything that was missed.

This structure can be customised and reordered to meet your specific needs. If you have a busy schedule you can allocate smaller tasks to the weekday and leave the major cleaning for the weekend.

4. Time Your Chores and Set Limits

The reason many schedules fail is because people overestimate how much they'll be able to accomplish. Be realistic about the time you set for completing a task. E.g., daily tasks might need 15-20 mins, while weekly tasks might need 30-60 mins. Setting a timer will make cleaning more manageable and help you feel more motivated about cleaning.

5. Enlist the Help of Others in the House



If there are other people in your house, then delegate a few tasks to them. Assign specific tasks to a person based on their abilities and availability. For example, younger children can help in

putting away toys or dusting surfaces, while older kids or adults can steam clean carpet and floors or clean the bathroom. Cleaning collaboratively will reduce the load of the tasks and will also instil a sense of responsibility in the others.

6. Be flexible About It

Life is unpredictable and sometimes even the most meticulously laid out plans may derail. If you happen to miss a day of cleaning, try not to stress about it. Adjust your schedule and catch up on the missed tasks on some other day or later in the week. Don't be perfect; be consistent instead.

For example, if you are preparing for a quality end of lease cleaning Adelaide, you may be required to pay extra attention to details, so shift your focus temporarily to deep cleaning activities like steaming carpets or scrubbing the oven.

7. Invest in the Right Tools and Products



A cleaning schedule will only be as effective as the cleaning products you have to execute it. Invest in quality cleaning products that suit your specific requirements. A multipurpose cleaner, a vacuum, reusable microfiber cloths, etc., can make tasks quicker and easier. For tougher jobs, like deep-cleaning tiles or eliminating stubborn stains, mould and mildew, consider getting professional-grade products.

8. Review and Reassess as Needed

A cleaning schedule is not a rule set in stone. Review and reassess your schedule as and when needed to avoid being overwhelmed. Ask yourself, do certain tasks need more time? Are

certain days more packed than others? What other tasks can be given to other members of the house? Make adjustments to your plan to help you maintain balance. If you need more help, end-of-lease cleaners in Adelaide can help you out and advise you on how to maintain your home easily.

Wrapping up

Incorporating a cleaning schedule into your daily life may need some getting used to, but with time and effort, it will become a habit. By being consistent and planning ahead, you'll be able to maintain a clean and tidy home that is ready for any occasion that may spring up.

BHG expert tips on giving your home a glow up

Without a major overhaul.



Is your home feeling a little tired and uninspiring? Your wardrobe or skincare routine aren't the only things that deserve a glow-up; it's also the perfect way to breathe new life into your space.

If you're not looking to commit to a full-blown makeover, there are some simple ways to tweak and refresh your home without being too time-consuming or expensive. With the right approach to lighting, décor and a helping hand, you can transform any room into an inviting oasis.

1. Upgrade your lighting

Good lighting is the unsung hero of the home when it comes to creating that perfect ambience for movie night, cooking with friends or enjoy a book in a cosy spot in the home. If you're looking to light up your life, consider a few tweaks and balancing your lighting in layers.

"Ambient lighting is your room's base layer and sets the tone on style and function. Think flush mounted lights, ceiling fittings or chandeliers," says DIY editor, Tiff Bancroft. Overlay with task lighting to 'get stuff done.' Tiff recommends to "Think brighter and focused spotlights. Use cool or daylight lamps for colour accuracy and clear visibility that doesn't make you feel fatigued."

And finally, "Accent lighting adds an extra dimension to the ambience and the final layer to create a dramatic or cosy room," she says. "For added drama, use warm, bright lamps paired with a dimmer switch for the ultimate ambience control".

2. Source a helping hand



A crucial part of giving your home a glow-up, and more importantly having it run smoothly, is organisation. This is where Witzer, a free project management and payment tool for homeowners, tradies and professionals, comes in.

If organisation and project management is not one of your strong suits, or perhaps you just don't have time, the Witzer app cleverly, and easily, pulls together all the details a builder would need, whether the project is big or small. Instead of scrambling to explain a vision or

scrapbooking a mood board, Witzer helps you to create a clear, visual roadmap, ensuring everyone is aligned from the get-go. The Witzer app also holds the funds in a project wallet, meaning the builder can begin the job knowing they will get paid once the job is completed properly – creating a great working dynamic and result for both parties. This digital toolkit keeps everything organised in one place—so your dream home glow-up unfolds exactly as you imagined.

3. Incorporate greenery

Indoor plants are a simple yet effective way to revamp space. “And coming from such exotic places, they add a sense of adventure and a tingly freshness to your indoor rooms, especially if the room feels a bit sterile and needs’ that special addition that helps make them glow,” says garden editor, Jenny Dillon.

“For super sunny spots, you can’t go past succulents such as little echeverias or introduce a bit of west Africa to your room with tall, architectural snake plants. Where the light is dim, the choice is endless. The ‘cast iron’ plant is super tolerant of neglect, the pretty Boston fern will need regular watering, a pothos has a lovely trailing effect, and the peace lily is one of the few indoor plants that will flower.”

If your focus is the kitchen, then consider the spider plant. “The spider plant has great air purifying qualities, as does the trailing heartleaf philodendron that will soften the sharp kitchen angles,” says Jenny. “Or for the bathroom try the dramatic ZZ plant, or the dazzling aglaonema, or Chinese evergreen.”



4. Create a cosy nook

For a low effort revamp, an idea would be to focus efforts on one part of the home as a priority. “We all have that one spot at home that feels a little... meh. Maybe it’s an empty corner that’s not really serving a purpose, or a chair that no one ever sits in,” says senior commercial content editor, Kayla Wratten. “Instead of ignoring it, why not give it a glow-up and turn it into a cosy little nook? It doesn’t take much—just a few simple tweaks to make it feel warm and inviting.”

“Start with a comfy chair or some floor cushions such as the Pillow Talk range – then layer in a soft throw and mix up textures such as linen or boucle for that extra snug factor,” she says. “Lighting is key, so swap out anything too bright with a warm lamp that will help set the mood. A small side table is great for resting your coffee (or a glass of wine), and adding books, a scented candle, or a plant will instantly bring the space to life. Just like that, you’ve transformed a dull corner into the perfect retreat to unwind and recharge.”

5. Add a scent element

If you’re craving a change of atmosphere at home, scent offers an instant mood boost. “If I’m trying to get things done around the house such cleaning, decluttering or just the weekly laundry, I love adding a few drops of essential oil to a diffuser (eucalyptus, citrus and peppermint are my go-tos),” says digital editor, Tahni Mesann. “It gives my home that “just cleaned” feeling and always makes me feel energised and inspired.”

“I keep a stash of soy candles in delicious scents for this purpose. If you’re curious to give them a try, take a look at Circa’s Alchemy range – the White Tea & Wild Mint fragrance is divine. Talk about a game-changer when you’ve got guests coming over and you need to banish any lingering cooking smells!”

Redefining Home Comfort Through Sustainable Innovation

Watch a conversation hosted by GHI’s Home Improvement and Outdoor Director

Plan. That is the takeaway from the conversation hosted by Good Housekeeping Institute home improvement and outdoor director Dan DiClerico at the Hearst Eco-Conscious Living Summit on April 23, 2025.

“Home reflects you and the impact on the environment you want to impart, and that goes into the mechanics,” said interior designer and television personality Arianne Bellizaire. “I can make anything beautiful, but you need to plan for the mechanics to work.” Anthony Carrino, a home improvement expert and partner of the heating-cooling firm Trane, agreed, saying planning should always be the first step when considering how your home affects your environment — both in temperature control and health impact.



“What experience do you want in your home?” asked Vijay Deshmukh, Trane’s vice president of product management-residential HVAC and supply. “It is all about choice.” Considering that HVAC systems can make up 40 percent of your energy output, according to Deshmukh, making informed choices can be good for your bank account over the long haul. He urged homeowners to educate themselves about the products available to them and suggested a heat pump could be a good product to consider. Carrino concurred, touting how the 600-plus speeds of Trane’s heat pumps can make any home more comfortable. (Watch the video above to learn more about how heat pumps work.)



To sum up, in the words Bellizaire says she uses with clients when discussing ways to limit options so they don't get analysis paralysis: What's the most impactful choice?

Watch the 2025 Eco-Conscious Living Summit

In April 2025, Hearst Magazines came together for the 4th annual Eco-Conscious Living Summit. Here, Hearst editors, thought-leaders and change-makers gathered for inspired conversation and actionable ideas that move us all toward living more sustainable lives.

Session 1: Sustainability with Integrity: Redefining Standards for a Greener Future

Jane Francisco, editorial director of the Hearst Lifestyle Group and our editor in chief, spoke to Jocelyn Lyle, executive vice president of mission and partnerships for the Environmental Working Group; Julia Collins, founder and CEO of Planet FWD; and Zac Ludington, head of product strategy and innovation at Amazon's Climate Pledge Friendly Program, about how to change personal buying habits to help the planet.

We invite you to relive the day with us. Below, each session that took the stage. And may it spark the joyful resolve we all experienced in exploring forward-thinking solutions to pave the way for a greener tomorrow.

Session 2: Change the Recipe: Feeding Hope Through Innovation and Compassion



José Andrés prefers to be called “cook” rather than “chef” (despite hosting a new show premiering in May called Yes, Chef). “I am a cook. Give me some food and I will make something for you to eat,” he said. This is what started the conversation between Andrés and Michael Sebastian, editor in chief of Esquire, watch their conversation below.

Session 3: The Future of Fragrance: Indigenous Wisdom and Streamlining Last-Mile Supply Chains

Lindsey Kneuen, head of impact and grants at Pura, told ELLE beauty director, Kathleen Hou, about the company’s journey with the Western Australian Martu tribe to grow sandalwood.

Session 4: Products With Purpose: Redefining Home Comfort Through Sustainable Innovation

Plan. That is the takeaway advice from the conversation that Good Housekeeping Institute home improvement and outdoor director Dan DiClerico has with interior designer and television personality Arianne Bellizaire; home improvement expert, partner of the heating-cooling firm Trane, designer and builder Anthony Carrino; and Vijay Deshmukh, Trane’s vice president of product management-residential HVAC and supply.

Session 5: Flavor First: Seeds, Chefs and the Quest for Deliciousness

Chef Dan Barber has a passion for vegetables. So much so, in fact, that he challenged a seed breeder to create a squash that tastes good. That challenge was accepted, and after a partnership with a farmer, the Koginut squash was born. This is the story he told Joanna Saltz, editorial director of Delish, see the whole exchange below.

Conclusion

Creating a comfortable home life in Adelaide is an ongoing journey that blends practical management, personal comfort, and a deep appreciation for the city's relaxed lifestyle. The key lies in understanding how Adelaide's environment, community, and culture influence the way people live and maintain their homes. By combining structured routines, smart maintenance, and thoughtful design choices, residents can create spaces that truly support their wellbeing.

The resources and insights explored throughout this guide show that comfort does not depend on luxury but on balance. Whether it is following local guidelines for home upkeep, building consistent weekly habits, or introducing sustainable improvements, each small effort contributes to a more harmonious home environment.

Adelaide's unique charm comes from its connection to community and its rhythm of easy, purposeful living. When you align your home life with that spirit — focusing on simplicity, sustainability, and genuine comfort — your home becomes more than a place to live. It becomes a reflection of the lifestyle that makes Adelaide one of the most liveable cities in Australia.

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