

FOR CAREGIVERS

How to Help a Loved One Clean & De-Clutter

When supporting someone who needs to declutter, it's crucial to respect their boundaries. Here are some key considerations:

- + Avoid cleaning up without their permission or knowledge.
- + Use respectful language and refrain from calling their possessions "junk" or "rubbish."
- + Focus on their needs and preferences rather than a complete cleanup. Ask what they find helpful.
- + Do not persuade, trick, or force them into cleaning or discarding items.
- + Avoid making threats.
- + Assure them of your support and offer assistance.
- + Respect their decisions and personal space.
- + Be patient, as they may take time to be ready for changes.
- + Celebrate their successes with them.

FOR CARE RECIPIENTS or YOU

Checklist to Clean & De-Clutter Your Space

This practical checklist is designed to help you effectively clean and declutter your space while staying motivated and seeking support when needed.

Remember to be brave and face your fears as you go through this process.

1. Set Rules:

- + Establish rules for yourself, such as "discard newspapers dated before 2022" or "donate clothes not worn in the past 1-2 years."
- + If you struggle to part with items, ask for help.

Rules for My Cleanout:

1. _____
2. _____



3. _____
4. _____
5. _____
6. _____
7. _____

2. Set Goals:

- + *Write down goals and place them in a visible area for motivation.*
- + *Break tasks into smaller parts.*
- + *Choose to tackle the most overwhelming or the easiest task first.*
- + *Set a start date.*
- + *Dedicate specific hours on weekends for cleaning.*
- + *Decide to go room by room or focus on categories (e.g., all clothing, all papers).*
- + *If overwhelmed, ask for help.*

My Goals:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

3. Sort Items:

- *Make three piles: "Keep," "Donate," and "Trash."*
- *Remove items immediately at the end of each cleaning session.*



How to Support Yourself During the Process:

- + *Explore new activities that don't involve buying or saving items.*
- + *Track your progress with before and after pictures.*
- + *Join a clutter/hoarding support group.*
- + *Keep a journal to discuss your emotions during the process.*
- + *Seek professional counseling if needed.*

How to Prevent Accumulation of New Items:

- + *Cancel paper mail and subscriptions; request "no junk mail" from the post office.*
- + *Buy only weekly food supplies and donate extra canned goods.*
- + *Remove trash daily; consider hiring a trash removal service.*
- + *Switch to electronic billing and online banking.*
- + *Buy clothes seasonally and limit purchases to basic items.*