

You do not have to sort the whole home. First, notice anything that needs attention for safety.

Can I leave safely?

- ☐ I can reach and open my main exit.
- ☐ Doors, halls and stairs I use are passable.
- ☐ I know how I would get out if there were a fire.

Are heat and alarms considered?

- ☐ Cooking appliances have space around them.
- ☐ Belongings are away from heaters and damaged electrics.
- ☐ I have working smoke alarms and know how to test them.

Is there a reason to pause?

Unstable piles, sharps, damaged wiring, human or animal waste, pests or unknown materials can make a task unsafe. Do not disturb anything that may fall or harm you.

- ☐ I can safely do a small task.
- ☐ I need someone to help me assess this first.

My first safety concern, if any:

Worried about fire safety? If you are concerned that the condition of your home could increase the risk of fire, contact your local Fire and Rescue Service and ask about a Home Fire Safety Visit or Safe and Well Visit. They may be able to offer practical advice to help reduce fire risks in your home. If there is an active fire or immediate danger, leave the property and call 999.

Safety matters, and so do you. There is no need to push through pain or overwhelm to complete this pack.

How am I feeling right now?

- ☐ I feel ready for one small task.
- ☐ I could try, but I need to keep it very small.
- ☐ I feel overwhelmed or unwell.
- ☐ I need support today, not a task.

What would help me feel more settled?

- ☐ Have a drink or something to eat.
- ☐ Sit down, rest or get some fresh air.
- ☐ Call or message someone I trust.
- ☐ Stop here for today.

Something else that helps me:

It is okay to choose “not today”.

You can leave the task here and ask someone you trust to help you think about what comes next.

Someone I could ask for help:

WHERE DO I START?

One small step

If you feel able, choose one tiny activity. You can stop at any time.

What would make today a little easier?

- ☐ Make a route or doorway easier to use, only if safe.
- ☐ Clear one small place to sit or prepare food.
- ☐ Choose one part of a surface or one chair.
- ☐ I would rather ask for help today.

My small step:

Set your pain timer now for 10 minutes.

This is a limit, not a target. Stop sooner if pain, tiredness or distress increases. When the timer ends, take 10 minutes to rest or do something you enjoy. The task does not have to be finished.

Something I enjoy for 10 minutes:

Would support help?

- ☐ I will ask someone I trust.
- ☐ I would like to talk with Outdoor Indoor Cleaning Co Ltd.

We offer personal guidance and practical property support at your pace. Visit outdoorindoorcleaningco.com or call 07710 246334 to get in touch.