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| PREPARATION | |  | SORTING ITEMS | |
|  | Develop a regular cleaning schedule to maintain a clean environment |  |  | Begin sorting items into categories such as keep, donate, sell or through away |
|  | Create a plan for bringing new items and removing old items |  |  | Identify the importance of each item and its significance for the hoarder |
|  | Seek Support from family, friends, or professionals to maintain progress |  |  | Start with the easiest item first, and gradually work up to more difficult items |
|  | Celebrate achievement and milestone in cleaning process |  |  | Use a labeling system to help identify items and their respected categories |
|  | | | | |
| DECLUTTERING | |  | **CLEANING SURFACES** | |
|  | Remove any garbage, debris, or hazardous materials |  |  | Remove dust, dirt, and debris from surfaces |
|  | Get rid of items that are not needed or have not been used in a while |  |  | Sanitize and disinfect surfaces to remove any germs or bacteria |
|  | Reduce clutter by organizing item and reducing duplication |  |  | Clean and polish any furniture’s or fixtures |
|  | Seek help from family, friends, or professionals if needed |  |  | Remove any stains or make from walls or floors |
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| DEEP CLEANING | |  | **CREATING A STORAGE SYSTEM** | |
|  | Clean carpets, drapes, and upholstery |  |  | Organize items into storage containers or cabinets |
|  | Clean and sanitize the bathroom and kitchen |  |  | Use labeling or color-coding to help identity items |
|  | Clean appliances such as the refrigerator, stove, and dishwater |  |  | Store items in an accessible location |
|  | Remove any mold or mildew in damp areas |  |  | Consider using storage units or off-site storage options if needed |
|  | | Cleaning Schedule Rgb Color Icon Household Stock Vector (Royalty Free)  1660492969 | Shutterstock | | |
| MAINTENANCE | |  |
|  | Set goal for the cleaning process |  |
|  | Determine what to keep, donate, sell or through away |  |
|  | Secure the necessary cleaning supplies, equipment, and resources |  |
|  | Schedule a time frame for cleaning process |  |
|  | Inform family, friends, or professionals of the cleaning process |  |

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**HOARDER CLEANING CHECKLIST**

Click or tap to enter a date.

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| Company Name | Address: | Phone: | Email: |