|  |  |  |
| --- | --- | --- |
| 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 |
|  | **A blue rectangle on a black background  Description automatically generated** |
| 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: |