

## Looking after your home

A home is a place where you should feel safe and supported. Looking after and taking pride in your home is important to feeling a sense of belonging in this space. When life feels busy and challenging, the ability to maintain a home the way we would like to can be impacted.

Maintaining a clean and organised home can lead to feeling more confident, organised and able to focus on meaningful things in your life.

Having a disorganised and unclean home can increase stress and anxiety. It can also compromise your health and affect your connections with friends and loved ones.

Everybody has different standards of cleanliness, and it's important to remember that our homes cannot be perfectly clean all the time.

Below are some tips to help manage your home.

A 'reasonably' clean home may include:

- Cleaning each room to a reasonable standard (for example, regularly vacuuming, wiping down surfaces and doing the dishes).
- Mowing lawns and garden upkeep.
- Keeping on top of household mess and clutter (putting household items away in appropriate cupboards and storage).
- Putting your rubbish in the bins for the council to collect weekly.
- Reporting any household damage to real estate agents or landlords to ensure repairs can be done.

### TIP

**If your landlord has concerns about the condition of your property, they should discuss these concerns with you or with your NDIS care team if you have provided your consent. Always try and negotiate a reasonable timeframe with your landlord if you need time to clean up and discuss with your NDIS care team if you need on-going or additional support in maintaining your home.**



# What should my home look like?

It is easy for our home and mess to slowly become overwhelming and unmanageable. It is important to notice the signs of declining cleanliness and hygiene early, so you can get on top of it before it escalates and becomes a concern for you and your landlord.



## Stage 1: a clean and tidy home

This is a home that is well managed and clean. To keep your home clean:

- Ensure you have all the appropriate items to clean your home – cloths, detergents, a vacuum cleaner and mop.
- Create a cleaning roster, this can include cleaning tasks that must be done daily, weekly and monthly.
- Spend ten to twenty minutes each day doing small tasks, such as the dishes, and putting household items away.
- Spend half an hour to an hour each week doing larger tasks such as vacuuming, mopping and laundry.
- Be mindful of general organisation and clutter.



## Stage 2: a declining home

This is a home that is beginning to decline in cleanliness, clutter and hygiene. If this happens to you, you should:

- Dedicate time for a 'spring clean'. Organise things to be thrown away, donated and kept. Spend time vacuuming, mopping and cleaning so this mess does not continue to grow.
- Create and implement a cleaning roster.
- Contact your NDIS care team if you feel you require assistance or support in this process.





### Stage 3: an unclean and unmanageable home

This is a home that has declined to the point where it is overwhelming and unmanageable.

If you reach this stage you should:

- Speak to your NDIS care team and support network to set up an action plan for getting on top of mess and clutter.
- Separate the mess into key areas, and work through these one by one, so that the task feels more manageable.
- Reach out to friends and family for support and assistance.



## KEY TIPS TO TAKE AWAY

- When you move into your home, make sure you have all the items you need to keep it clean and tidy – cloths, surface spray, vacuum, mop and washing detergent.
- If you need assistance with how to clean items in your home, ask your NDIS supports, a family member or friends.
- Doing a little bit everyday makes a big difference – consider having a routine and roster.
- If your home becomes messy, don't panic, there are easy steps to managing this. Reach out if you need support with your home.

## For further information and support

### Tenancy

#### Consumer Affairs

1300 55 81 81

[www.consumer.vic.gov.au](http://www.consumer.vic.gov.au)

#### Victorian Office of the Public Advocate

1300 309 337

[www.publicadvocate.vic.gov.au](http://www.publicadvocate.vic.gov.au)

### Mental health

#### Wellways

Helpline: 1300 111 500

[wellways.org](http://wellways.org)

#### Lifeline

13 11 14

[www.lifeline.org.au](http://www.lifeline.org.au)



[wellways.org](http://wellways.org) | 1300 111 400

