

Appendix K: Minimum-Care Checklist

Use this checklist during illness, grief, unusually demanding work, travel recovery, or any low-capacity season. It protects health, safety, essential function, and rest. When the chosen minimum is complete, stop without adding a hidden second list.

Health and Safety

- ☐ Refrigerate food, discard what is spoiled, and address spills or unsafe conditions.
- ☐ Clear exits, stairs, heat sources, and the paths required for movement.
- ☐ Contain trash, pet needs, sharps, chemicals, medication, and other hazards appropriately.
- ☐ Use qualified or emergency help for conditions beyond safe household care.

Essential Function

- ☐ Create enough clean kitchen space to prepare or obtain the next meal.
- ☐ Make one toilet and sink clean and provide soap, paper, and a clean towel.
- ☐ Wash, dry, and make available the clothing or linens needed next.
- ☐ Create one clear place to sit or sleep.
- ☐ Locate keys, medication, chargers, work or school needs, and tomorrow's clothing.
- ☐ Address the one bill, appointment, repair, or supply with the greatest consequence if delayed.

Minimum Household Plan

- Food and dishes: Our minimum version: _____;
Owner/help: _____
- Bathroom and trash: Our minimum version: _____;
Owner/help: _____
- Laundry and linens: Our minimum version: _____;
Owner/help: _____
- Paths and rest: Our minimum version: _____; Owner/help: _____
- Tomorrow's essentials: Our minimum version: _____;
Owner/help: _____

- Administration: Our minimum version: _____; Owner/help:

Return point: _____

Person to contact if more help is needed: _____

Persistent or severe physical or mental-health difficulty deserves appropriate professional support. A homekeeping checklist may support care, but it is not treatment.