

Appendix G: 15-, 30-, and 60-Minute Rescue Plans

A rescue plan restores the next needed functions; it does not erase every sign of a difficult week. Set the timer, address immediate hazards first, follow the order, and stop when time ends.

15-Minute Rescue

- 0-3: Focus: Triage; Finish line: Refrigerate food, contain hazards, open a safe path, and choose the one room that matters most.
- 3-7: Focus: Kitchen; Finish line: Gather dishes, create one usable sink section, and clear one food-preparation surface.
- 7-10: Focus: Trash; Finish line: Collect the trash that smells, spills, blocks movement, or cannot safely wait.
- 10-13: Focus: Main room; Finish line: Clear one seat or sleeping space and gather obvious laundry and misplaced items.
- 13-15: Focus: Tomorrow; Finish line: Place keys, medication, clothing, and the next meal decision where they can be found.

30-Minute Rescue

- 0-5: Focus: Triage; Finish line: Address unsafe food, spills, blocked paths, urgent pet needs, and the room needed next.
- 5-13: Focus: Kitchen; Finish line: Contain dishes, reset sink and main counter, store food, and address necessary trash.
- 13-18: Focus: Bathroom; Finish line: Clean toilet and sink, provide soap and paper, remove trash, and hang a clean towel.
- 18-23: Focus: Laundry; Finish line: Start or finish the essential load only if its complete loop is realistic today.
- 23-27: Focus: Shared space; Finish line: Clear one seat, straighten the main anchor, and open the busiest floor path.
- 27-30: Focus: Tomorrow; Finish line: Set out essentials, decide the next meal, and name the next return point.

60-Minute Rescue

- 0-5: Focus: Plan; Finish line: Walk through once, identify hazards and needed functions, gather supplies, and start the timer.

- 5-20: Focus: Kitchen; Finish line: Store food, handle dishes, clear and clean a work surface, reset the sink, and make the floor safe.
- 20-30: Focus: Bathroom; Finish line: Restore the main bathroom to its ordinary finish line and replenish essentials.
- 30-40: Focus: Laundry; Finish line: Complete or advance the most essential load without starting several incomplete loops.
- 40-50: Focus: Shared room and paths; Finish line: Collect trash and misplaced items, reset the main anchor, and clean the busiest floor path.
- 50-55: Focus: Administration; Finish line: Handle the most consequential bill, paper, appointment, supply, or repair action.
- 55-60: Focus: Close; Finish line: Remove supplies, put away the relocation basket, prepare tomorrow, and stop.

My Rescue Priority

- First safety concern: Write your answer: _____
- Room needed next: Write your answer: _____
- Essential clothing/linen: Write your answer: _____
- Tomorrow's essentials: Write your answer: _____
- Person who can help: Write your answer: _____