

Health and Safety Checklist

Welcome to Your Decluttering and Organizing Journey! Before you begin this transformative work, it's important to ensure your home environment is healthy and safe. Please take a moment to review and complete the following checklist.

- Open all of the blinds and windows and let the fresh air in! This will help improve air circulation and bring in natural light. Check for any signs of poor air quality, such as excessive dust, odors, or stuffiness. Ensure your home has proper ventilation and air circulation. If necessary, use fans or air purifiers to maintain a healthy indoor environment.
- Inspect all areas of your home for signs of mildew or mold. This includes bathrooms, basements, and any areas with high humidity.
- Ensure there are no insect or rodent infestations in your home. Check common areas like kitchens, pantries, and storage spaces.
- If you detect any signs of mold, insects, or pest infestations, please contact a professional service to address the issue.
- Inform me of any specific health or safety concerns you might have regarding your home environment before our session.
- Hoarding situations can be dangerous and stressful, and can impact a person's quality of life. While I do not personally handle such situations I am happy to find someone to work with you if this is something you struggle with. You deserve to free yourself and lighten your approach to your home.

Thank you for taking the time to prepare your home for your needs assessment. These steps are designed to ensure that our time together is both productive and safe. I look forward to helping you create a space that sparks joy and aligns with your values.

