

Checklist: Keep Your Home Clean

Direct Support Professionals (DSPs) can use this checklist to help the individuals they support to form a cleaning routine. Feel free to add another “to-do” to the checklists!

Do a Little Tidying or Cleaning Every Day!

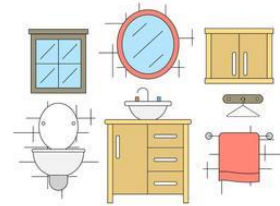
In the Kitchen:

- Do dishes
- Wipe counter and sink
- Wipe stove top
- Take out garbage



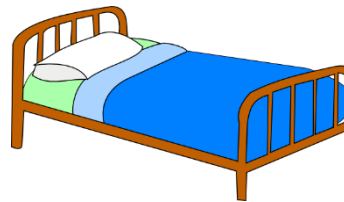
In the Bathroom:

- Wipe counter and sink
- Give the toilet bowl a quick scrub



In Your Bedroom:

- Make bed
- Pick up clothes



In Each of the Other Rooms:

- Pick up clutter
- Wipe up dirt or spills on floor

Every Week, You Can Do a Deeper Clean!

- Remove dust in all rooms
- Vacuum carpets and wipe floors
- Clean bathroom mirrors, sink, toilet, shower, and tub
- Wash and change sheets and towels
- Clear refrigerator of old or spoiled food



Congratulations! You are done!
Now enjoy your clean home!