

Quick Start Guide for Special Needs Parents

Reclaim Your Space

Practical tips to declutter and organize your home



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Hello There!

I'M ANGELA

I am so glad you are here. If you are a special needs mom like me, then you know what it's like to have too much overwhelm, too little time, and not enough space, freedom or energy to do what you love. So, let's start reclaiming some of that by getting more organized in our home and in our routines!





Let's Get Started

We know that decluttering and organizing our homes can be beneficial for our physical & mental health. But don't forget that having a place for our items can also help our special needs child gain independence and even lighten our own load as a special needs parent. This guide won't cover everything but it can help you get started even if you feel overwhelmed and don't know where to begin. So let's tackle this one step at a time!



Start Small

This is especially important so that you can gain success and momentum early in your organizing journey and see results FAST! I know you don't have a lot of time, so take 10 minutes today and pick a small space in your home to declutter and organize.

Where
to
Begin



Ideas:

A kitchen drawer

Under a sink

A nightstand

A linen closet

Step By Step:



1) Assess the Situation

*Who uses this space? When? How?
What is causing any tension when you see/use this space? How can it meet your needs better?*

3) Remove the Excess

THIS IS THE MOST IMPORTANT STEP!

Remove the items that can be trashed, donated, or recycled. Put those in designated trash bags or boxes and put them by the door so that you take them on your way out.

5) Reassess & Redistribute

Don't forget to recycle and donate your items. (Don't let them sit in the car like me! :) And, take notice if there are still any stress points in your newly organized space. Are you able to access what you need, when you need it? Does anything still bother you about the space? You can always re-adjust!

2) Sort Your Items

If you can, remove everything so that you can get a clear picture of what you have. Group everything into categories that make sense for you and your family.

4) Set it Up

This is the fun part! Put back your items by category in a way that makes sense for those that use the space. Can add bins or drawer dividers/organizers if needed.



Don't forget!



Organizing is a skill that can be learned! Don't be afraid to experiment with what works for you and your family!



When you are out shopping, ask yourself, "Where will I store this?" "It is worth my time, money and effort to own this?"



Don't be afraid to ask for help! A friend, co worker, family member or professional can help hold you accountable.



My own personal mantra that I recommend to everyone:

Don't Put It Down, Put It Away!



Remember your why!

Parenting individuals with disabilities and/or neurological differences can be challenging at times. But research has shown that an organized space and well established routines can greatly benefit not only our own mental health but that of our loved ones by providing fewer distractions from clutter and cues for what to expect. This structure also helps reduce their need for your assistance. So, when the organizing gets hard, remember why you are doing it - to help you and your family reclaim the space, time, and energy you deserve! If you want more support in your organizing efforts as a special needs mom, please reach out - I am here to help!



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