ClearPath™ Wellness Model

Overview

Skills & Strategies

I understand and readily use strategies that help me to clear or contain my clutter, understand what triggers my undesirable behaviors, and actively work to manage my behaviors.

Safe Home

My home is safe for walking through every room of my home, with no tripping hazards nor stacks of items that could fall in an avalanche. My home is free of filth and vermin. Safety features of the home work and are accessible.

Functional Living Spaces

My living spaces can be used for the functions that they were designed for.

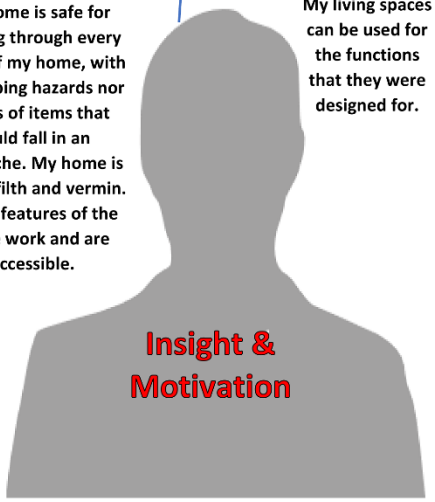
Wellness

I am actively and timely engaged in appropriate levels of services to help me manage my physical and mental health.

Relationships

I have established a social network that enables me to contribute to the community and to call for help when I need assistance. I welcome interaction with my family and friends.

My possessions do not negatively impact others with respect to location, appearance, or volume. My items do not define how I interact or relate to others.



MCDC

©Metro Community Development Corporation, 2019

ClearPath™ Wellness Model

Goals

Skills & Strategies

Organization skills

Sorting & discarding skills

Non-accumulation skills

Knows triggers

Safe Home

3' wide paths throughout home

Working & accessible smoke, CO detectors

Stable stacks (less than 4' high)

No fire hazards

Free of trash and old food

Heating & cooling in all rooms

No odors

Plumbing works

No infestations

Windows accessible

No combustibles near heat sources

2 means of egress

Functional Living Spaces

Every room and area in my home functions as intended

I can use my Bedroom

I can use my Living Room

I can use my Kitchen

I can use my Bathroom

Wellness

Social network developed

Mental Health needs met

Medical needs met

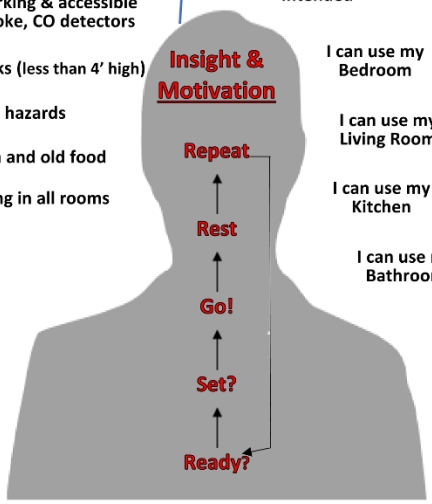
Preparing healthy food in my home is getting easier

Relationships

Possessions have no negative impact on others

While clutter continues to have some negative effect on my relationships, there is now more room for people in my life and in my home

Aware that clutter has resulted in isolation and strained relationships



MCDC

©Metro Community Development Corporation, 2019