



Theory and Models of Home Organization

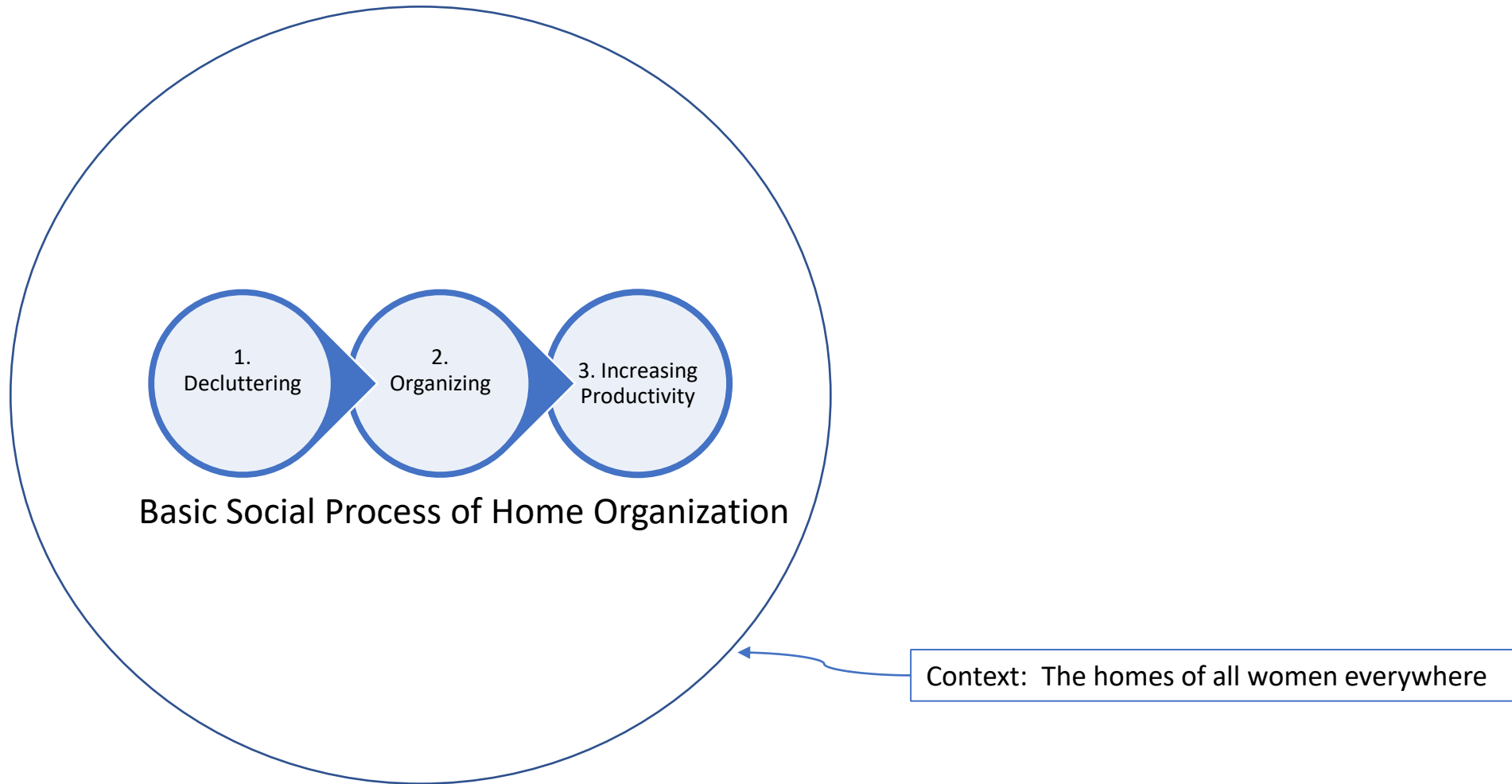
Jacqui Ioli, PhD, CRNP

What is theory?

- Theory explains, describes, and predicts.
 - Afaf Meleis, PhD, RN, Dean Emerita, University of Pennsylvania
- Theory gives direction for action before reliable and valid data exist.
- Theory tells you where to look for data.
 - Ioli, 2022



Woodruff Theory of Home Organization Basic Process:
To organize a home, these stages MUST occur in this order



Propositions: Theory of Home Organization



If it can wait until next Sunday,
it **MUST** wait until next Sunday

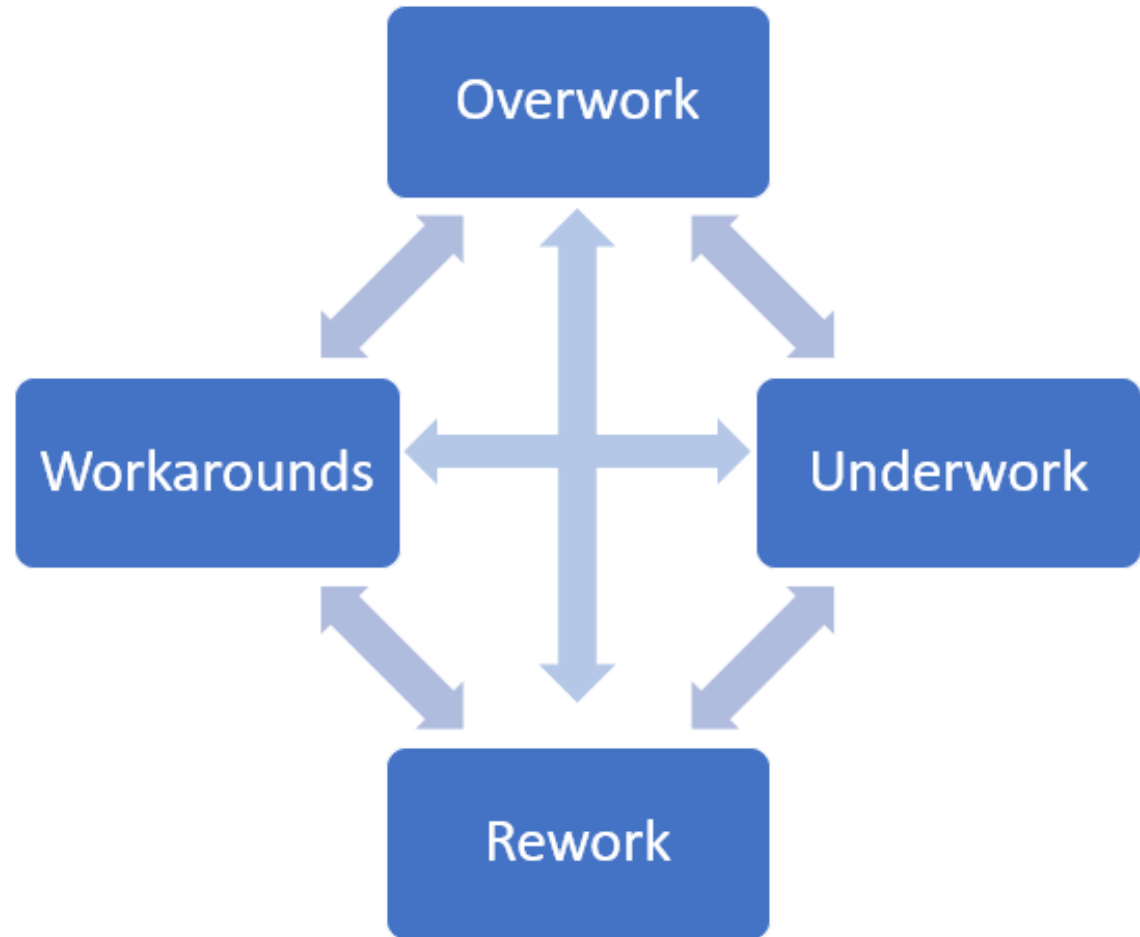


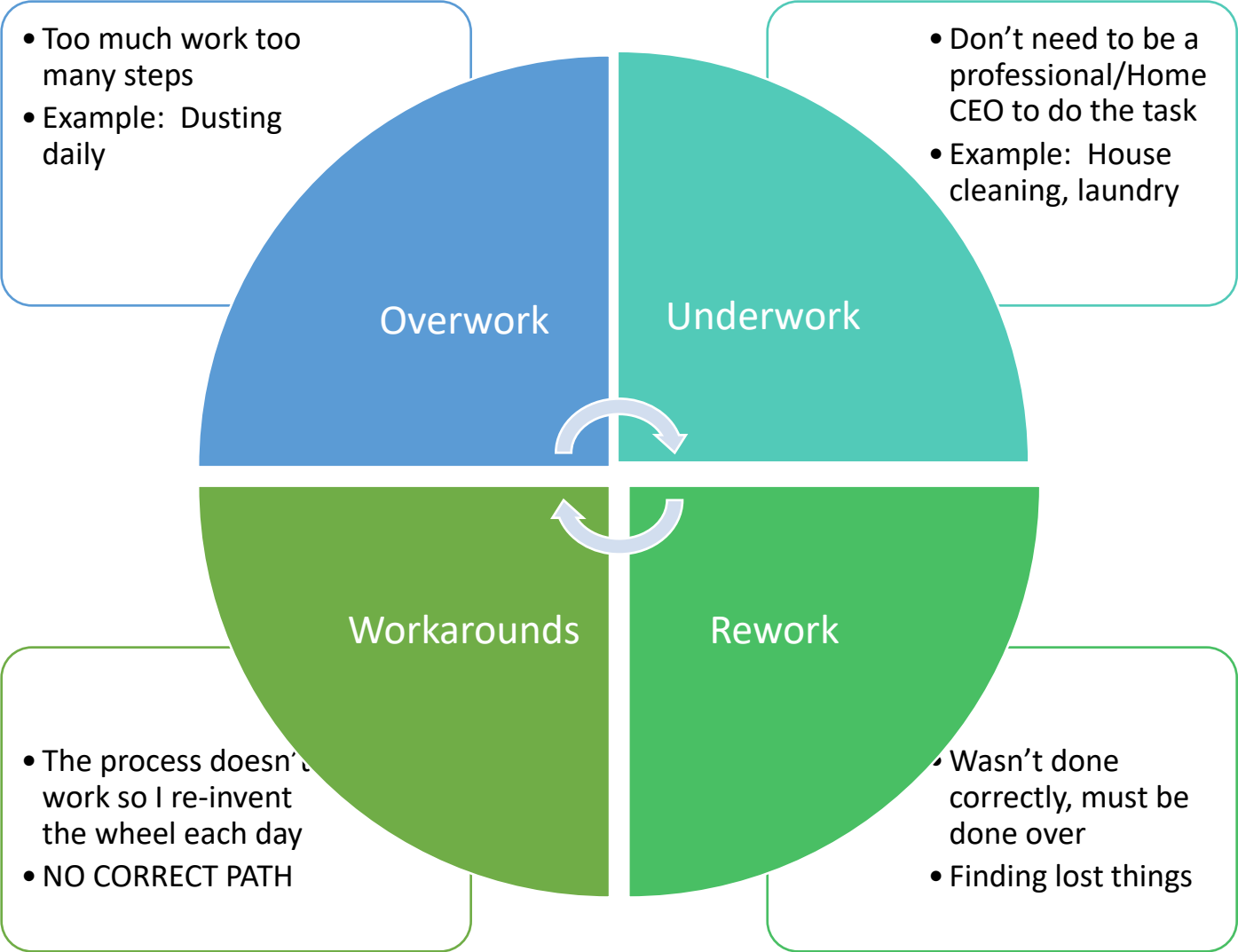
Organization is a learnable skill



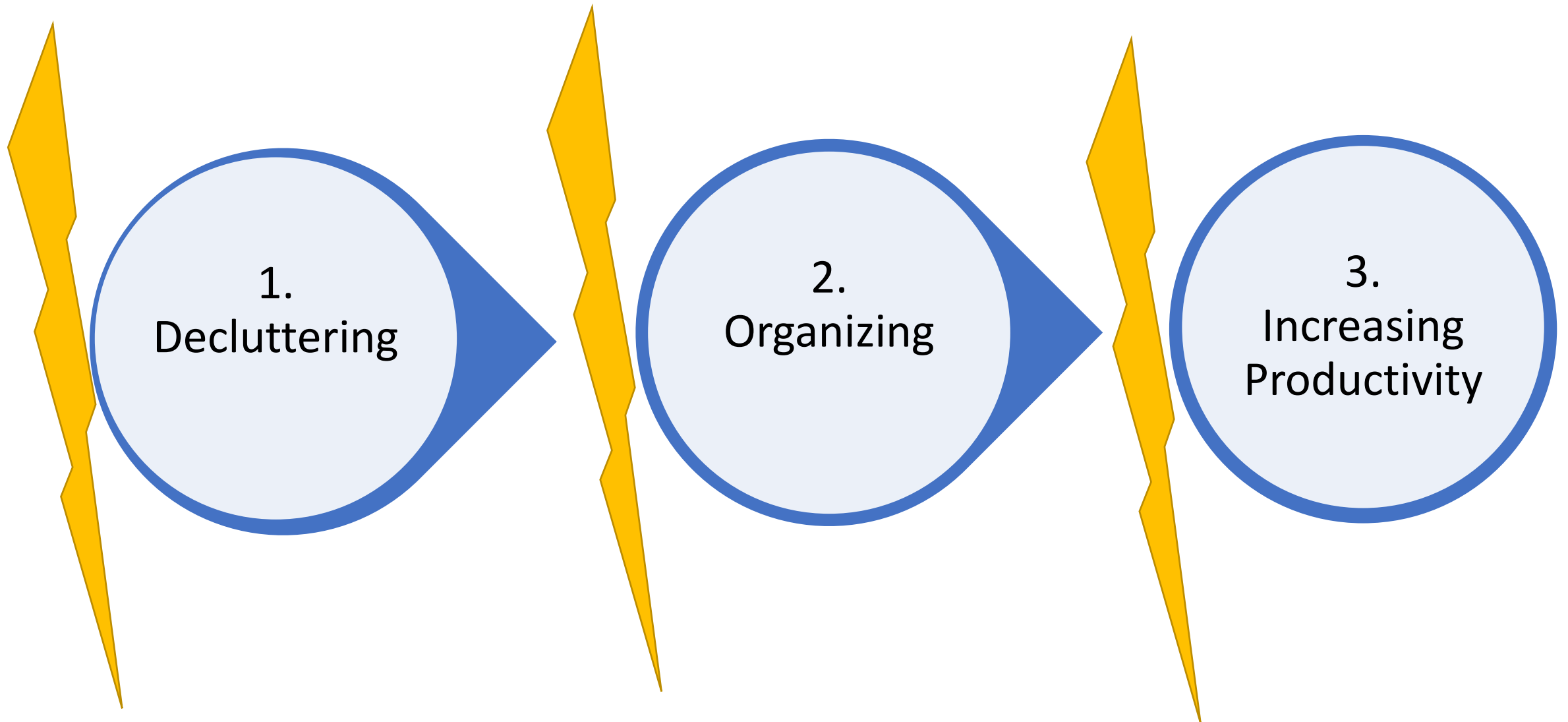
You are the CEO of your
household

- Ioli Hot Mess Theory:
- Workplaces (and homes) become a Hot Mess when these 4 subprocesses are present simultaneously because...
- These block the normal process

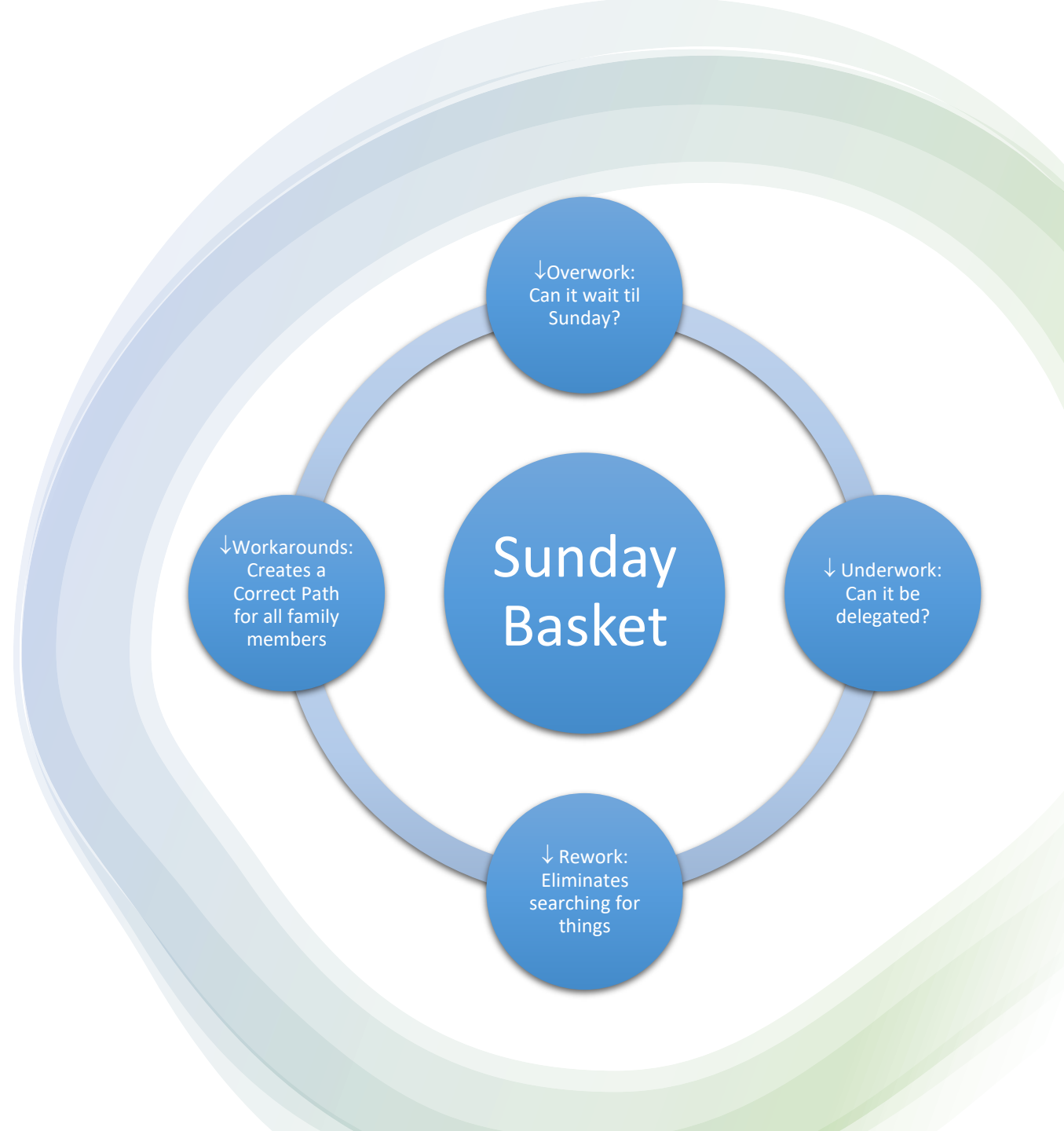




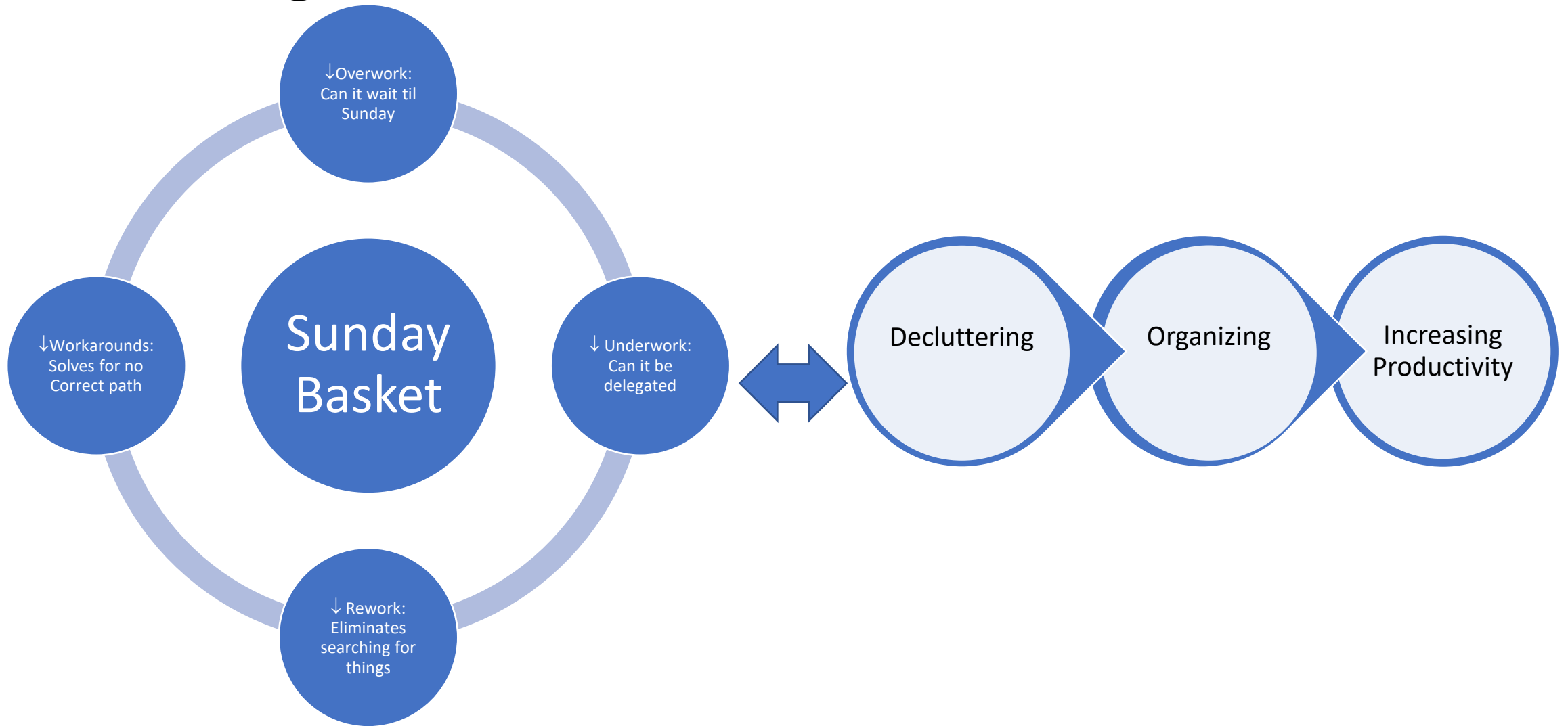
“HOT MESSes” create barriers to the Home Organizing Process

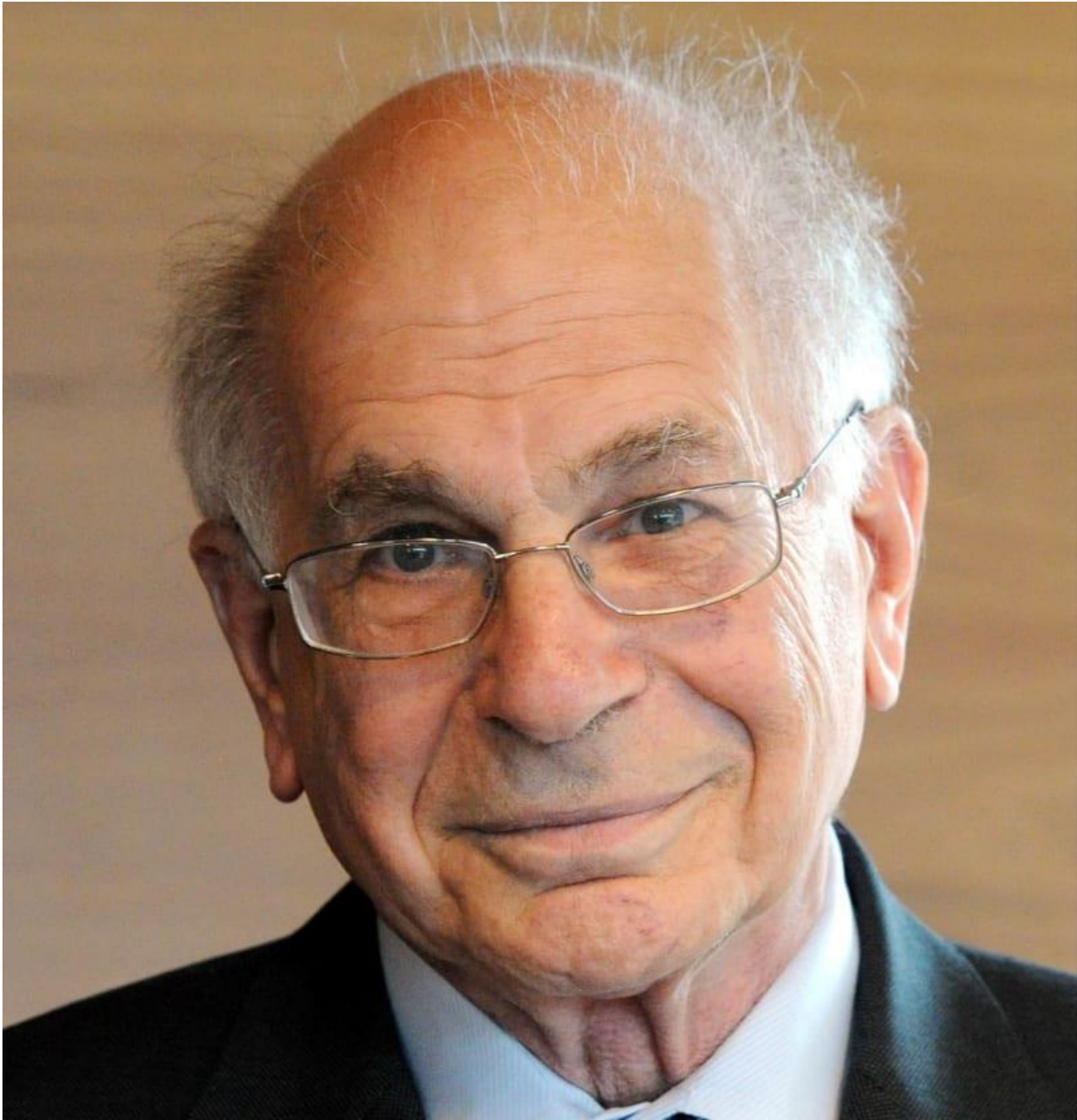


- The Sunday Basket Process solves for the HOT MESS barriers to home organization
- In an iterative and recursive manner, the Sunday basket is a dedicated place and space to manage home documents and processes
 - Iterative: cyclical process of refining
 - Recursive: procedures applied repeatedly (one 90-minute session per week)



Used together, the Sunday Basket enhances home organization





THINKING,
FAST AND SLOW



DANIEL
KAHNEMAN

SYSTEM 1

Intuition & instinct



Unconscious
Fast
Associative
Automatic pilot



SYSTEM 2

Rational thinking



Takes effort
Slow
Logical
Lazy
Indecisive

Why did Dr. Kahneman win a Nobel prize?

- Dr. Kahneman applied his theory of thinking to economics which explained how people make decisions based on judgment and uncertainty.
- Example: Dr. K's theory explains why there are large, seemingly unprovoked fluctuations in the stock market or why people drive to a distant store to save a few dollars on a small purchase, but not for the same discount on an expensive item.
 - Reference:
<https://www.apa.org/monitor/dec02/nobel.html#:~:text=In%20October%2C%20Princeton%20University%20psychologist,and%20decision%2Dmaking%20under%20uncertainty.>



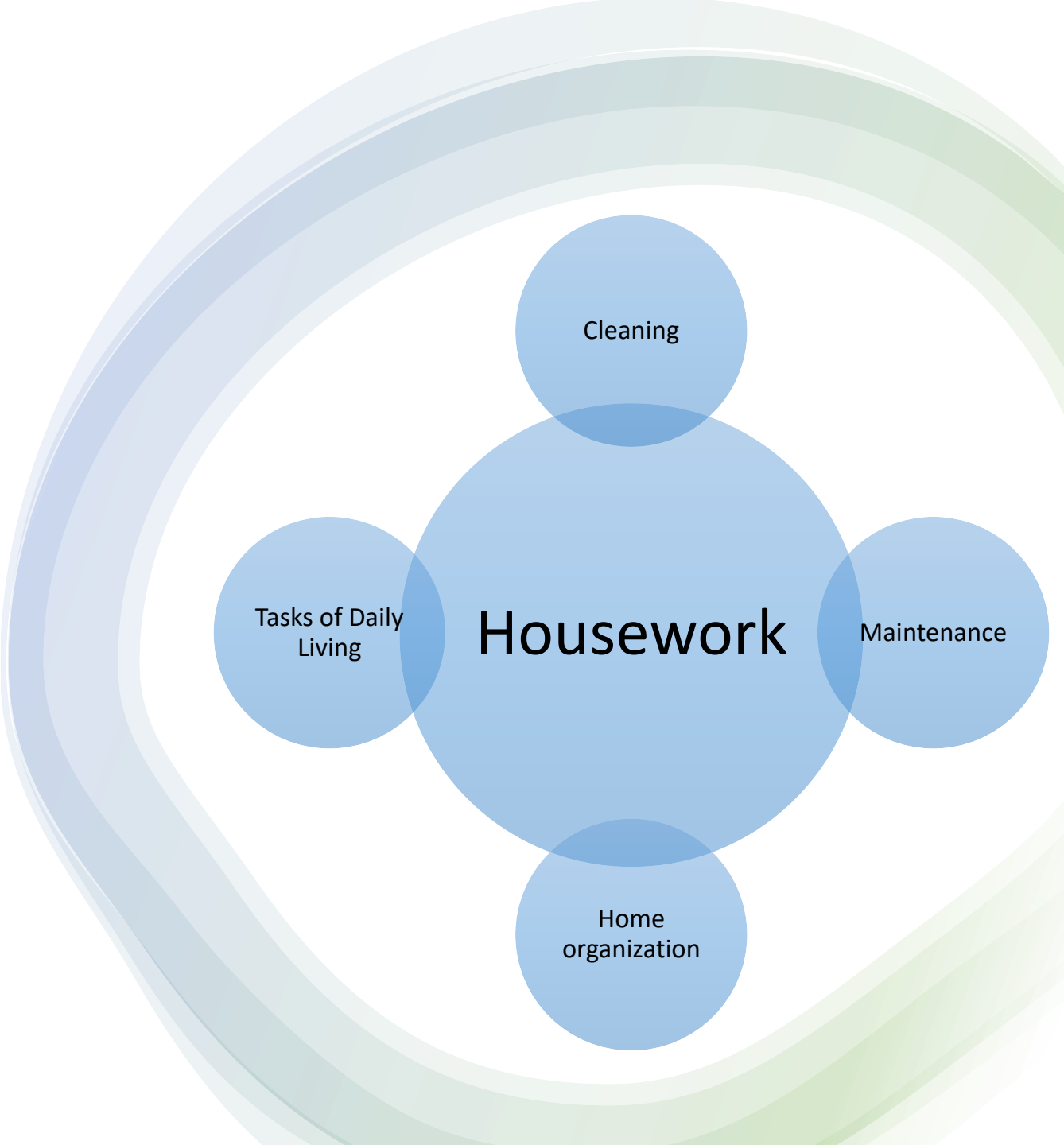
Sunday Basket system *is* *System 2 thinking*

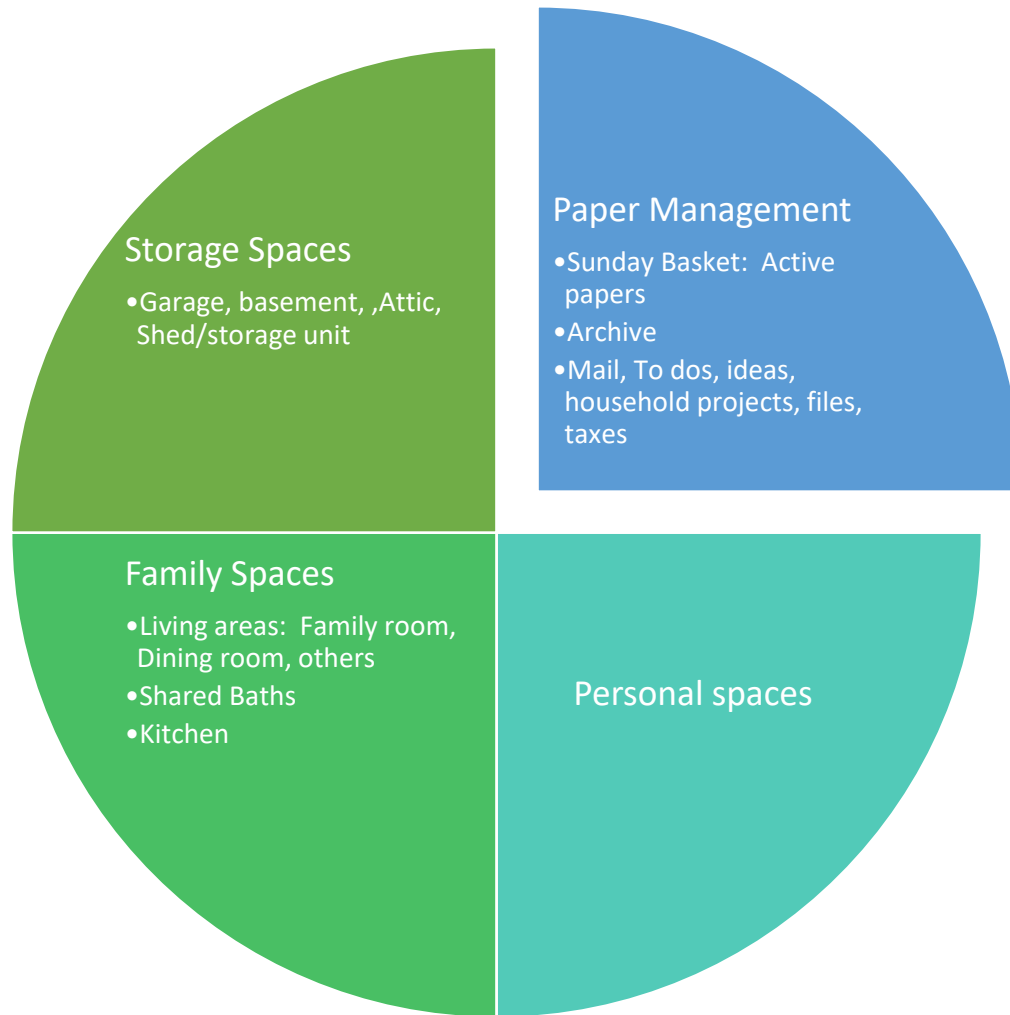
- System 1: FAST, reactive (lots of cortisol and adrenaline)
 - Start CPR!
 - Where are my keys?
 - I got an electric shut off notice!
- System 2: SLOW, deliberative
 - Is my CPR card up to date? In a binder? On my calendar?
 - My keys are always in my landing zone (and I have a landing zone)
 - My bills are paid regularly (and in an automated fashion)
- Kahneman, 2021 in Scientific American
 - <https://www.scientificamerican.com/article/kahneman-excerpt-thinking-fast-and-slow/>



Housework

Activities of Daily Living (learn before Kindergarten)	Instrumental Activities of Daily Living (Learn as Teenager)
Walking	Managing Finances
Eating	Managing Transportation
Dressing & grooming	Shopping & meal preparation
Toileting	Housecleaning & Home Maintenance
Bathing	Managing communication (phone, mail)
Transferring	Managing medications





Home organization systems