



# Theory and Models of Home Organization

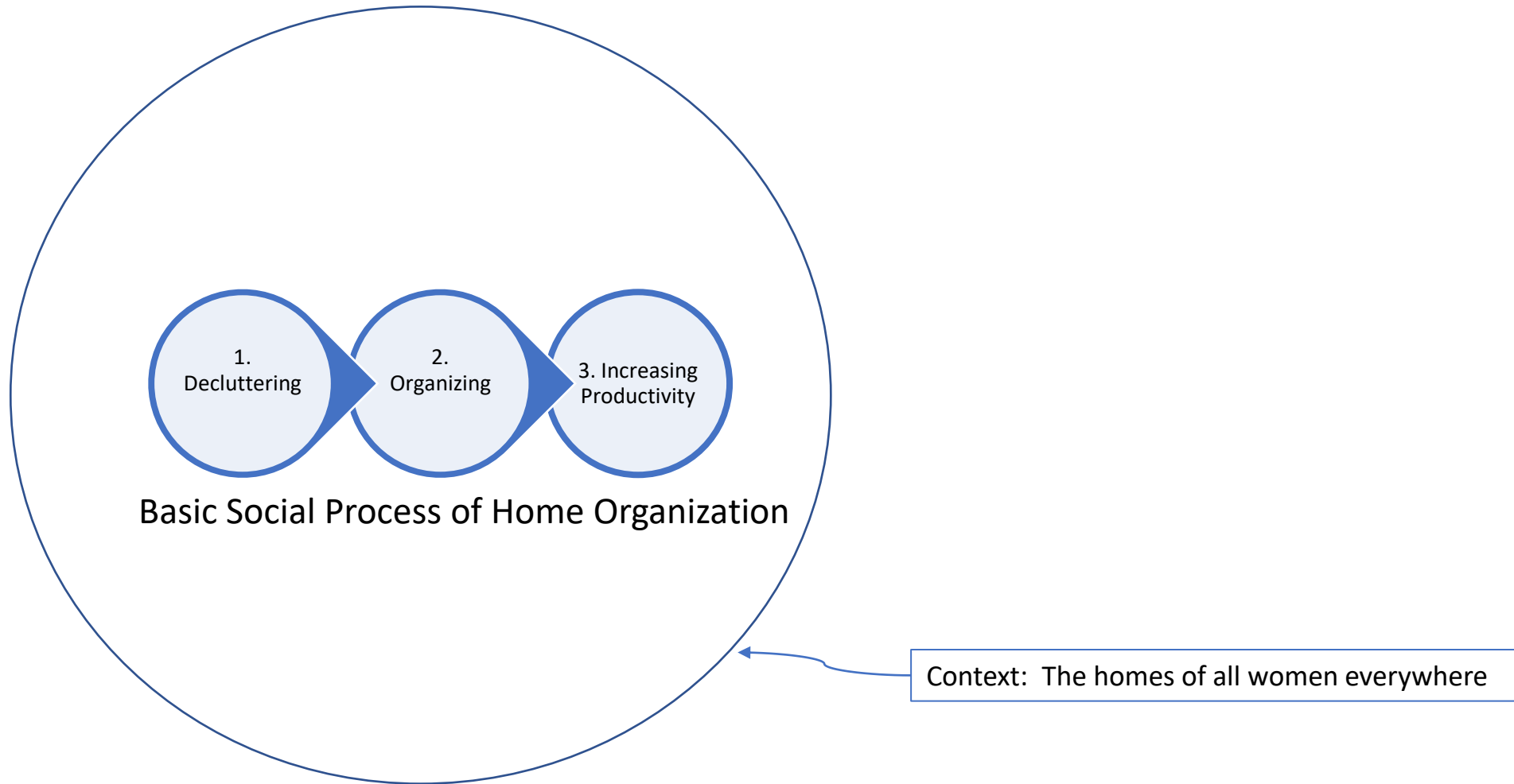
Jacqui Ioli, PhD, CRNP

# 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

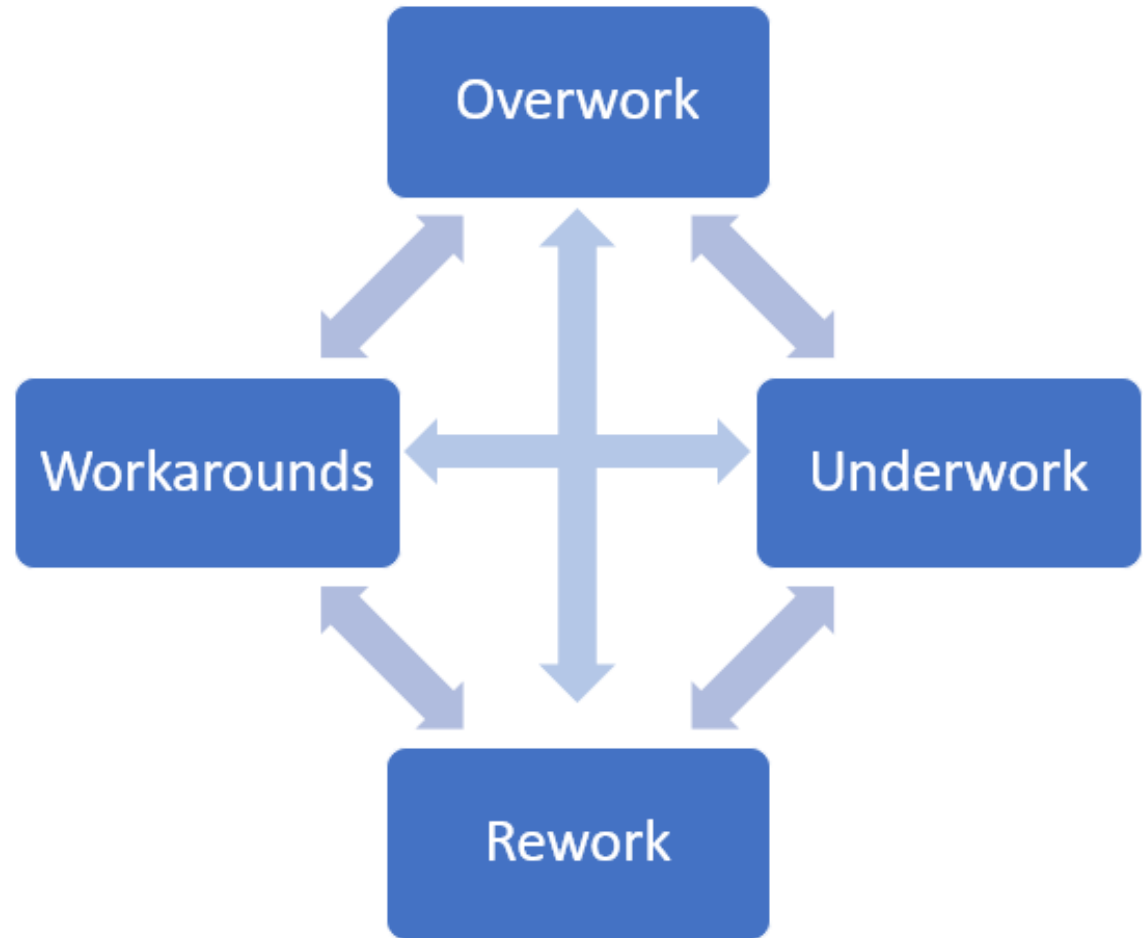


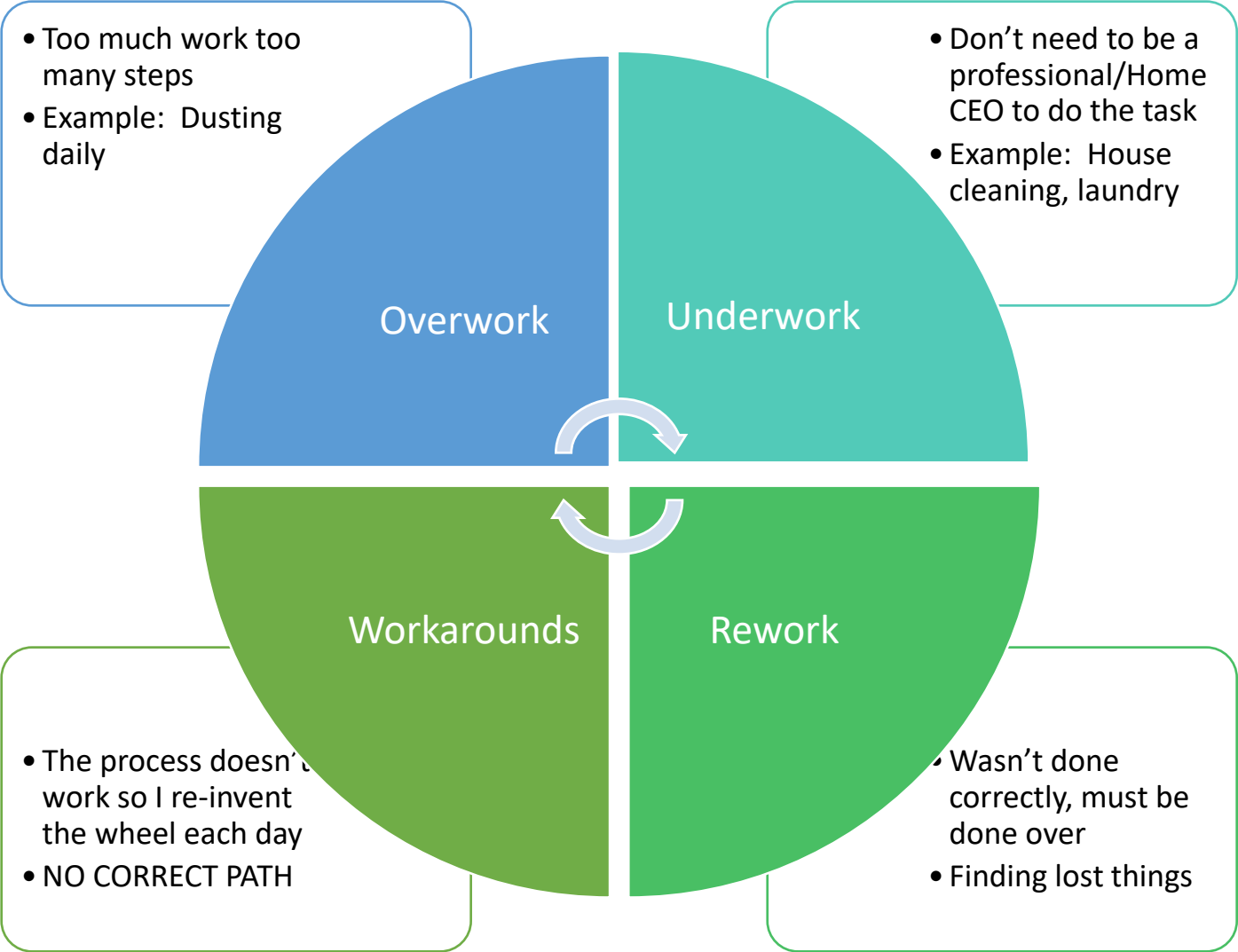
Organization is a learnable skill



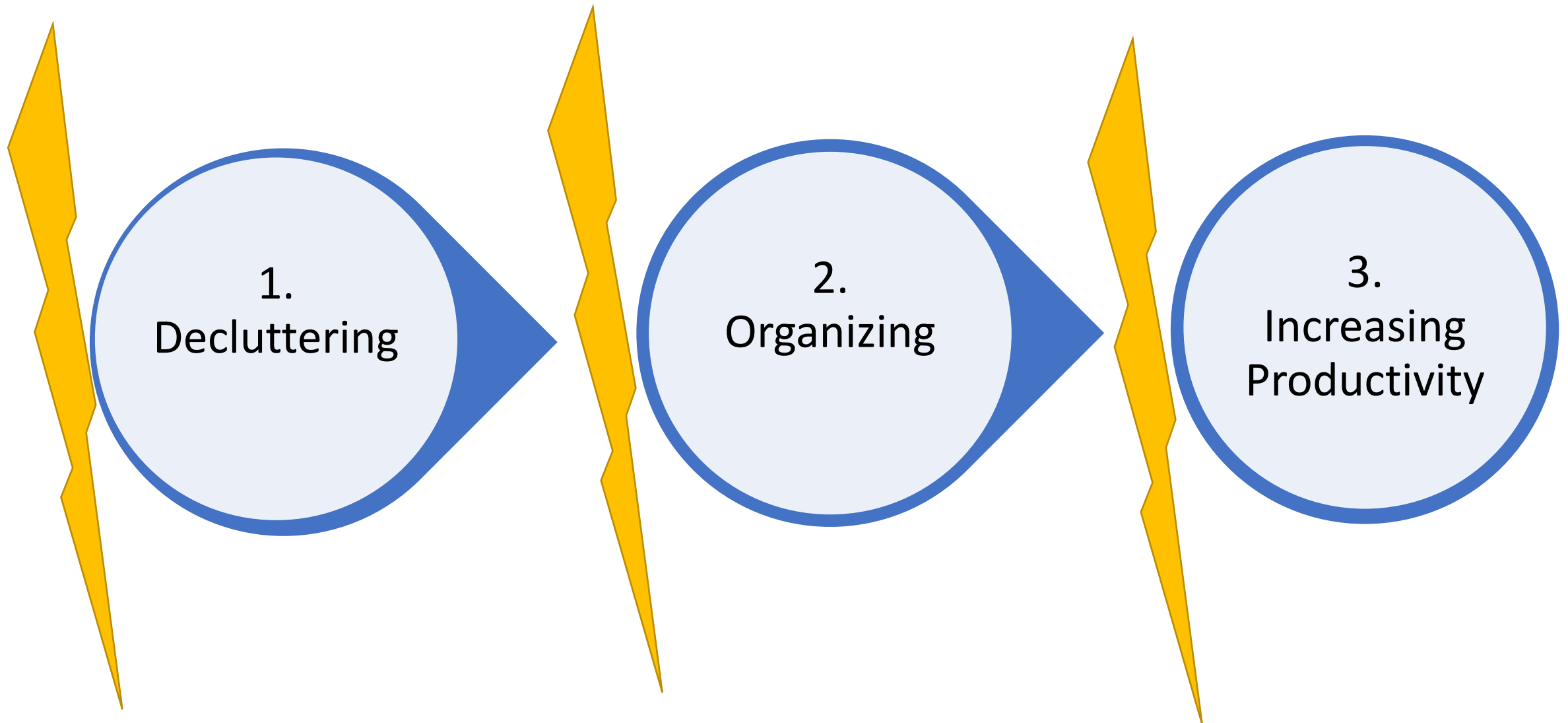
You are the CEO of your  
household

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

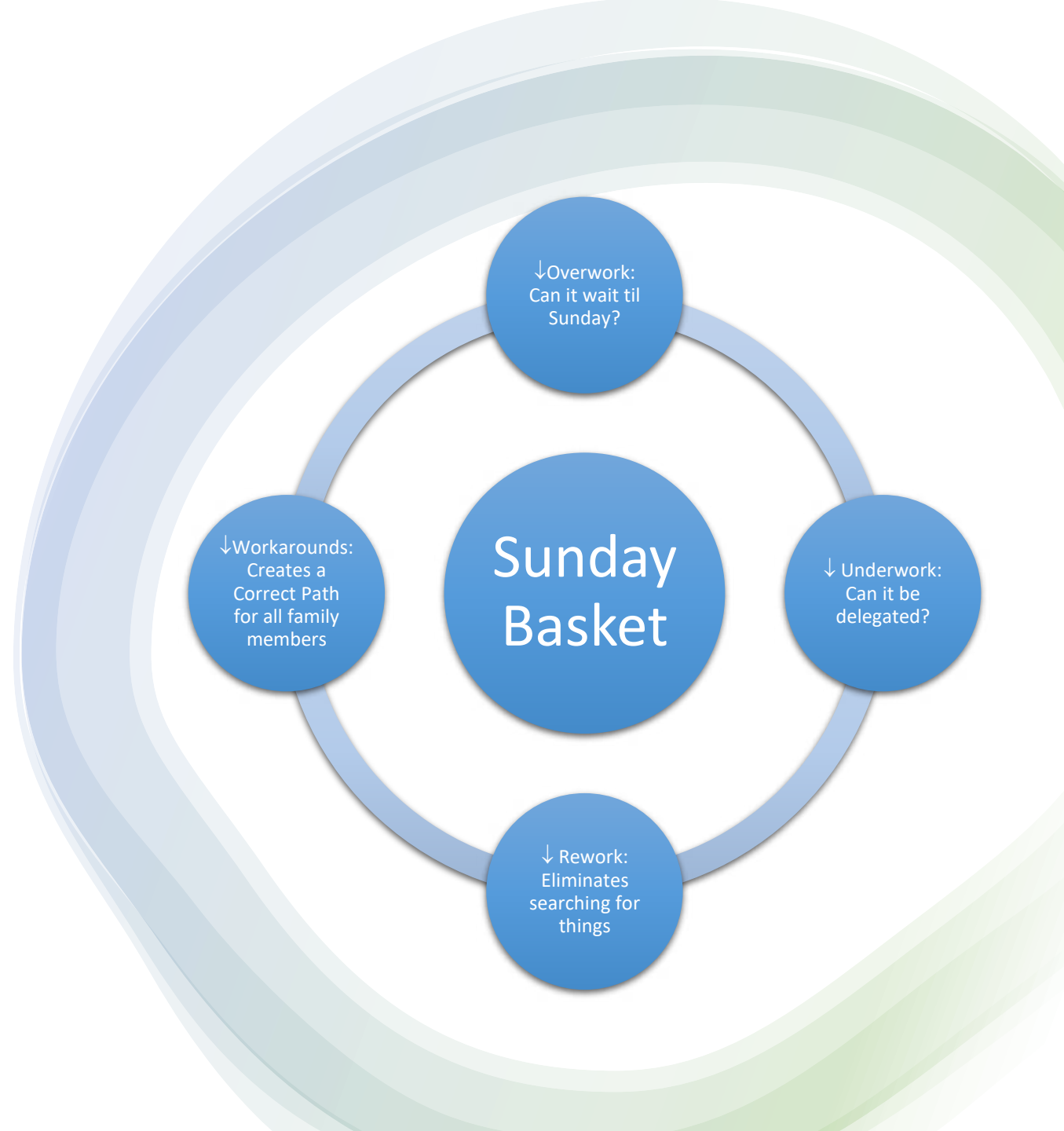




# “HOT MESSes” create barriers to the Home Organizing Process

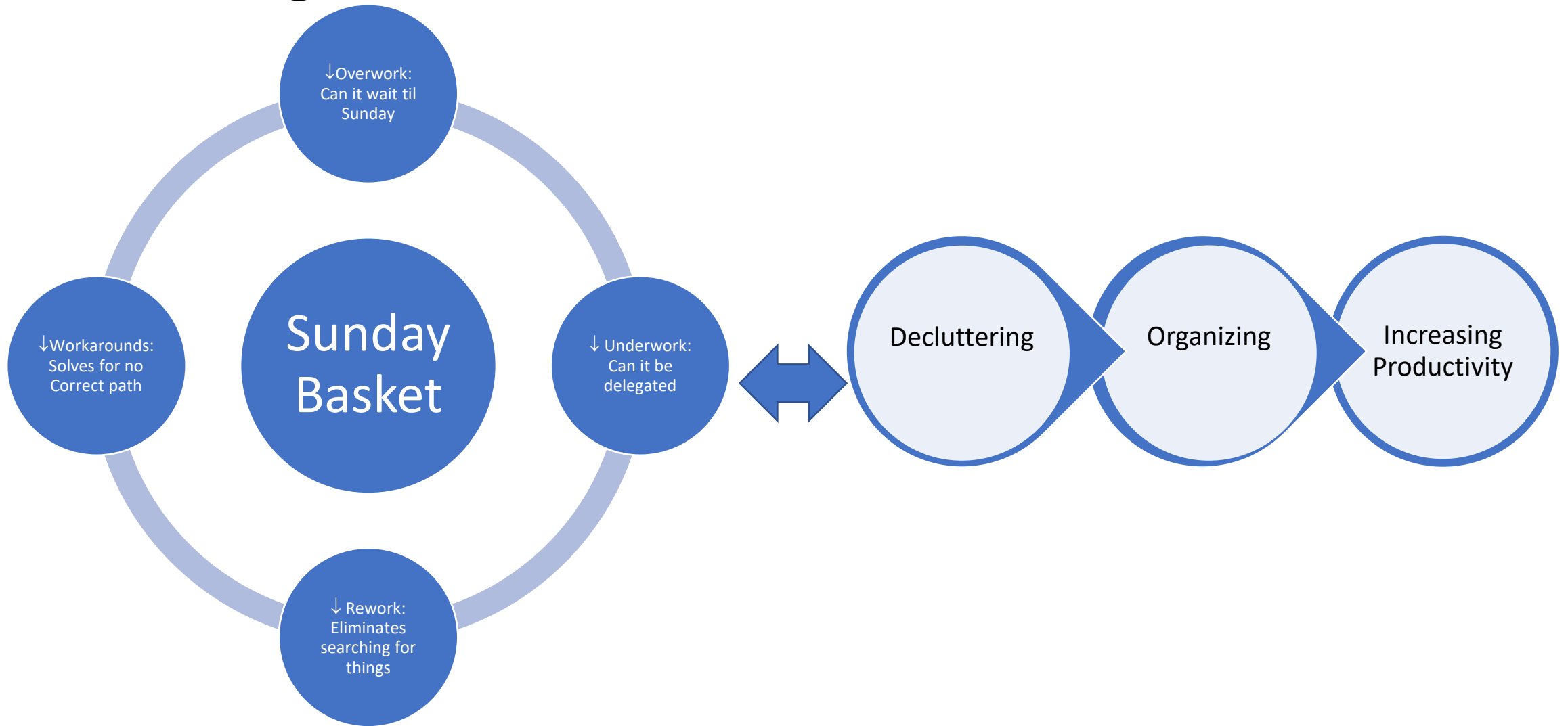


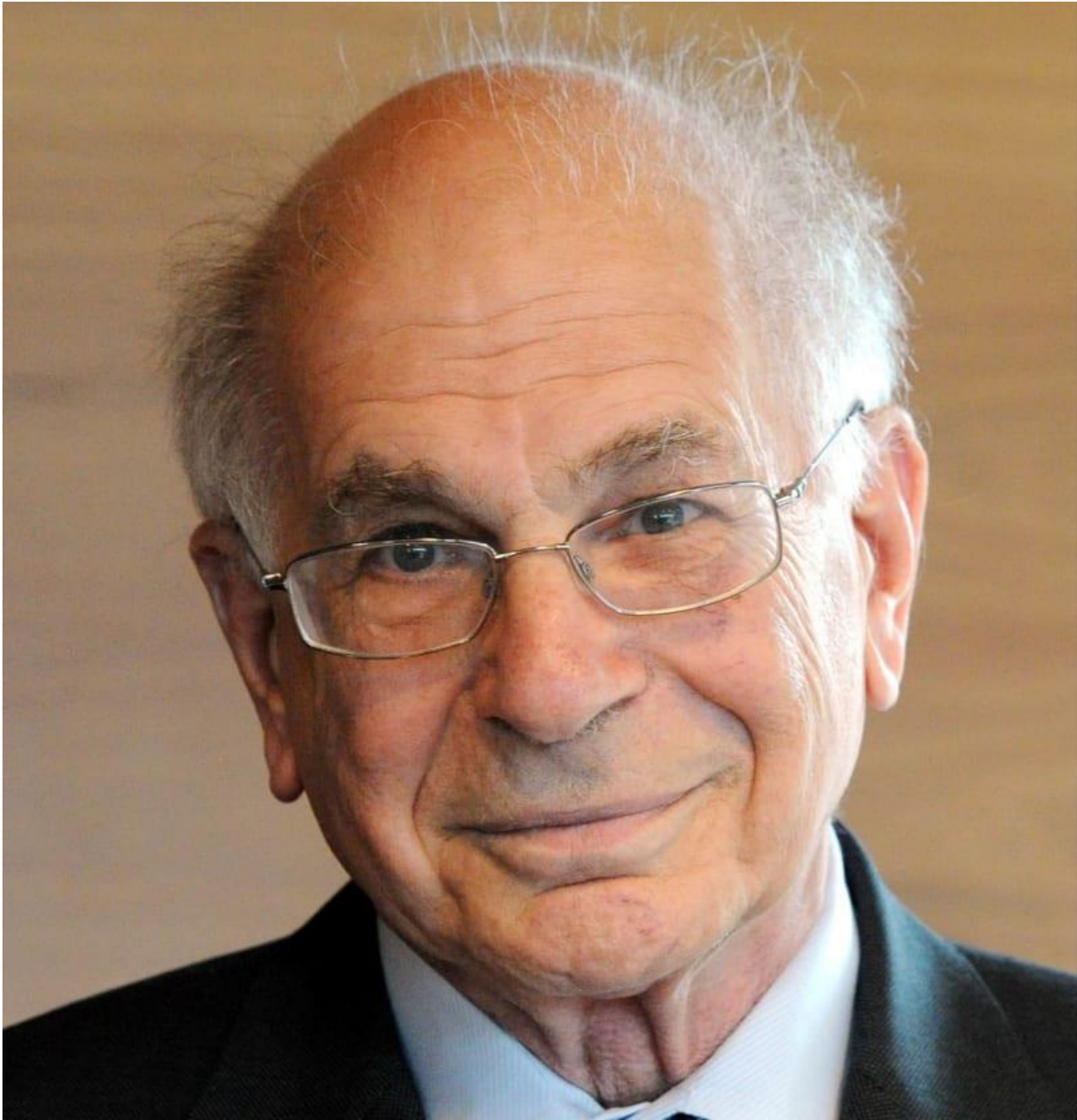
- The Sunday Basket Process solves for the HOT MESS barriers to home organization
- In an iterative and recursive manner, the Sunday basket is a dedicated place and space to manage home documents and processes
  - Iterative: cyclical process of refining
  - Recursive: procedures applied repeatedly (one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



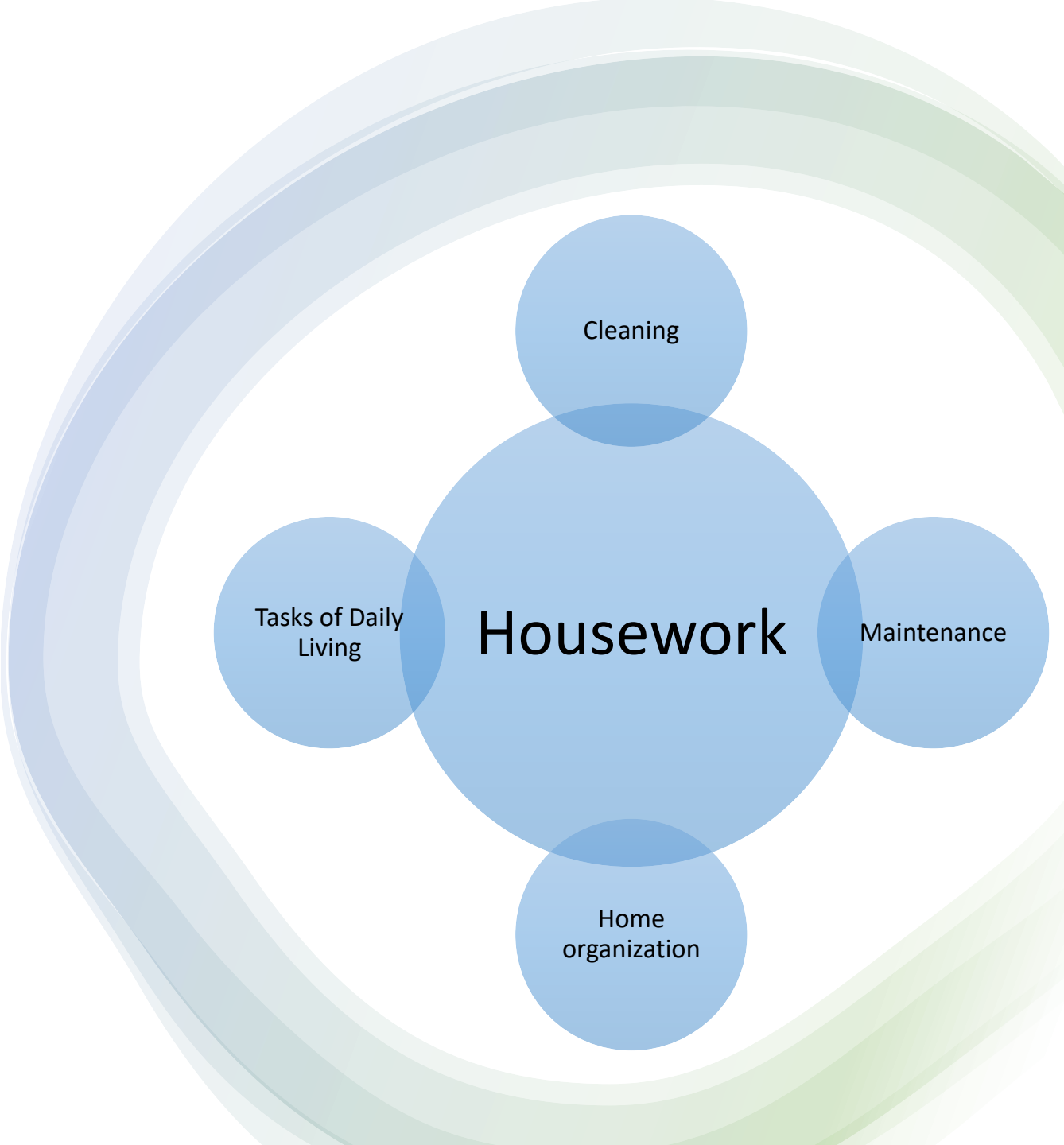
# Sunday Basket system *is* *System 2 thinking*

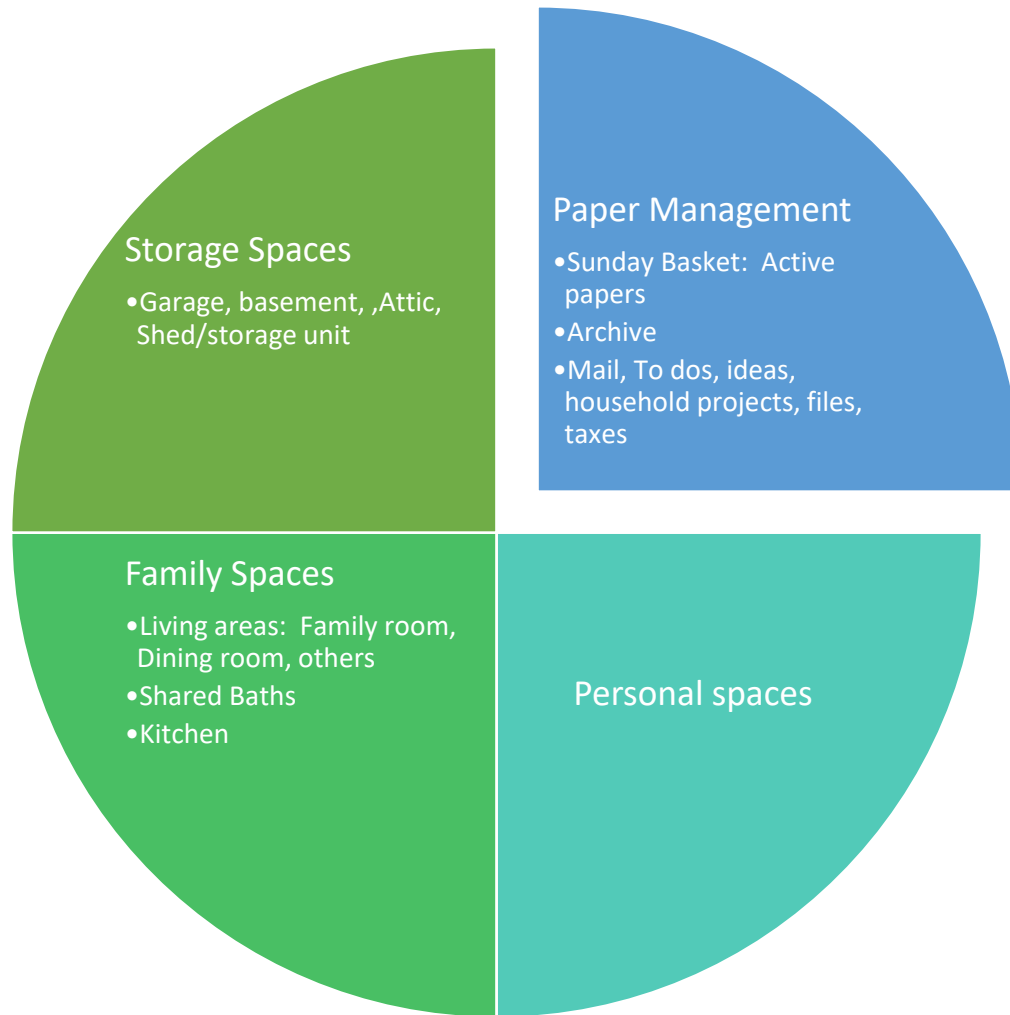
- System 1: FAST, reactive (lots of cortisol and adrenaline)
  - Start CPR!
  - Where are my keys?
  - I got an electric shut off notice!
- System 2: SLOW, deliberative
  - Is my CPR card up to date? In a binder? On my calendar?
  - My keys are always in my landing zone (and I have a landing zone)
  - 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