

GUIDELINES FOR SHELTERING IN PLACE

11 Recommended Steps for Successful Coexistence

STEP 1 – Family Meeting (family is defined as those individuals who live, sleep, eat at the dwelling). The primary individual who takes care of the household requests input from all house members. Decisions are made by consensus. If there is no consensus the family follows its plan for conflict resolution (Step 10). Family sharing time is essential. Repeated meetings may be necessary. ***For solo sheltering follow the steps with an asterisk (*).***

STEP 2* – Identify Resources (resources are defined as space, time, finances, food, supplies, entertainment, etc.) At the family meeting a list is made of the type and quantity of the various resources. The family will discuss the allocation of these resources. If there is a shortage, a plan will be developed to fill the shortage or work around it.

STEP 3* – Identify Healthy Habits (defined as SEND) **S**leep-8-9 hrs.; **E**xercise-30 mins. daily of walking, stretching, yoga, sit-ups, pushups, etc.; **N**utrition-fruits, vegetables, proteins, dairy, vitamins, etc.; **D**rink-mostly water with some health drinks. Getting dressed everyday provides some sense of normalcy as well as doing some mental tasks/activities. There needs to be a healthy balance to the activities-no excessives, no over doing. For solo living there needs to be an effort to connect to others.

STEP 4* – Identify Spiritual Wellness Habits (defined as individual and family practices that keep us close to the Lord). Individual spiritual habits should include a time of solitude for reading the bible and praying. Family spiritual time can include watching daily devotions, Sunday online service and a time for family reflections about the messages. In addition to individual and family spiritual activities there can be time for gospel music, other Christian media, and a mind on Christ (constant prayer).

STEP 5* – Identify Schedule (schedule may differ for each individual but there should be an integrated schedule). At the family meeting, each household individual will develop a daily/weekly schedule to identify when they do various activities. The family schedule should identify whose turn it is, when and how long their turn lasts. Again, balance is important.

STEP 6* – Identify Chores (chores defined as those activities for cleaning, food preparation, meal cleanup, pets, hmwk, etc.). At the family meeting all members should have some responsibility for the maintenance and well being of the physical household, especially taking care of their own personal hygiene/hand washing/washing clothes/belongings/space. Neatness counts.

STEP 7* – Identify Entertainment (entertainment is defined as those activities that are non-essential and for personal enjoyment i.e. social media, video games, TV, computer, movies, board games, puzzles, Lego, reading, etc.) At the family meeting, each individual will identify what they like to do. The family will develop a plan of how to share and take turns in the pursuit of entertainment. The plan should respect the rights of each individual according to the agreed upon resources and schedule.

STEP 8* – Identify Outside Activity (these include essential tasks and non-essential tasks). Essential tasks include grocery shopping, food pickup, going to work, gas fill up, pharmacy, etc. Non-essential healthy activities include getting outside for a walk (maintain 6ft. distance), bike ride, and just getting out in nature (“smell the roses”).

STEP 9 – Identify Reinforcement (reinforcement is defined as the rules and responsibilities for living together). At the family meeting, rewards will be identified when somebody goes above and beyond their responsibility as well as the consequences for breaking rules, non-compliance, and not fulfilling their responsibilities.

STEP 10 – Identify Rules of Engagement (defined as the necessary respect for someone else’ time, space, tolerance, communications, etc.). At the family meeting, each member will indicate their sensitivity to personal space, their use of free time, type and amount of communication, their freedom from one another, and the noise and activity level.

STEP 11 – Identify Conflict Resolution Strategies (conflict resolution is defined as the rules for resolving disagreements). At the family meeting there needs to be an agreement about how to resolve issues and an appeal process. There can be no yelling, name calling, references to past mistakes. Listen more than talk and talk nicely with respect to each other.