



HOME STABILITY GUIDE

Simple routines and practical tools for keeping your home safe, organized, and stable.

YOUR PLAN

Know your home. Protect your budget. Care for your space. Ask for help early.

“Plan your work. Work your plan.”

Community Connect RI | One Conversation. Every Resource. Every Person.

Start here: your five-part stability plan

A stable home is built through small actions repeated over time. You do not need to do everything at once. Choose one action from each section and add it to your calendar.

1

Know the agreement

Save your lease and program rules. Mark the rent due date, utility responsibilities, guest rules, maintenance process, and renewal or recertification date.

2

Plan housing costs

Match rent and utility due dates to your income dates. Keep receipts and contact the right person before a payment problem grows.

3

Care for the home

Use short daily resets, one weekly care block, and a monthly condition check. Aim for steady care, not perfection.

4

Communicate early

Report repairs and concerns clearly. Record what happened, when it began, how it affects the home, and what response you need.

5

Protect your wellness

Create a calm recovery space, protect sleep, store medications safely, and identify who to contact when stress begins affecting housing.

REMEMBER

Asking for help early is a housing-stability skill - not a failure.

1 Know your home and keep records

Your lease, program documents, notices, photos, and payment records tell the story of your tenancy. Keep one paper folder or one secure digital folder so you can find them quickly.

Move-in and home records checklist

- ☐ Save a complete copy of the lease and any program or house rules.
- ☐ Photograph existing damage and date the photos; follow the property process for reporting it.
- ☐ Check keys, locks, windows, exits, and smoke or carbon monoxide alarms.
- ☐ Confirm which utilities you pay and how each account will be opened and paid.
- ☐ Save property, program, maintenance, emergency, and legal-help contacts.
- ☐ Put renewal, inspection, and recertification dates in your calendar with early reminders.

My home summary

Information	My answer
Rent amount and due date	
Payment method	
Utilities I pay	
Maintenance contact	
Emergency contact	
Renewal / recertification date	

IMPORTANT

Do not ignore a notice you do not understand. Save it, note the date received, and promptly contact your housing program or qualified legal help.

2 Build a housing-first budget

A budget is a planning tool, not a judgment. Start with the costs that protect your home, then update the plan whenever income, benefits, or expenses change.

Monthly housing plan

Item	Amount	Due date	How I pay
Rent			
Electricity			
Gas / heat			
Phone / internet			
Food			
Transportation			
Other required payment			

Before a payment problem

- Check the lease or program documents for the correct contact and process.
- Send a short message before the due date when possible.
- State the amount or bill involved and when you expect to know more.
- Ask about an approved payment arrangement or available support; do not promise a plan you cannot keep.
- Keep copies of messages, receipts, notices, and agreements.

EARLY MESSAGE

"I am contacting you before the due date because I may have a payment problem. Who should I speak with, and what information should I provide?"

3 Create a home-care rhythm

The goal is a safe and manageable home - not a perfect one. Use a timer, phone reminder, music, checklist, or support person to make routines easier to repeat.

DAILY RESET 10-15 minutes	Dishes and counters Store food and check trash Clear walking paths
WEEKLY CARE 60-90 minutes	Laundry and bedding Bathroom and kitchen Floors, trash, and housing paperwork
MONTHLY CHECK 20-30 minutes	Look for leaks, moisture, pests, damage, alarm concerns, and supplies that need replacing. Report repairs through the approved process.

Laundry suggestions

Choose a regular day, include laundromat costs in your monthly plan, follow clothing labels, avoid overloading machines, dry items fully, and clean the dryer lint trap when you are responsible for doing so.

My weekly care schedule

Task	Day / time	Reminder or support
10-minute reset		
Trash and food storage		
Laundry and bedding		
Bathroom / moisture		
Kitchen and floors		
Mail and housing paperwork		

4 Protect safety and report problems

Learn the difference between an emergency, an urgent problem, and routine maintenance. Follow your property's emergency procedure and use 911 when there is immediate danger.

Situation	Examples	Action
Emergency	Fire, gas odor, active flooding, immediate danger	Leave danger if needed; call 911 or the emergency contact
Urgent	No heat in unsafe weather, major leak, unsafe lock	Use the urgent maintenance process right away
Routine	Dripping faucet, loose cabinet, minor repair	Submit a clear request and keep a copy

A clear maintenance message

1

What happened

Name the problem in plain language.

2

When it started

Include the date or when you first noticed it.

3

How it affects the home

Describe the safety issue, damage, or loss of use.

4

What you need

Ask for the next step and expected response time.

SAVE PROOF

Keep the message, confirmation number, photos when appropriate, and the date of every follow-up.

Routine cleaning does not make you responsible for structural repairs, unsafe conditions, or work assigned to the owner or manager. Report those concerns through the approved process.

5 Make wellness part of home stability

Your home can support rest, recovery, and emotional regulation. A wellness area can be a full room or simply a quiet corner that helps you reset without disturbing the household.

QUIET SPACE	Choose a clean, low-clutter area with comfortable lighting, a chair or mat, and calming items that are safe for the household.
SLEEP ROUTINE	Set a regular wind-down time, reduce noise and bright screens when possible, and protect the hours needed for your work schedule.
SAFE STORAGE	Store medications, cleaning products, sharps, and other hazards safely and away from children, guests, and pets.
EARLY SUPPORT	Notice when stress, health, conflict, or substance-use concerns begin affecting rent, paperwork, communication, or home care. Contact support early.

My wellness-at-home plan

Prompt	My plan
My quiet or recovery space	
My sleep and wind-down routine	
How I will store medications safely	
Who I contact when stress affects housing	

RECOVERY SERVICES

Wellness education and peer support can complement care, but they do not replace licensed medical, mental-health, massage, or clinical services when those are needed.

Your 30 / 60 / 90-day stability plan

Choose small actions that fit your goals. You control what personal information you share. Review the plan with a peer, case manager, or trusted support person if you want help.

Time	My goal	My first action	Who can help
First 30 days			
By 60 days			
By 90 days			

My early-warning plan

Warning sign	What I will notice	My first contact
Money		
Home / maintenance		
Conflict		
Health / wellness		

My support message

SCRIPT

"I want to address this before it becomes a bigger housing problem. Here is what is happening, what I have already done, and the help or next step I am requesting."

Plan your work. Work your plan.

Rhode Island resources and next steps

Start with the contact named in your lease or housing program. For additional information or assistance, these statewide resources may help. Availability and eligibility can change, so confirm details directly.

RIHousing	Rental assistance, voucher, and renter-program information rihousing.com/renters
Rhode Island Legal Services	Housing and landlord-tenant legal help Providence: 401-274-2652 Housing Law Center: 401-633-9178 rils.org/practice_areas.cfm?areaid=7
United Way 211 Rhode Island	Community resources for housing, food, utilities, transportation, and other needs Dial 211 uwri.org/2-1-1
Immediate danger	Call 911. For mental-health or suicide crisis support, call or text 988.



Connect with Community Connect RI

Resource navigation, practical education, and peer-centered support for Rhode Islanders.

<https://rhode-island-support-pathways-2026.moniedale.chatgpt.site>

About this guide

This guide provides general education and planning tools. It is not legal advice, clinical care, financial planning, a professional credential, or a guarantee of housing retention. Your lease, housing-program rules, funding requirements, and applicable law control. Ask a qualified professional about your individual situation.

Housing First note: This guide is designed to support successful tenancy after housing selection. It should not delay placement, determine eligibility, create a pass/fail requirement, or add a new reason to end housing.

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