

# **Admin Menu for Young Adults**

Break big life tasks into manageable actions.

## **Money and independence**

- [ ] Open or review bank account. Set up text alerts for balance.
- [ ] Budget reset every Sunday using banking app or spreadsheet.
- [ ] Set up direct debits for rent, utilities and subscriptions.
- [ ] Save emergency contact and medical info in phone wallet.

## **Healthcare admin**

- [ ] Register with GP and request repeat prescription set up.
- [ ] Book annual physical health check and dental appointment.
- [ ] Log medication supply and set reminder to reorder one week early.
- [ ] Keep important documents scanned in secure cloud folder.

## **Home base upkeep**

- Laundry day plan: gather clothes, start wash before lunch, set timer to swap to dryer or airer.
- Meal framework: list five easy meals, shop online or batch cook on Sunday.
- Cleaning loop: 15 minute tidy each evening, deeper clean Saturday mornings.

Created by Neurobreath - M Share - Educational information only; not medical advice. Updated November 2025.