

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.