

## Serving My Aged Care Clients Across Victoria

Do you need help creating and maintaining your home as a safe environment?

Do you feel overwhelmed by the physical and emotional task of decluttering and organising?

Are you unsure of where to start and what to keep and what to let go of?

### The Art of Decluttering provides:

- ✓ Help building independence
- ✓ Help to create a safe, clutter-free and functional home
- ✓ Set up processes and systems to help homes run smoothly
- ✓ Freedom from the overwhelm of household clutter
- ✓ Patient, non-judgemental coaching and hands-on assistance
- ✓ Support to develop routines, systems and habits that enhance every day life



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#### You've worked your magic!

I had accumulated over 30 years' worth of goods and furniture and was downsizing to a 2-bedroom unit. The prospect was daunting when you consider that I am in my 80s and my wife is in her late 70s. However, I needn't have worried at all.

The team were understanding, efficient, professional and reassuring. Their communication was proactive, regular and responsive and they kept their promises completely.

The whole job was done to our complete satisfaction. We are so glad that we found these people and decided to use them - it was worth every penny.

David S, Older Adult

## Over a collective 30 years of organising, we have found the below lived experience to be true for those we work with

Living in a messy and cluttered home has a detrimental affect on mental and physical health. Creating functional spaces and safe environments is key to healthy independent living.

Fatigue and overwhelm are common among older adults. Professional Organisers are experienced at creating a calm and relaxing space in which to meet clients' goals within their home.

Many people delay downsizing due the daunting job of decluttering. We are experts in decluttering and work with you at your pace with your independent living goals in mind.

It can be overwhelming to sort through your possessions and memories, so we help you to achieve your goals in your home. We also provide services to donate items no longer needed to charity.

Decluttering and organising can be physically demanding and emotionally exhausting. Professional Organisers provide both physical and emotional support throughout this process. You can relax knowing we will help guide you through the whole process.



## HOPE

### CHANGE IS POSSIBLE!

Living in a home with clutter has physical, emotional and psychological impacts on health and wellbeing.

**Engaging a Decluttering and Organising Expert provides the physical support and coaching to live a life free from the burden of clutter.**

#### MY AGED CARE

Supporting clients to maintain independence and improve functionality in their homes

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Do you struggle with clutter, disorganisation and overwhelm in trying to manage your household or achieve your goals related to activities of daily living?

My team are passionate about supporting My Aged Care participants with decluttering and organising services to improve their daily living and support their independence.

We do this by providing practical coaching, helping participants declutter and organise their homes as well as set up processes and systems for lasting change.

Do you lie awake at night and wonder how you're going to manage a lifetime of possessions? Knowing what you should pass onto family or friends and what would you like to go to charity?

#### EXPERT TEAM

Patient and non-judgemental coaching and hands-on assistance



My team are experienced Professional Organisers, supporting clients to declutter, live intentionally and are known for their professionalism, their love, and their compassionate and generous nature.

Amy Revell  
Owner, The Art of Decluttering

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Access our client referral intake form: [www.theartofdecluttering.com.au/referral](http://www.theartofdecluttering.com.au/referral)