



W sortingsal.com.au

E sallylovesachallenge@gmail.com

M 0411 320 811

P sortingsal

Sorting Sal is a professional 'hands-on' Ballarat-based team, led by Sally Tuck, who really cares about you & your stuff, supporting you to sort it out so that its exactly the way you want it to be!

Sorting Sal offers a range of sorting solutions for anyone with stuff that is proving problematic for you or other people in your life.

Whilst we can just jump in to tidy up your pantry or linen cupboard, sort out that cluttered storage room or walk with joy into that huge backlog of filing for you, our particular skills are in offering specialized services for those people challenged by hoarding disorders or whose stuff has just got on top of them somehow.

Families, welfare and community workers can feel confident in Sal's qualifications and experience gained over 25 years working in supportive, co-ordination and facilitative roles within community development, drug and alcohol residential detox and community services work.

## WE OFFER SPECIALISED SERVICES INCLUDING:

- Let us help you achieve your goals. Mentoring support for adults or children. Both programs are available on a short, medium or ongoing basis. **LETS GET IT SORTED** - Patient, positive, 'strengths based' adult programs when you're ready to have someone working together with you in your home\* we'll go step by step towards new habits. **SORTED OUT AND SAVVY KIDS** - For young people who are also struggling with their full rooms or houses, personalised skills development is also available.

\* Over the phone and away from home coaching services are also offered by arrangement – just give me a call and we will sort something out.

- **SORTING OURSELVES OUT** – You don't have to do it alone. Mentoring support for families helping you to make the changes within a family setting you want to - aimed at safety first and then small steps towards your goals, you decide how fast we go (self-paced progress). Short, medium or ongoing support.
- **SIMPLY SORTING IT OUT** – Think you'd like to start small? – How about our 15 minutes a day small step programs OR our hands on therapeutic support to gradually work towards a safer home OR you can join us for the best cuppas and the most amount of laughter as we follow the exercises in the ripper book **Buried In Treasures**\*\* which was inspired by other people's journeys with their stuff. **Support Group Facilitation**. \*\* *Tolin, Frost & Steketee Oxford, 2014*
- **SAL CAN SORT IT - User friendly storage solutions** for 'problem areas' in the home or yard OR - Let's have some fun together as more hands make light work of **creating your new use space** such as art cupboards, children's rooms or a home office. **Lifting and moving support** is also available if you are pregnant or unable to do so OR – Grab Sal's life raft and helping hand for those **drowning in paperwork and needing confidential specialised business services**
- **SAL LOVES LOTS OF STUFF** – **Display solutions and Itemised lists for insurance** of collections. Pantry **clear outs**, wardrobe **freshen ups**, storage room **revamps** OR if the room is filled to capacity let us help you **reclaim the space**.
- **Our SPECIAL THINGS SERVICE - Pre distribution sort out and documentation of deceased estate**. Let us make this difficult time less stressful by respectfully and carefully sorting out and preparing the contents of your loved ones home. Use our contents list to start your family's conversation about what goes where.
- **SAL'S SLIM DOWN SERVICES** - Easy **downsizing support** if you're preparing for pre-sale or a house move.

Rates are available on request and relate to a Clutter Image Rating Scale (CIRS) assessment rating. Call or email today! Customized packages available.

Let Sal turn mountains into neat little mole hills for you. Let Sal sort it!