

# Full List of Sorting Sal Services as at 1st March 2019 (Year 4)

You can get a quote by calling us on 0411 320 811 and/or use the Easy Request for Quote Form on our website. To be able to choose which hourly rate applies for your quote we first need to get an idea of how many treasures and things we will be sorting with you. How do we do this? Simply check out the Victorian Department of Health Clutter Image Rating Scale (CIRS) website link on [www.sortingsal.com.au](http://www.sortingsal.com.au)

## WE OFFER SPECIALISED SERVICES INCLUDING:

### LET US HELP YOU ACHIEVE YOUR GOALS.

Mentoring and therapeutic support for Adults (1.) or Children (2.) Both programs are available on a short, medium or ongoing basis. Over the phone and away from home coaching services are also offered by arrangement – just give me a call and we will sort it.

1. **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 a safer home and new habits.

2. **SORTED OUT AND SAVVY KIDS** - For young people who are also struggling with their full rooms or houses, personalised skills development is also available.

CIRS Rating 1 – 3 \$45 per hour,  
CIRS Rating 4 – 5 \$55 per hour  
CIRS Rating 6 – 10 \$70 per hour

Are you a bower bird that just needs a little help?



Or maybe you want to do cool things with your room?



**3. 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 need or 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. CIRS  
Rating 1 – 3 \$45 per hour  
CIRS Rating 4 – 5 \$55 per hour  
CIRS Rating 6 – 10 \$75 per hour



**4. SIMPLY SORTING IT OUT** Think you'd like to start small? – How about our 15 minutes over the phone coaching a day small step programs Flat Fee \$70 per hour which may be used in 15 minute lots.

*The store room before...*



*The store room after using existing containers...*

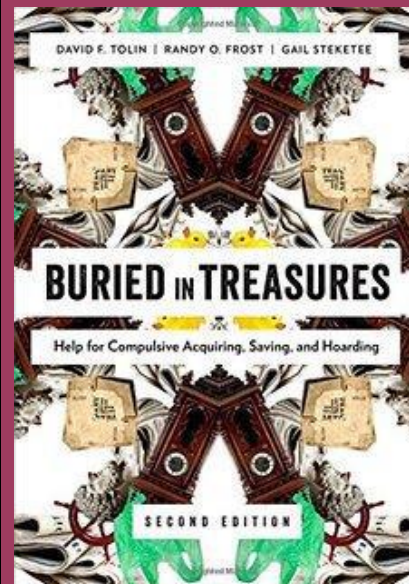


## 5. SUPPORT GROUP FACILITATION

You can join us for the best cuppas and lots 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. \*\* *Tolin, Frost & Steketee Oxford, 2014.*

*Flat Fee \$85 per hour. This fee can be split by the number of participants – maximum 6. Numbers larger than this require 2nd Facilitator.*

AWESOME BOOK – Sorting Sal Recommended:



## 6, 7 Or 8. SAL CAN SORT IT

### 6. User friendly storage solutions

everything from 'low tech' to 'store bought'. Let's tackle some of those 'problem areas' in the home or yard **OR**

7. 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**

8. Grab Sal's life raft and helping hand for those **drowning in paperwork and needing confidential specialised business services.**

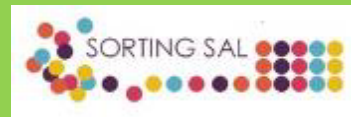
CIRS Rating 1 – 3 \$45 per hr CIRS Rating 4 – 5 \$55 per hour CIRS Rating 6 – 10 \$70 per hr



## 9. 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*.

CIRS Rating 1 – 3 \$45 per hour  
CIRS Rating 4 – 5 \$55 per hour  
CIRS Rating 6 – 10 \$70 per hour



## 10. 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 one's home. Use our contents list to start your family's conversation about what goes where.

CIRS Rating 1 – 3 \$50 per hour  
CIRS Rating 4 – 5 \$60 per hour  
CIRS Rating 6 – 10 \$65 per hour



CONTACT US ON: 0411 320 811  
[sallylovesachallenge@gmail.com](mailto:sallylovesachallenge@gmail.com)

**11. SAL'S SLIM DOWN SERVICES** Easy *downsizing support* if you're preparing for pre-sale or a house move.

CIRS Rating 1 – 3 \$45 per hour  
CIRS Rating 4 – 5 \$55 per hour  
CIRS Rating 6 – 10 \$70 per hour

