

ASK YOURSELF, AM I
READY TO MAKE
SOME CHANGES?

IF THE ANSWER IS
YES, THEN PLEASE
GET IN TOUCH.



WHO WE ARE

Age Matters has a vision for no older person to be homeless, isolated or without purpose. We engage the community to empower older people to live independent, purposeful and connected lives.

AGE
MATTERS

An initiative of IRT Group

FIND OUT MORE

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THIS PROJECT IS MADE POSSIBLE THROUGH FUNDING FROM COORDINARE.

BURIED IN TREASURE

ARE YOU FEELING OVERWHELMED BY YOUR BELONGINGS?
WORRIED ABOUT TOO MUCH CLUTTER IN YOUR HOME?



BURIED IN A LIFETIME OF TREASURE?

This program could help if your belongings are making you feel out of control or unsafe.

The 12 week peer support program will walk you through the Buried in Treasure book, in a supportive, safe environment with helpful mentors.

The program is aimed at people over the age of 55.

DO I HAVE TO THROW OUT MY CHERISHED POSSESSIONS?

No. Firstly, you are in control. Your stuff belongs to you and only you can decide what to do with it. Discarding is only one part of this program.

We want to help so you can enjoy your belongings and make room in your home for the things you value most.

WHAT IS INVOLVED?

You will receive a copy of the Buried in Treasure workbook and each week, attend a meeting facilitated by our team and supported by volunteers.

We may also be able to match you with a buddy who can do home visits to support you on your journey.

WHAT IF I'M TOO EMBARRASSED TO JOIN A HOARDING SUPPORT GROUP?

Our team knows that you didn't choose the situation you're in.

Our staff and our volunteers are sympathetic to the relationship between your important collection and some of the key life events that have shaped who you are.

WHEN

Thursdays, 10-11:30am
Starting 21 April 2022

WHERE

Shoalhaven Neighbourhood Services
'Worrigeer St Conference Room'

41 Worrigeer St, Nowra

COST

Participating in the program is free.

