

Ask yourself, are you 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.

This project is made possible with funding from Coordinare.

FIND OUT MORE

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Project Manager

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Worried about too much clutter in your home?

Feeling overwhelmed?



Is your stuff taking over your life?

If your belongings are making you feel overwhelmed, this program could help.

Over 15 weeks you'll attend group sessions alongside other people who are going through a similar experience.

The program is aimed at people over the age of 65.

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 the 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.

Helpful mentors will assist you to complete activities from the Buried in Treasure book. We may also match you with a buddy to help keep you on-track.

What if I'm too ashamed to join a support group?

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

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

We are here to help, not judge.

WHERE

Lighthouse Wollongong -
'Sunshine room'
1 Railway Station Square,
Wollongong

Every Wednesday
starting 12 May
10.30am to 11.45am

GETTING THERE

Lighthouse is next to
Wollongong Train Station.
Parking is also available.

COST

This program is FREE.

You may need to consider the cost of additional services such as mental health, home care or cleaners if you find them helpful
Your NDIS or Home Care funding may be able to help.