



Clearing the Clutter Quick Tips

In our homes we have many belongings and it is important these items are organised. If they are organised, they have a home, which means we know where to keep them when they are not in use, or have been used and are out of place. Being organised is key to keeping your home free from clutter.

It can take only a few moments a day. Understanding the reasons why we organise our belongings, in the ways we choose is an important step to actually managing our homes. You can do this by speaking to those people offering you support, they can help you.

- Identify where you may need help with managing your belongings in your home and how you would like this help to be provided
- Identify if there are days where you need more help managing your home, cleaning and organising, ask what you would like to do differently?
- Identify what you may need to do things differently, there is always support for you to be able to maintain your home, keeping it safe, free from rubbish and clutter and healthy for you and your family and friends to spend time together
- Identify where your belongings belong, and know where to put your items
- Maybe you would like to give some of the items you no longer want to charity shops or friends and family
- Go room by room and look at what is in the room, ask yourself is there too much in here? If there is, keep your home uncluttered by removing items, you could put them away in a special box and store them in a storage areas of your home like a shed, or storage cupboard
- Use items before buying others, like candles, decorative items, food, clothes, magazines
- Reuse other items, rather than buying new ones all the time

Where do I keep my things?

Essential Items	These are items that you use regularly; these will have a special place. For example your toothbrush and toothpaste. Keep these items in their special place after use.
Favourite Items	These are items that may be displayed around your home like decorations; favourite framed photographs and other artwork, toys and papers. These will have a place that they are always kept and you can check they are always kept in this special place. Papers may be kept in a drawer or filing cabinet.
Other Items - Belongs to others	These are items that do not belong to you. Maybe these are items that belong to your children like their toys. They can help you by helping to keep their toys in special places, such as a basket in the lounge room, or in their own rooms.
Other Items - Things out of place	These are items that may not be in their special place, such as laundry, toys and dishes. Get your whole family involved in helping you to keep on top of these items being in their special places as you would like them to be, to keep your home clean and organised.
Other Items - Unhygienic items	These are items that are better off in the bin, or the laundry basket. They could be dirty clothes, used tissues, rubbish and dirty nappies. It could be food that is out of date, old, rotten and mouldy. These things could be harmful to the health of you and your family if they are not organised.

What else can you think of to help you clear your clutter? (Write ideas below):