

calm space

professional organising

Overwhelmed by Clutter and Disorganisation?

We provide decluttering and organising services specialising in people who require a gentle approach or who may have additional needs including mental health concerns, disability or hoarding. All services are available to NDIS participants who are Plan Managed or Self Managed. Servicing South East Queensland including Brisbane, Ipswich, Gold & Sunshine Coasts.

SERVICES

Onsite Decluttering & Organising

Hands-on assistance, coaching and support to declutter and organise your space. Tips and strategies to maintain your space in a way that supports your lifestyle and goals.

Hoarding Help

A gentle, sensitive approach to decluttering and organising for people with hoarding behaviours. Best for those who are ready to start letting go.

Home and Life Management

Routines, habits and strategies to create and maintain an organised home and life. Includes helping you learn skills to manage your To-Do lists and get things done.

Consultations

A fresh perspective and expert advice to improve your space and organising methods. Provided onsite or online. Can be one-off or ongoing, to help you achieve your goals.

Reports and Assessments

Assessment of your spaces by an experienced professional and summary report provided. Attention to your unique needs and goals for your home. Helpful for supporting NDIS access requests, plan meetings and reviews.

Arwen Dropmann is the founder of Calm Space Professional Organising. She is a mother, wife, and qualified social worker with additional training in grief and loss, disability, chronic illness, hoarding disorder and compassion-focused therapy. Yes, decluttering can be hard - physically and emotionally. With her extensive experience, knowledge and compassion, Arwen ensures you reach your goals without compromising your wellbeing.



THE BENEFITS FOR YOU

- Help to create a home environment where you feel confident to socialise.
- Being organised creates more time for activities outside the home - e.g. work, study and socialising.
- Learn practical decluttering skills to improve health, safety and wellbeing.
- Learn and apply strategies to keep spaces organised and clutter-free (helpful for meeting tenancy obligations).
- Create a safe environment for you; your friends, family and other service providers.
- Learn and practice home and life management systems and skills.
- Our professional organisers can collaborate with support coordinators and other therapists such as occupational therapists and psychologists.

PRICE GUIDE

Hourly rates for our services vary and travel charges may apply. We are happy provide you with a personalised quote so please get in touch. Terms and Conditions apply and are available on request. Check out our NDIS Guide [here](#).



Want to know more? [Get in touch](#)

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