General Resource List to Assist Persons who have Hoarding Behavior
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Governmental Agencies: Each locality has it’s own

- Adult Protective Services – Protects at-risk vulnerable adults
- Area Agency on Aging – Provides information and referral and in-home assessment
- Mental Health Services – Emergency, assessment, treatment
- Building Code Enforcement – Assesses building safety issues
- Fire Marshall’s office – Assesses fire risk of dwellings
- Animal Welfare Agency – Assists with animal hoarding cases
- Publicly Funded Legal Services Agencies.

Service Organizations:

- [www.napo.net](http://www.napo.net) National Association of Professional Organizers. Provides tips on helping persons who hoard


- [http://www.naela.org/Public/About/Public/About_NAELA/About.aspx](http://www.naela.org/Public/About/Public/About_NAELA/About.aspx) National Association of Elder Law Attorney’s (NAELA). Assist clients with representation in legal proceedings and assist concerned others with obtaining guardian/conservator for an incapacitated person.

- [www.caremanager.org](http://www.caremanager.org) National Association of Professional Geriatric Care Managers (GCM). Assist with assessment and coordination of services to assist the client. Many care managers also provide direct help to clients with de-cluttering.
List of mental Health Treatment Professionals. Does not list clinicians by hoarding specialty. Treatment professionals include psychiatrists, psychologists and clinical social workers. Psychiatrists can assess if the client can benefit from medications although to date, there is no medication that “cures” hoarding. Medications however can help with anxiety and depression and can help the client be more comfortable while other treatment is taking place. Psychologists are unique as they provide diagnostic testing which can reveal particulars about brain functioning, emotional problems or personality traits. Psychologists and Clinical Social Workers are often trained in providing Cognitive Behavior Therapy (CBT) which is to date the only effective treatment for hoarding. In addition to providing CBT, Clinical Social Workers are often familiar with doing in-home work and helping families cope.

Clean-up and Hauling:

- “1-800-Got- Junk”. 1-800-468-5865
- “College Hunks” 1-800-Junk-USA. 1 800-586-5872

On Line Support for Person’s who Hoard and their Families:

**Hoarding Information:**

- [http://understanding_ocd.tripod.com/hoarding.html](http://understanding_ocd.tripod.com/hoarding.html) Contains General Information About Hoarding Behavior and is geared towards persons who hoard
- [http://www.heidischulz.com](http://www.heidischulz.com) Collaborative Therapy. This website describes a collaborative approach to hoarding behavior between a professional organizer and a psychologist with a specialization in AADD (Adult Attention Deficit disorder)
- [http://www.nursingcenter.com](http://www.nursingcenter.com) screening older adults for executive dysfunction – website of the American Journal of Nursing

**Support Groups:**
- [http://www.messies.com](http://www.messies.com/) Interactive website of “Messies anonymous”. For persons who have organizing difficulties. Provides tips and other information

- [http://groups.yahoo.com/group/TwelveStepGroup/](http://groups.yahoo.com/group/TwelveStepGroup/) Modeled after the twelve step program of AA

- “Children of Hoarders”. [www.childrenofhoarders.com](http://www.childrenofhoarders.com). This website has general information about hoarding, links to other sites, personal stories and a list by State with links and resources.

- Support Group for persons who hoard who have been diagnosed with OCD. [http://health.groups.yahoo.com/group/H-C/](http://health.groups.yahoo.com/group/H-C/). Contact Paula Kotakis at [H-c-owner@yahoogroups.com](mailto:H-c-owner@yahoogroups.com)

- Declutter Support Group for persons who want immediate help. [http://www.groups.yahoo.com/group/Declutter-Support](http://www.groups.yahoo.com/group/Declutter-Support). To subscribe: [Declutter-Support-subscribe@yahoogroups.com](mailto:Declutter-Support-subscribe@yahoogroups.com)


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