

Hoarding Resources

By: Elaine Birchall, MSW RSW, Social Worker, Hoarding Consultant
Past Coordinator: Ottawa Community Response to Hoarding Coalition
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BOOKS

- “Compulsive Hoarding and Acquiring: Therapists Guide”, ISBN # 0195300254, authored by Randy Frost PhD and Gail Steketee PhD, Oxford University Press, 2006
- “Compulsive Hoarding and Acquiring: Workbook” , ISBN # 0195310551, authored by Randy Frost PhD and Gail Steketee PhD, Oxford university Press, 2007
- “Loving Someone With OCD: Help for You and Your Family”, ISBN # 1572243295, authored by Karen J. Landsman, New Harbinger Publications, 2005.
- “No Room to Spare: Ottawa’s Community Response to Hoarding Plan” , authored by L. Bonnie Dinning, Health and Social Services Consulting Organizational Development, May 2006 (available June 2009 @ www. Hoarding .ca
- "Overcoming Compulsive Hoarding, Why You Save & How You Can Stop - ISBN#1-57224-349-X authored by Fugen Neziroglu, Jerome Bubrick, Jose A. Yaryura-Tobias.
- “Obsessive – Compulsive Disorder: A Behavioral and Cognitive Protocol Overcoming for the Treatment of OCD” , ISBN # 1572241284, authored by Gail Steketee PhD, New Harbinger Publications, 1999

**FOR INFORMATION BY SANDRA FELTON / MESSIES ANONYMOUS CONTACT:
NEST BUILDERS, P.O. BOX 343566, HOMESTEAD FL. 33034-0566**

- **THE MESSIES MANUAL: a complete guide to bringing order and beauty to your home.**
By Sandra Felton founder of Messies Anonymous, cost \$14.99 US
- **MESSIE NO MORE: the revelation of the “Messie Mindset”, the deep rooted “why” of Messiehood; the “how” of breaking away from the behavior patterns that caused it.**
By Sandra Felton founder of Messies Anonymous, cost \$12.99 US
- **WHY CAN’T I GET ORGANIZED & WHIZ BANG GUIDE – you know you want to organize-but how?**
By Sandra Felton founder of Messies Anonymous, cost \$24.95 US
- **MESSIE MEN – Clean Up Their Act.**
By Sandra Felton founder of Messies Anonymous, cost \$7.00 US
- **HOPE FOR THE HOPELESS MESSIE – Steps to restoring sanity to your Cluttered Life.** By Sandra Felton, cost \$18.95 US

- **WHEN YOU LIVE WITH A MESSIE** – So you want to change but those around you won't cooperate. By Sandra Felton, cost \$6.99 US
- **LIVING ORGANIZED** – Proven steps for a clutter-free and beautiful home. By Sandra Felton, cost \$12.99 US
- **SMART ORGANIZING:** Simple strategies for bringing order to you home. By Sandra Felton, cost \$13.99 US
- **I'VE GOT TO GET RID OF THIS STUFF:** If I want to get rid of it but I just can't. Sounds like you and if you are ready to change. By Sandra Felton, cost \$7.00 US
- **MEDITATION FOR MESSIES:** By Sandra Felton, cost \$10.00 US

AUDIO TAPES:

- **CREATE YOUR OWN DREAM AND LIVE IT** – \$9.95 US
- **THE MESSIE MANUAL ON AUDIO** – \$16.95 US
- **ORGANIZING SECRETS OF TOP PROFESSIONAL ORGANIZERS** – \$10.95
- **GET ORGANIZED WITH MARSHA SIMS** – \$14.00 US

Hoarding Resources List by contacting Elaine.Birchall@rogers.com or [www. Hoarding.ca](http://www.Hoarding.ca) (by June 2009)

Online Support & Groups now include:

- www.flylady.com (helpful for those who procrastinate and those who are so overwhelmed they don't know where to start)
- www.ocfoundation.org, under the sub heading "Educate & Connect" select Hoarding Website and you will have expert information provided by 2 of the top internationally recognized clinical researchers (Dr. Randy Frost Ph.D. and Dr. Gail Steketee Ph.D.)

PEER SUPPORT ONLINE:

- Clutterers Anonymous @www.clutterersanonymous.net
- (In Ontario) FLYingInOntario chatter group
@<http://groups.yahoo.com/group/FIOChatter/>
- (In Toronto) [http://groups.yahoo.com/groupFLYingIn Toronto/](http://groups.yahoo.com/groupFLYingInToronto/)
- (In Ottawa) <http://groups.yahoo.com/group/FLYingInOttawaCarleton/>
- Beth Johnson's CLUTTER WORKSHOP online
beth@ClutterWorkshop.com OR by phone 1-(860) 232-3838

SELF HELP QUESTION TO ASK YOURSELF

(to get you started or keep you going)

Question About Acquiring

- Do I have an immediate use for it?
- Do I need it? How many do I already have?
- Can I get by without it?
- Do I feel compelled to have it?
- Can I afford it comfortably?
- Do I have time to deal with it appropriately i.e. ? maintain it?

Questions About Discarding

- Do I need it?
- Do I have a plan to use this?
- Have I used this in the last year?
- Can I get it elsewhere i.e. the library?
- Do I have enough space for it already clear and available?
- Do I love it?

Questions About How to Organize & Let Go

- Start with one area; spend as many future work periods as needed to complete your goal for this area.
- If entrances, exits or areas near heat and ignition sources for example, (furnaces, stoves, portable heaters, baseboard heaters, water heaters or uncovered light bulbs), are cluttered, start with them first for safety reasons and continue working in that area until clear.
The 1st fire safety priority is clear routes into and out of the residence.
The 2nd priority is entrance and exits from each room.
- Caution: Extension cords should not be used for permanent wiring purposes i.e. instead of adequate electrical outlets connected to the electrical panel.
Make sure smoke detectors are functioning.
- Begin by creating categories for possessions.
- Sort into discard, recycle / giveaway & keep piles.

- Use questions provided in "Acquiring & Discarding" Sections to decide.
- Continue until chosen area is clear.
- Imagine and plan and a more pleasing use for the cleared area.
- Plan for preventing new clutter buildup for that area by following the ideas in "Relapse Prevention".

Relapse Prevention

- Evaluate current reasons for cluttering
- Get yourself support:
 1. trusted family & friends
 2. knowledgeable counselor
 3. knowledgeable professional organizer
 4. online support as provided above
- Schedule regular times to organize & let go
- Invite visitors home
- Anticipate known stressors and your reactions
- Apply skills developed so far and search out others to build on
- Identify resources for the future
- Be gentle with yourself and keep working at it
- It's what you do every day, no matter how much, that will get you where you want to be

Remember: "The person who removes a mountain begins by carrying away small stones." (Dane County Elder Abuse Office – "This Full House"), Dane County, USA – 2000