



Treasured Lives:

enabling independent ageing for older Tasmanians living with challenges related to hoarding and/or maintaining a healthy home.

Resources list

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About this resource list and the Treasured Lives project

Treasured Lives is a research and advocacy project examining how we can enable older Tasmanians to age well at home when they are living with hoarding or challenges maintaining a healthy home (CMHH). We are working with older Tasmanians, their families and carers and the services that support them to understand their challenges and needs and develop recommendations to assist federal and state governments to realise this goal.

You can find out more about the Treasured Lives project at: <https://www.anglicare-tas.org.au/treasured-lives/>

This is a selected list of resources that may be useful for those living with hoarding and/or maintaining a healthy home (CMHH), their families and carers, and those working with these two groups.

It is not a comprehensive list. It has been compiled by the Treasured Lives project team based on the following criteria:

The resource/program:

- offers a responsible coverage of the context for hoarding and/or CMHH, based on an understanding of both aetiology and impacts;
- explains the approaches to support within that context; and/or
- raises awareness and positive engagement about hoarding and/or CMHH.

We may add to this list as the project progresses. We would welcome feedback on the usefulness of this list and the resources on it, and any additional resources and programs that readers recommend.

Please send feedback to:

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Digital resources

Name	Target group	Run by	Description
r/hoarding	People living with hoarding Families and carers Service providers	Hosted by large social media platform Reddit, run by volunteer moderators. 34,000 registered members.	Public discussion forum offering advice and support. Has a wiki with comprehensive info and resources.
International OCD Foundation	People living with hoarding Families and carers Service providers	Non-profit promoting awareness and providing resources and support for people affected by Obsessive Compulsive Disorder and associated conditions.	Website with information and resource directory.
Maroondah Hoarding and Squalor Network	People living with hoarding Families and carers Service providers	Forum for agencies and community groups in the City of Maroondah, Victoria, Australia.	Excellent introductory articles. Comprehensive resource guide for Maroondah locals and others
Pathways through the maze	People living with hoarding Families and carers Service providers	Catholic Community Services, New South Wales, Australia	Basic information, resources and training
Hoarding Disorders UK	People living with hoarding Families and carers Service providers	Hoarding Disorders UK	Resources and information for people affected by hoarding.
Children of Hoarders	Families and carers	Volunteer grassroots U.S. non-profit	Biggest and best known online support for family members of hoarders. Resources, information and support.

Audio visual resources

Name	Target group	Author	Description
Hoarding Disorder playlist	People living with hoarding Families and carers Service providers	International OCD Foundation	A Youtube playlist of short (2-3 minute) videos explaining hoarding disorder.
Clutter Chronicles	People living with hoarding Families and carers Service providers	Lori Koppelman	Free podcast. An ongoing conversation with Mary, who calls herself a recovering hoarder.
The Hoarding Solution Podcast	People living with hoarding Families and carers Service providers	Tammi Moses	Free podcast. An exploration of how the community can approach this issue with compassion, kindness & awareness.
Helping hoarders let go	People living with hoarding Families and carers Service providers	ABC Radio	Archived radio broadcast. An interview with Jessica Grisham, a clinical and research psychologist at the University of NSW.
The psychology of hoarding	People living with hoarding Families and carers Service providers	ABC Radio	Archived radio broadcast. Interviews with Professor Randy Frost (co-author of <i>Buried in Treasures</i>), a support worker, and two people who hoard.

Books

Title	Target group	Author	Description
<i>Buried in Treasures</i>	People living with hoarding Families and carers Service providers	David Tolin, Randy Frost and Gail Steketee	Self-help treatment program
<i>Stuff: Compulsive hoarding and the meaning of things</i>	People living with hoarding Families and carers Service providers	Randy Frost and Gail Steketee	Case studies and exploration of the psychology of hoarding
<i>Digging Out: Helping your loved one manage clutter, hoarding and compulsive acquiring</i>	Families and carers	Michael Tompkins and Tamara Hartl	Practical advice focusing on harm reduction and salvaging relationships
<i>Children of Hoarders: How to minimize conflict, reduce the clutter, and improve your relationship</i>	Families and carers	Fugen Neziroglu and Katharine Donnelly	Aimed at helping adult children of hoarders manage their own emotions. Uses Cognitive Behavioural Therapy, mindfulness etc.
<i>Understanding hoarding: Reclaim your space and your life</i>	People living with hoarding	Jo Cooke	An explanation of what hoarding is and an 8-step plan with practical steps to tackle the problem
<i>Overcoming hoarding: A self-help guide using cognitive behavioural techniques</i>	People living with hoarding	Satwant Singh, Margaret Hooper and Colin Jones	Offers support, guidance and Cognitive Behavioural Therapy activities to help overcome hoarding

Books

Title	Target group	Author	Description
<i>Reclaim your life from hoarding</i>	People living with hoarding	Eileen Dacey	Workbook with case studies, self-care strategies and an action plan
<i>Dirty Secret: A daughter comes clean about her mother's compulsive hoarding</i>	People living with hoarding Families and carers Service providers	Jessie Scholl	Memoir by the daughter of a parent living with hoarding behaviour
<i>Coming Clean</i>	People living with hoarding Families and carers Service providers	Kimberley Rae Miller	Memoir by the daughter of a parent living with hoarding behaviour
<i>White Walls: A memoir about motherhood, daughterhood and the mess in between</i>	People living with hoarding Families and carers Service providers	Judy Batalion	Memoir by the daughter of a parent living with hoarding behaviour
<i>Lessons in letting go: Confessions of a hoarder</i>	People living with hoarding Families and carers Service providers	Corinne Grant	Memoir by an Australian living with hoarding behaviour
<i>Mess: One man's struggle to clean up his house and his act</i>	People living with hoarding Families and carers Service providers	Barry Yourgrau	Memoir and exploration of hoarding by a person living with hoarding behaviour

Training

Name	Target group	Run by	Description
Hoarding Home Solutions Family & Friends	Families and carers	Hoarding Home Solutions	Online. Workbooks, video lessons, real life stories and resources and tools. 12 x 1-hour sessions. Fee to be paid
Understanding and treating hoarding disorder	Families and carers Service providers	University of Sydney	Online; one 8-hour session. Covers etiology, assessment and therapy (Cognitive Behavioural Therapy). Fee to be paid
Virtual Hoarding Awareness Training	Families and carers Service providers	Hoarding Disorders UK	Online. 4.5 hours over one day. Covers understanding hoarding, how to help and further knowledge. An advanced course is also available. Fee to be paid
Helping People Who Hoard: Alternatives to nagging, pleading, and threatening	Families and carers	Michael Tompkins via IOCDF	Free 44-minute Youtube video. Covers dealing with people who refuse help and repairing damaged relationships.
Family as Motivators	Families and carers	Lifeline Victoria	One 2-hour session per week for 10 weeks. 'How to encourage a person with hoarding disorder to seek help and look after your own wellbeing.' Free via GP referral
Hoarding and squalor training in effective service responses	Families and carers Service providers	Catholic Community Services	Full day workshop. Unclear whether online or in person. Half day introductory workshop also available. Cost unclear.
Understanding animal hoarding	Families and carers Service providers	Animal Courses Direct	Online. Study time 10 hours. Fee to be paid
How to help someone who hoards	Families and carers Service providers	Hoarding Home Solutions	Free online. 40 minute video.

Support groups

Name	Target group	Platform	Run by	Description
Hoarding and clutter support group	People living with hoarding	Zoom	ARC Victoria	Free peer-led mutual self-help support group.
Virtual Buried in Treasures	People living with hoarding	Zoom	Mutual Support Consulting	Paid, facilitated series of workshops based on <i>Buried in Treasures</i> . Must have a copy of the book.
Online Hoarding Support Groups	People living with hoarding	chat	Steri-Clean	One group includes professionals, the other is peer only
Clutterers Anonymous virtual meetings	People living with hoarding	Phone and Zoom	Clutterers Anonymous	Virtual meetings following the Alcoholics Anonymous methods and traditions
Hoarding/Cluttering Support Group	People living with hoarding	Private Facebook group	Volunteer members	Emotional, educational and psychological support, and a resource for understanding hoarding and cluttering
The Clutter Movement Individual Support	People living with hoarding	Private Facebook group	Unknown	A peer community working together to share knowledge, experience, and ideas to affect sustainable change amongst themselves.
Adult Children of Hoarders	Families and carers	Private Facebook group	Volunteer members	'A place to get support, share experiences and feelings, and sometimes laugh at the absurdity of it all - without judgment'
Family and Friends of Hoarders Support Group	Families and carers	Private Facebook group	Volunteer members	'A safe place to be able to let out the frustration of living with a hoarder.'

Support groups

Name	Target group	Platform	Run by	Description
MYCOHP	Families and carers	Groups.io	Volunteers	'A safe, understanding, peer support group for minors and youth living in hoards.'
Children of Hoarders	Families and carers	Groups.io	Volunteer members	Peer support and information sharing.
r/hoarding	People living with hoarding Families and carers Service providers	Reddit	Volunteer members	Public discussion forum offering advice and support.
r/ChildofHoarder	Families and carers	Reddit	Volunteers	Public discussion forum offering advice and support.
Arafmi Carer Support Group	Families and carers	Zoom	Arafmi	A wider support group of families and carers to talk about their feelings, explore alternative ways of coping, offer mutual support, or listen and observe.
Safe Spaces	Families and carers	Face to face and Zoom	Mental Health Families and Friends Tasmania	A wider support group of Tasmanian families and carers to share experiences with others who understand.

Australian professional support services

Name	Target group	Location	Service	About
Fiona Mason, Ace of Space , 0437 772 097	People living with hoarding	Hobart	Professional organiser	Works with people wanting to declutter or downsize, and also works with NDIS and MyAgedCare participants. Has training in hoarding.
Dr Bethany Lusk, Archer Street Health , 0361 242 222	People living with hoarding	Hobart	Clinical psychologist	Has an interest in working with clients experiencing hoarding problems and has completed training
Dr Jan Eppingstall, Stuffology	People living with hoarding	Melbourne	Psychologist	Hoarding specialist offering therapy over Zoom as well as in-person
Julie Jensen, Changes in Between , 0411 241 005	People living with hoarding	Melbourne	Counsellor	Primarily a grief counsellor with training and interest in hoarding. Offers phone and Zoom therapy as well as in person
George Turnure, Website , 0413 674 328	People living with hoarding	Sydney	Clinical Psychologist	Works frequently with hoarding and offers multiple telehealth options