

## Introduction

- **Chronic Disorganization**
  - People with this understand there is a problem, but often have a consistent issue with disorganization.
- **Hoarding** (3%-5% of the American population have tendencies)
  - May not see there is a problem, plus there is an intense emotional connection to their possessions.

## Differences

- Hoarders experience trauma letting go
- Chronic Disorganization - try to organize, but cannot maintain

## Similarities

- Compulsion for Shopping, Getting organized is a challenge, difficult time remaining organized

## Support from Loved Ones

- Understanding, Compassion, Patience
  - Remember Hoarding is a compulsion/addiction which requires constant guidance and support just like any other addiction

## How to Help

- **Chronically Disorganized** - They need a guide.
  - It's as easy as calling a professional organizer or patient friend to aid in the organizational process
- **Hoarders** - They need a team
  - Assistance of a mental health care professional and a professional organizer

## Getting Help

- **Mental health care professional specializing in Behavioral Care**
  - <http://www.totallifecounseling.com> 407-248-0030
    - Cognitive Behavioural Expert: Dr. Jamie Barrett
- **Hire a professional organizer**
  - [www.borganizedtoday.com](http://www.borganizedtoday.com)
- **Join a Support Group**
  - Children of Hoarders Support Group :
    - [http://childrenofhoarders.com/wordpress/?page\\_id=3968](http://childrenofhoarders.com/wordpress/?page_id=3968)
  - Overcoming Hoarding Together
    - Yahoo Group : <https://groups.yahoo.com/neo/groups/H-C/info>
  - Clutters Anonymous
    - <http://clutterersanonymous.org/meetings/>
- **Suggested Reading**
  - Overcoming Compulsive Hoarding By Dr. Fugen Neziroglu
    - <http://www.amazon.com/Overcoming-Compulsive-Hoarding-Save-Stop/dp/157224349X>
  - Conquering Chronic Disorganization By Judith Kolberg
    - <http://www.amazon.com/Conquering-Chronic-Disorganization-Judith-Kolberg/dp/0966797000>
  - Stuff Compulsive Hoarding and the Meaning of Things By Randy O. Front & Gail Steketee
    - <http://www.amazon.com/Stuff-Compulsive-Hoarding-Meaning-Things/dp/0547422555>