

# 10 Ways To Get Help For Hoarding And Chronic Disorganization

Hoarding and chronic disorganization are often misunderstood and can significantly impact a person's life. These conditions can lead to severe clutter, difficulty discarding possessions, and an overwhelming feeling of being unable to organize or maintain order in one's living space. If you or someone you know is struggling with hoarding or chronic disorganization, it is essential to seek help and support. Here are ten ways you can seek assistance and regain control of your living environment:

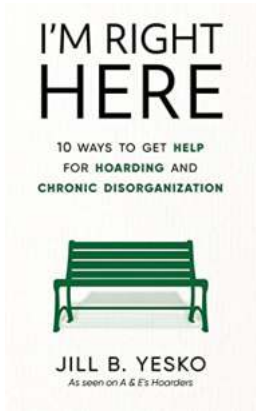
## 1. Professional Organizers

Professional organizers are specialists who can help individuals with hoarding or chronic disorganization. They possess the knowledge and skills required to create personalized organizing systems that cater to specific needs. These professionals can provide guidance, hands-on assistance, and offer emotional support throughout the decluttering and organizing process.

## 2. Mental Health Professionals

Hoarding often stems from underlying mental health issues, such as anxiety or depression. Seeking help from mental health professionals, such as psychologists or therapists, can provide valuable insights into the psychological factors contributing to hoarding behaviors. Therapeutic interventions can assist in addressing these underlying issues and developing healthier coping mechanisms.

**I'm Right Here: 10 Ways to Get Help for Hoarding and Chronic Disorganization** by Jill B Yesko (Kindle Edition)



★★★★★	5 out of 5
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Screen Reader	: Supported
Enhanced typesetting	: Enabled
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### 3. Support Groups

Support groups are an excellent source of comfort and understanding for individuals struggling with hoarding or chronic disorganization. These groups offer a safe environment where individuals can share their experiences, learn from others, and receive encouragement. Connecting with others who have faced similar challenges can help reduce feelings of isolation and provide motivation for change.

### 4. Professional Cleaning Services

In extreme cases, professional cleaning services that specialize in hoarding cleanouts can be a beneficial option. These services have the necessary expertise and equipment to handle challenging situations safely. Professional cleaners can help remove clutter while respecting the individual's emotional attachment to possessions, ensuring a more organized and hygienic living space.

### 5. Family and Friends

Support from loved ones is vital when dealing with hoarding or chronic disorganization. Friends and family members can offer emotional support,

encouragement, and assistance throughout the organizing process. Their understanding, patience, and presence can make a significant difference in achieving long-term success.

## **6. Cognitive-Behavioral Therapy**

Cognitive-behavioral therapy (CBT) is an evidence-based approach that focuses on changing thought patterns and behaviors. In hoarding cases, CBT can help identify and challenge the negative beliefs and emotions associated with collecting items. This therapy equips individuals with effective strategies to manage anxiety, control impulsive acquisition, and develop better decision-making skills.

## **7. Professional Storage Solutions**

One way to address hoarding and chronic disorganization is by employing professional storage solutions. Expert storage companies can provide secure storage units for items that cannot be immediately discarded but may not have a place within the living space. This solution helps create a more organized environment while providing flexibility and peace of mind.

## **8. Self-Help Resources**

Many self-help books and online resources are available to individuals seeking assistance in overcoming hoarding or chronic disorganization. These resources provide practical tips, step-by-step guidance, and inspiration to initiate the decluttering process. Exploring these materials can give individuals a sense of empowerment and provide helpful strategies to maintain an organized lifestyle.

## **9. Professional Junk Removal Services**

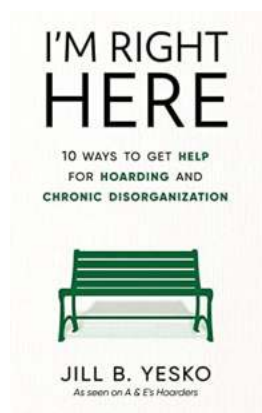
Professional junk removal services can assist in efficiently removing clutter and unwanted items from living spaces. These services can be particularly helpful

during the initial stages of decluttering or when faced with a large accumulation of possessions. Professional junk removal helps create a clean slate, allowing individuals to focus on organizing what truly matters to them.

## 10. Local Government and Social Services

Local government agencies and social services often provide resources and support for individuals struggling with hoarding and chronic disorganization. These services can connect individuals with appropriate community supports, mental health professionals, or government-funded programs that specifically address hoarding-related issues. It is worth exploring these options within your local area to find suitable assistance.

Seeking help for hoarding and chronic disorganization is a courageous step towards a healthier and more organized life. Remember that change takes time, and it is essential to be patient and kind to oneself throughout the process. By utilizing the available resources and support, individuals can reclaim their living spaces, improve their well-being, and experience the relief that comes with a clutter-free environment.



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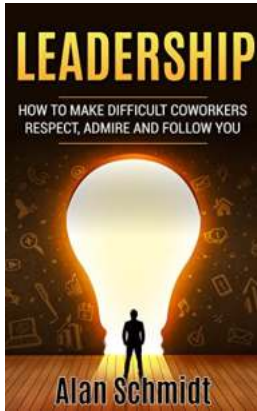
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In every neighborhood in every city, there is someone living in a home packed with possessions, perhaps spanning floor to ceiling as in the extreme cases we've seen on TV. There are times we all grapple with household clutter and feel disorganized. But when chronic disorganization or hoarding behavior seriously impacts the quality of our lives or the lives of people we care about, compassionate, professional intervention can help.

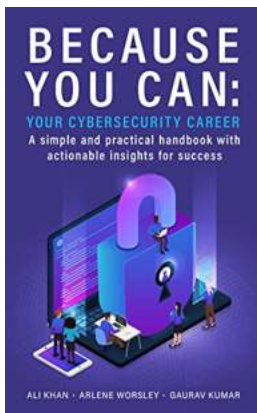
In "I'm Right Here: 10 Ways to Get Help for Hoarding and Chronic Disorganization," Jill Yesko, a Certified Professional Organizer®, explains the difference between chronic disorganization and hoarding disorder and the multiple ways to access resources for help. Some people develop a hoarding disorder after experiencing a traumatic life event. Others accumulate items due to brain-based challenges such as depression, anxiety, or attention deficit disorder. Whatever the underlying reason is, Yesko outlines the resources available to those experiencing extreme organizing challenges with their environments. She explains the advantages of collaborative therapy and the importance of effective communication and support during the decluttering process.

Yesko shares her colleagues' strategies and her own experiences, including her work on the TV show Hoarders. Her sensitive, nonjudgmental approach offers hope and healing to people suffering from CD and hoarding disorder. This guide can also be used by therapists, case managers, social workers, and any other helpers to find and access appropriate services and achieve successful outcomes for their clients.



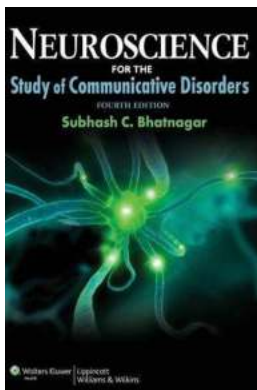
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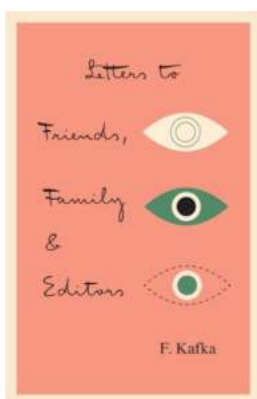
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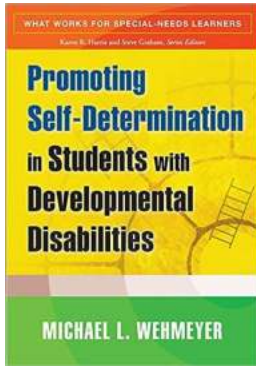
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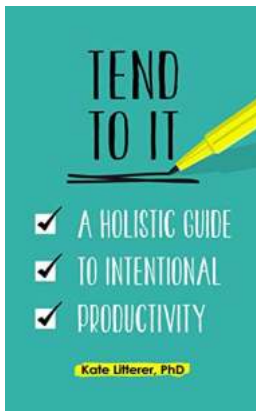
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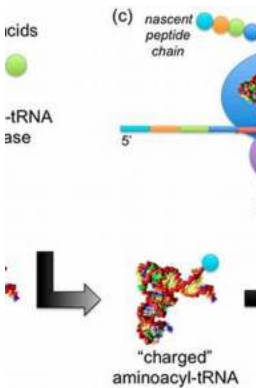
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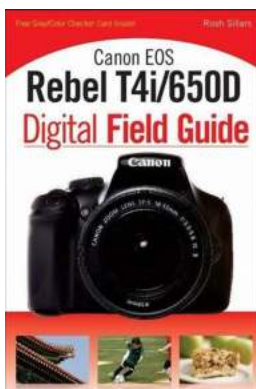
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