



# Hoarding Resources

Compiled by



RECOVERING  
Homes



## 01

### HOARDING DIAGNOSTIC CRITERIA



## 03

### EVERYONE IS RESPONSIBLE!



In England The Care Act 2014 recognises hoarding behaviours as one of the manifestations of self-neglect, and requires all public bodies to safeguard people at risk.



## 05

### HOARDING IS CHRONIC

Take some time to listen to the experience and impact of hoarding on lives:



## 07

### OUR PRACTICE IS BASED ON:

Chapter-by-chapter

Buried in Treasures:  
Help for  
Compulsive  
Acquiring, Saving,  
and Hoarding  
Book by David F.  
Tolin, Gail Steketee,  
and Randy O. Frost



## 02

### HOARDING IS NEVER A CHOICE: ARTICLE BY CLOUDS END



## 04

### HOARDING IS COMPLEX



Diogenes Syndrome, which can include squalor and may be seen in some older service users with hoarding behaviours. These situations are extremely complex and can be improperly labelled as choice behaviour.

## 06

### EVIDENCE BASED PRACTICE IS ALWAYS THE GOAL



Move away from thinking you can solve the situation by clearing or moving. Practice should be paced, thoughtful, trauma reducing and based on sound research.



### More information and training:





# Embrace the journey: Challenge, Adapt, Grow, Maintain.

Challenge yourself regularly to understand what feels comfortable or not and think about the whys? Here are some challenge ideas!

## Daily Micro Decluttering Challenges

1. One-In, One-Out Rule – Every time you bring something new into your home, remove one item.
2. 5-Minute Declutter – Set a timer for five minutes and declutter whatever you can.
3. Trash Hunt – Walk around your home and throw away 10 pieces of obvious unusables.
4. Surface Sweep – Clear off one cluttered surface (e.g., kitchen counter, desk, or nightstand).
5. Ditch Duplicates – Find one duplicate item you don't need and donate it.

## Room-by-Room Quick Wins

6. Bathroom Refresh – declutter expired skincare, old makeup, and empty bottles.
7. Sock & Underwear Drawer – Get rid of any socks without pairs or worn-out underwear.
8. Fridge Cleanout – Throw away expired items and wipe down shelves.
9. Nightstand Detox – Clear out anything that doesn't belong, leaving only essentials.
10. Entryway Reset – Put away shoes, bags, and clutter near the door – it's the first place you see when you come home!


## Closet & Clothing Declutter

11. The Hanger Trick – Turn all your hangers backward; if you don't wear an item in 2 months, donate it.
12. One Category at a Time – Focus on one type of clothing (e.g., T-shirts, jeans) and remove what you don't wear.
13. Try-On Test – Try on 3 items; if they don't fit or make you feel good, donate them.
14. Accessory Purge – Sort through scarves, belts, and hats; keep only what you love.
15. Shoe Edit – If you haven't worn a pair in the last year, reconsider keeping them.

## Paper & Digital Declutter

16. Mail & Paper Pile – Shred or recycle 5 unnecessary papers.
17. Unsubscribe Sprint – Unsubscribe from 5 promotional emails.
18. Delete 10 Photos – Clear out blurry, duplicate, or unnecessary photos from your phone.
19. App Audit – Delete apps you no longer use.
20. Organise a Folder – Clean up one folder on your computer or email inbox.

## Random Items Declutter

21. Mismatched Containers – Get rid of lids without matching containers (or vice versa).
  22. Junk Drawer Reset – dispose of broken pens, old receipts, and unnecessary knickknacks.
  23. Expired Pantry Check – dispose of expired spices, snacks, and tinned goods.
  24. Book & Magazine Sort – Donate books you won't read again or magazines piling up.
  25. Car Cleanout – Remove unusable and unnecessary items from your car.
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**RECOVERING**  
Homes

# Holistic Hoarding Support

[WWW.REACHING.ORG.UK](http://WWW.REACHING.ORG.UK)