

HOARDING AND CLUTTER RESOURCES

These resources include definitions, tools, supports and guides for those working and/or living with Hoarding Disorder, which is a mental health disorder now included in the DSM V Manual.

Clutter Image Rating Scale: http://www.hoardingconnectioncc.org/Hoarding_cir.pdf

Clutter Image Rating Scale downloadable phone app: <https://itunes.apple.com/us/app/clutter-image-rating/id981642952?mt=8>

Hoarding Fact Sheet: <https://iocdf.org/wp-content/uploads/2014/10/Hoarding-Fact-Sheet.pdf>

Help for Hoarding : <https://hoarding.iocdf.org/>

Self-Help Tips and Techniques: <http://www.hoarders.org/sh.html>

CT Department of Public Health: <http://www.ct.gov/dph/cwp/view.asp?a=3140&Q=581928&PM=1>

CT State Agencies Response to Hoarding:
[CT State Agency Response for Hoarding](#)