



Pennsylvania Behavioral Health and Aging Coalition
Opening Doors for Older Pennsylvanians

Resources for Dealing with Individuals who have Hoarding Behaviors

- “Buried in Treasure: Help for Compulsive Acquiring, Saving and Hoarding,” Randy Frost and Gail Steketee, Houghton Mifflin Harcourt Press, 2010
- “Compulsive Hoarding and Acquiring: Treatment that Works,” Workbook by – Randy Frost and Gail Steketee, Houghton Mifflin Harcourt Press, 2010
- “Digging Out: Helping Your Loved One Manage Clutter, Hoarding and Compulsive Acquiring,” Michael A. Tompkins and Tamara L. Hartl (2009)
- “Stuff: Compulsive Hoarding and the Meaning of Things,” Randy Frost and Gail Steketee (2010)
- Mayo Clinic - <http://www.mayoclinic.com/health/hoarding>
- Web MD - <http://www.webmd.com/mental-health/features/harmless-pack-rat-or-compulsive-hoarder?>
- Hoarding Fact Sheet - <http://www.beachpsych.com/pages/cc80.html>