

# Seniors and Hoarding Resources

Presented by

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Missouri Division of Aging Hotline 1-800-392-0210

Report a Problem Property

- St. Louis County: Problem Property Division (314) 615-4100
- St. Louis City: Citizens Service Bureau (314) 622-4800

Mental Health Assessment

- Sandra Carusa, Ph.D. (314) 606-5360
- St. Louis Behavioral Medicine Institute (314) 534-0200  
[www.slbmi.com](http://www.slbmi.com)
- UMSL Community Psychological Services (314) 516-5824  
[www.umsl.edu/services/cps](http://www.umsl.edu/services/cps)
- Max Zubatsky, Ph.D., LMFT (314) 977-2496  
[www.maxzubatsky.com](http://www.maxzubatsky.com)

Assessment Tools

- The ICD Clutter Hoarding Scale:  
[www.challengingdisorganization.org/clutter-hoarding-scale](http://www.challengingdisorganization.org/clutter-hoarding-scale)
- The Clutter Image Rating Scale: <http://tinyurl.com/y924zzmz>

Animals

- Humane Society of Missouri (314) 647-4400  
[www.hsmo.org/animalcrueltytaskforce/](http://www.hsmo.org/animalcrueltytaskforce/)
- St. Louis County Animal Control (314) 615-0650
- St. Louis City Animal Control (314) 657-1500

Online Resources

- International OCD Foundation [www.iocdf.org](http://www.iocdf.org)
- The Hoarding Project [www.thehoardingproject.org](http://www.thehoardingproject.org)

Professional Organizers

- The Institute for Challenging Disorganization  
[www.challengingdisorganization.org](http://www.challengingdisorganization.org)

- The National Association of Productivity and Organizing Professionals [www.napo.net](http://www.napo.net)

#### Crime Scene Cleaners

- Servpro of West Kirkwood/Sunset Hills (314) 858-1688  
[www.servprowestkirkwoodsunsethills.com](http://www.servprowestkirkwoodsunsethills.com)
- Pure One Services (314) 974-7194  
[www.pureoneservices.com](http://www.pureoneservices.com)

#### Books

- Buried in Treasures: Help for Compulsive Acquiring, Saving and Hoarding by David F. Tolin, Ph.D., Randy O. Frost, Ph.D., Gail Steketee, Ph.D.
- Digging Out: Helping Your Loved One Manage Clutter, Hoarding and Compulsive Acquiring by Michael A. Tompkins, Ph.D and Tamara L. Hartl, Ph.D.
- Overcoming Compulsive Hoarding by Fugen Neziroglu, Ph.D. ABBP, Jerome Bubrick, Ph.D., Jose A. Yaryura-Tobias, MD