



# Digging Out: Helping Your Loved One Manage Clutter, Hoarding, and Compulsive Acquiring

*Michael A. Tompkins, Tamara L. Hartl*

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Many people who hoard understand the extent of their problem and are open to help. This book is not for them. **Digging Out** is for the concerned and frustrated friends and family members of people who do not fully accept the magnitude of their hoarding problem and refuse help from others. If you have a friend or loved one with a hoarding problem and are seeking a way to guide him or her to a healthier, safer way of life, this book is for you.

In **Digging Out**, you will find a complete guide to helping your loved one with a hoarding problem live safely and comfortably in his or her home or apartment. Included are realistic harm reduction strategies that you can use to help your loved one manage health and safety hazards, avoid eviction, and motivate him or her to make long-term lifestyle changes. You'll learn how to handle a roommate or spouse with a hoarding problem, identify and work through special considerations that may arise when the person who hoards is frail and elderly, and receive guidance for healing strained relationships between people who hoard and their friends and family. Take heart. With this book as a guide, you can help your loved one live more comfortably and safely, salvage your damaged relationship, and restore your peace of mind.

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