## CLUTTER - HOARDING SCALE

Taken from: INSTITUTE FOR CHALLENGING DISORGANIZATION (ICD)

For information on how to unclutter go to: GettingOutFromUnderBook.com

Safe, sanitary; no odors; **LEVEL** medication control is OK. Diminished appropriate **LEVEL** sanitation, odors from dirty dishes, food prep, laundry etc. Limited evidence of maintaining sanitation heavily soiled; food **LEVEL** prep areas; mildew; odors obvious and irritating etc. Rotting food, organic contamination; expired, leaking **LEVEL** cans or bottles, no linens on bed; infestation of bedding etc. Human urine & excrement **LEVEL** present; rotting food; beds

inaccessible due to clutter etc.