

The below outline is based on the NDIS category of  
 Improved Daily Living, Category 3.15.

Weeks	Capacity building type	Time
1-3	Safety assessment, develop rapport, discuss overview of hoarding disorder, explore and address acquiring thoughts and behaviours. Develop goals between visits. Acknowledge success!	Once a week for 3 weeks
4-6	Explore and create a 'map' of X's thoughts and behaviours to objects in order to support her to challenge her habits. 2 visits to shops she frequents for 'non-acquiring' shopping to support her learning and reduce her anxiety re: non-acquiring. Develop and practice ACT (acceptance and commitment therapy) techniques to acknowledge and work with her anxiety. Begin sorting and discarding in rooms used frequently and with low emotional attachment. Review goals and develop new goals between visits. Discuss and plan for relapse. Acknowledge success!	Once a week for 3 weeks
7-10	Repeat 2 visits to shops she frequents for 'non-acquiring' shopping to support her learning and reduce her anxiety re: non-acquiring. Increase her sorting and discarding practice and increase her sorting and discarding with medium emotional attachments. Review her anxiety management techniques. Review goals and develop goals between visits. Acknowledge success!	Once a week for 4 weeks
11- 15	Repeat 2 visits to shops she frequents for 'non-acquiring' shopping to support her learning and reduce her anxiety re: non-acquiring. Increase her sorting and discarding practice and include high objects with high emotional attachment. Review her anxiety management techniques, goals and develop goals for between visits. Acknowledge success!	Once a week for 5 weeks
16-20	Decrease frequency of visits to once a fortnight to increase X's capacity and confidence to manage with less frequent visits. Acknowledge success!	Once a fortnight for 5 weeks
20 - 24	Decrease frequency of visits to once every 3 – 4 weeks to increase X's capacity and confidence to manage with less frequent visits. Acknowledge success!	Visit every 3-4 weeks over 3-4 months