

How can I help?

While it may be easy to think a deep cleaning and organization of the home will address the hoarding situation, that can be very damaging and demoralizing for the individual involved. It is a long process with the need for on-going therapy and support.

If you or someone who may have hoarding disorder you can:

- Educate yourself on Hoarding Disorder and effective treatment
- Ask for help from a primary care provider and/or mental health professional
- Support your friend or family member on the path to recovery

For more information please visit:

Colorado Hoarding Task Force

www.coloradohoarding.com

O C Foundation Website

<http://www.ocfoundation.org/hoarding>

Mayo Clinic

<https://www.mayoclinic.org/diseases-conditions/hoarding-disorder/symptoms-causes/syc-20356056>

Anxiety and Depression Association of America:

<https://members.adaa.org/>

What is your level of clutter? 1-9 Clutter Rating Scales & Photos

http://www.boston.com/yourlife/health/diseases/articles/2007/04/02/bedroom_clutter/



Collecting, clutter, or something else?

Are you worried about someone who may be suffering from Hoarding Disorder?

When an individual has a cluttered home, it is NOT safe to assume they have Hoarding Disorder. In collecting, people usually proudly display their collections and keep them well organized. Oftentimes, an individual is unable to maintain his/her home due to physical limitations. With the right resources in place a home can remain organized, clean and safe.

Hoarding Disorder

Hoarding disorder is a psychological condition that leads to the persistent accumulation of, and lack of ability to discard, large numbers of objects or living animals, resulting in extreme clutter in or around premises.

According to the Diagnostic Statistics Manual (DSM-V), up to 5% of the population suffer from Hoarding Disorder. In Jefferson County, there are an estimated 25,000 individuals with Hoarding Disorder.

The symptoms of hoarding disorder include:

- Inability to discard items
- Severe anxiety over the idea of discarding items
- Shame
- Isolation
- Inability to access rooms including bathrooms and kitchen

Do's and Don'ts

Do

- Develop trust
- Focus on safety
- Have compassion and understanding
- Acknowledge the emotions attached to the possessions and validate those feelings.
- Remain calm and non-judgmental
- Encourage connection and social activities
- Set obtainable goals and have a plan for progress
- Encourage the person to get help, they are not alone
- Do praise and reinforce any progress

Don't

- Remove items without consent and cooperation
- Call people Hoarders or a Hoarder- it is not their identity
- Get angry, impatient or judgmental
- Use negative comments or try to shame or embarrass the other person to stop hoarding
- Have expectations about how someone else's home should look, insult or make fun of
- Assume a person with Hoarding Disorder is lazy, uneducated, or dirty
- Don't give advice or tell the person what to do

There is hope

The interventions that offer the most promise for those affected by hoarding disorder are based on Cognitive Behavioral Therapy (CBT) with actions that target specific aspects of hoarding.

Understand that those with hoarding behaviors think so differently about things. People's possessions bring feelings of attachment that are so strong it is hard for non-hoarders to understand.

Hoarding behaviors are directed towards being responsible for their things, keeping control of them, and being over-attached to their stuff.