

# HOARDING



Aroostook Area Agency on Aging  
Sharon Berz, MSW, LCSW, MGS-F  
Ruth White, Husson Graduate Student

**DENNIS THE MENACE** By Ketcham



"I KNOW IT'S GOOD FOR NOTHING, BUT I'M KEEPING IT UNTIL IT'S GOOD FOR SOMETHING!"

# Hoarding pre-test

- 1. Compulsive hoarding is typically considered what type of mental disorder?
- 2. How many Americans are compulsive hoarders?
- 3. Which of the following is not a cause of compulsive hoarding?

# Hoarding Pre-test

- 4. What is the name of the assessment tool developed by the National Study Group on chronic disorganization?
- 5. T/F Not all hoarders excessively collect or save objects, some hoard animals.
- 6. Which is not a characteristic of hoarding?

# Hoarding Pre-test

- 7. T/F Hoarding runs in families.
- 8. One of the following treatments is not used as a strategy for alleviating hoarding symptoms and triggers.
- 9. T/F Hoarding symptoms are commonly seen only in adults.
- 10. Compulsive hoarders may be at risk for health issues due to all of the following except:

# Do you or someone you know a compulsive hoarding problem?

## Clutter?



## Distress caused by clutter:

- Can't have friends over to your home embarrassed
- Keep the shades drawn so no one can see in
- Get in arguments over the clutter
- Are at risk of falling
- Feel depressed or anxious because of the clutter
- Moving things from one pile to another

## **Are you hanging on to:**

- Junk mail
- Old catalogs, newspapers
- Items for sewing or crafting-which you never do
- Things you may want to give others- but never do
- Clothes you'll wear...someday
- Broken things you'll fix...someday

## **Are you storing stuff & can't use**

- Beds –you can't sleep in
- Kitchens –unable to cook in
- Tables-can't eat on
- Chairs or sofas can't sit on



# Compulsive hoarders

- Accumulate things in home that others may not consider worth saving or stockpiling
- Clutter interferes with normal use of home
- The people may be impaired
- Not, “NOT less intelligent—have not learned how to manage the amount of stuff they have”  
(Ron Alford, Managing Director of Disaster Masters)



# Case Studies

## TABLE 2

### SUMMARY OF CHANGES IN DSM-5

- Axes I, II and III will be combined
  - Disorders no longer categorized as acute or life-long
- New chapters for OCD and Trauma & Stress-Related Disorders
  - Confirms the growing importance of these types of disorder as possibly independent of other anxiety-based problems
- Autism Spectrum Disorder will incorporate many previously separate labels (e.g. Asperger's disorder)
- New Disruptive Mood Dysregulation Disorder
  - Diagnoses children with persistent irritability
- Binge Eating Disorder, Hoarding Disorder & Skin-Picking Disorder included
  - All recognized as new independent disorder categories
- Personality Disorders retained with added dimensional scales
- PTSD included in new chapter on stress
  - Emphasizes the importance of trauma-related disorders
- Removal of bereavement exclusion in Major Depression
  - Allows bereavement to be included as a contributor to Major Depression
- Substance use disorder combines substance abuse and substance dependence

[grahamdavey.blogspot.com](http://grahamdavey.blogspot.com)

# Hoarding DSM-5 (300.3)

- 80-90% display excessive acquisition
  - Excessive buying
  - Acquisition of free items (leaflets, things discarded by others)

# Diagnostic features

## Criteria A

- Persistent difficulty discarding or parting with possessions
- Reasons: perceived utilities, aesthetic value, strong sentimental attachment
- Avoid being wasteful
- Fear of losing important information

## Criteria B

- Save possessions & experience distress when facing the prospect of discarding them
- Saving possessions is intentional

# Diagnostic features

## Criterion C\*

- Large numbers of items fill up and clutter active living areas so that their intended use is no longer possible
- IE unable to cook in kitchen, sleep in bed, or sit on chair
- Emphasizes the “active” living areas of the home

## Items filling up & cluttering living space



Clutter is a large group of usually unrelated or marginally related objects piled together in a disorganized fashion in spaces designed for other purposes (\*DSM 5)

# Diagnostic features <sup>\*(DSM 5)</sup>

## Inside a hoarders house



## Criterion D\*

- Causes clinically significant distress or impairment in a social, occupational, or other or other important areas of functioning
- Including maintaining a safe environment for self and others

# Diagnostic features

- Criterion E\*: It is not attributable to another medical condition
- Criterion F\*: it is not better explained by the symptoms of another mental disorder



*'How old were you when this hoarding first began?'*





# Early Warning Signs of Hoarding

[www.addressourmess.com](http://www.addressourmess.com)



## 1. Isolation

*If a friend or loved one starts to display signs of social isolation, there may be more to their distance than meets the eye.*

Hoarders will usually distance themselves from others as often as possible. Every day tasks like going to work, grocery shopping, and attending special events will seem more obligatory than enjoyable.

An illusion of basic interaction can be maintained by taking part in daily activities. However, when the routine is over, a hoarder will simply retreat back to their unlivable home.

## 2. Closed Door Policy

*Hoarders have a natural tendency to keep visitors away at all costs. Feelings of shame and regret arise when visitors start knocking.*

A hoarder will regularly avoid meeting with anyone at their home. They will also never invite anyone over for a visit or party. Some hoarders will even strongly decline a request to visitors seeking to enter their living space.

Helpers of hoarders should never force themselves into a hoarded home. However, expressing the severe dangers of living in such deplorable conditions may be the key to unlocking the opportunity to help a hoarder find their way on the road to recovery.



## 3. Indecisive Behavior

*Observing chronic indecisive behavior in a close relative, co-worker, or friend can be a window into a severe troubled home life.*

Hoards develop when the ability to decipher which physical items hold value and which do not. Every person has a unique reason as to why emotional connections are made with material objects. For hoarders, emotional connections are made with every single item in their grasp.

A person's living condition is not all that is affected by chronic indecisive behavior. Careers can be ruined, savings can be squandered, and simple functionality like shopping and driving can be affected so much so that a person's quality of life is hindered and diminished.

## 4. Unlivable Living Space

*Family and friends of hoarders who are invited into a hoarder's home may feel overwhelmed, but should consider themselves lucky that their loved one trusts them.*

Being let into the world of a hoarder can be shocking and overwhelming. However, being invited into the home translates into being called upon for help.

Hoarders will allow everyday living areas to completely lose their functionality. Food is no longer prepared, cooked, or even stored in the kitchen. Bedrooms are no longer slept in. Living rooms are no longer lived in. And bathrooms no longer function the way they are meant to.

Take this opportunity to strengthen the bond of trust that is vital to the success of hoarding recovery.



## 5. Asking for Help

*Never overlook a blatant cry for help. Hoarding conditions range from very minor to extremely severe. If someone is asking for help, help is needed.*

With the meteoric rise in hoarding cases across the US and in the mainstream media, it would be very easy to confuse someone's call for help with a desperate attempt at attracting attention.

If a hoarder is asking for help or for someone to confide in, the opportunity must be seized immediately in order to effectively start the hoarding recovery process. Hoarding conditions can range from small amounts of clutter to massive hoards of garbage, animals, and biohazards. Use the opportunity wisely and gain the trust of your friend or loved one who is asking for your help.

[www.clutterhoardingcleanup.com](http://www.clutterhoardingcleanup.com)

For more information on  
How to Help a Hoarder

[info@addressourmess.com](mailto:info@addressourmess.com)  
[www.addressourmess.com](http://www.addressourmess.com)



# RISK FACTORS

- **Age-** starts in early adolescence, around age 13 or 14, and it tends to get worse with age. Younger children may start saving items, such as broken toys, pencil nubs, outdated school papers and broken appliances.
- **Family history-** very strong association between having a family member who is a compulsive hoarder and becoming a hoarder yourself.
- **Stressful life events-** Some people develop hoarding after experiencing a stressful life event that they had difficulty coping with, such as the death of a loved one, divorce, eviction or losing possessions in a fire.
- **A history of alcohol abuse-** About half of hoarders have a history of alcohol dependence.
- **Social isolation-** People who hoard are typically socially withdrawn and isolated

ADDRESS  
OUR  
MESS



# BIOHAZARDS

## in Hoarding Conditions

### Garbage, Trash and Debris

Perhaps the most common form of biohazard hoarding is garbage and trash. When garbage is hoarded instead of being properly disposed of, many biological threats can present themselves within the home. Remnants of spoiled or rotted food can develop a variety of bacterial and pathogenic threats to people living in a hoarded home. Infection and allergic reactions could cause severe illness and even death if garbage is left unattended for long periods of time.

Also, the presence of garbage attracts vermin, rodents, and wild animals and insects. All of these creatures have the potential of destroying property as well as carry bacterial, pathogenic, and even viral infections of their own with them.



### Blood, Needles & Bodily Fluids

Exposure to blood and other bodily fluids can create health hazards of epidemic proportions. Blood borne pathogens such as HIV, AIDS, and viral hepatitis are just a few of the infectious diseases people can be exposed to in a hoarded home tainted with blood. Unattended blood and bodily fluids can attract a slew of bacterial and allergenic threats as well.

Used needles that have not been properly disposed of can cause bodily harm as well as contribute to the spread of blood borne pathogens. Those suffering from conditions where regular treatment with a needle is necessary must follow stringent guidelines in regards to biohazard material disposal.



### Animal & Human Feces, Urine & Vomit

Like blood and garbage, feces, urine, and vomit can attract and create a large number of bacterial, viral, and allergenic threats to both humans and animals. Additionally, urine contains a veritable amount of ammonia. Ammonia exposure can cause upper respiratory problems as well as headaches, vomiting, and diarrhea. Prolonged exposure to high amounts of ammonia can also cause dysfunctions in the brain like impaired memory, trouble sleeping, negative effects on attention span, seizures, and even coma.

Odors caused by feces, urine, and vomit can also negatively affect neighboring homes and buildings. Should these odors cause enough disturbance in the community, financial and legal consequences could potentially be added to the physical hazards as well.



### Chemicals, Flammables & Pharmaceuticals

Amongst typical items among a hoarder's collection are usually gallons of expired, stale, or rotting chemicals and prescription drugs. These chemicals create a deadly fire hazard for inhabitants of the hoarded home as well as neighboring residential and commercial properties around them. Chemical fires and explosions can claim property and lives in a matter of seconds.

Expired pharmaceutical products can also cause severe health dangers to those exposed to them. Anomalies like medicines becoming more potent over time, or even more toxic over time, can prove to be fatal if a person exposes themselves to expired over-the-counter or prescribed medication.



Address Our Mess  
1-866-575-7455

www.addressourmess.com  
info@addressourmess.com  
@addressourmess





# Hoarding Symptoms

- Cluttered living spaces
- Unable to throw things away
- Difficulty organizing things
- Difficulty managing daily activities, including procrastination and trouble making decisions
- Acquiring unneeded or seemingly useless items, including trash or napkins from a restaurant
- Hoarders save random items they encounter in their daily life and store them haphazardly in their homes or surrounding areas
- Versus a 'collector' of stamps, coins, which are categorized and/or displayed

# Mayo Clinic\*

- “Hoarding, also called compulsive hoarding and compulsive hoarding syndrome, may be a symptom of obsessive-compulsive disorder (OCD). But many people who hoard don't have other OCD-related symptoms.”

<http://www.mayoclinic.org/diseases-conditions/hoarding/basics/definition/CON-20031337>

# What is hoarding?

- “a pattern of behavior that is characterized by the excessive acquisition of and inability or unwillingness to discard large quantities of objects that cover the living areas of the home and cause significant distress or impairment”\*

# Is this hoarding or merely being untidy?



[http://www.huffingtonpost.com/ann-brenoff/is-your-mom-or-dad-a-hoarder\\_b\\_1365521.html#slide=807496](http://www.huffingtonpost.com/ann-brenoff/is-your-mom-or-dad-a-hoarder_b_1365521.html#slide=807496)

# Hoarding contrasts

- Normal collecting is organized and systematic
- Does not produce the clutter, the distress, or impairment
- There may be poor insight, individual may not report distress
- Any attempt to clear by a 3<sup>rd</sup> party results in levels of distress



# Common Features

- Indecisiveness
- Perfectionism
- Avoidance
- Procrastination
- Difficulty planning & organizing tasks
- Distractibility

# Common Features\*

(\*DMS 5)

- Unsanitary living conditions
- Animal hoarding-accumulating large # and failure to provide minimal standards of nutrition, sanitation, or vet care
- Most prominent difference between object and animal hoarding: the extent of unsanitary conditions and poor insight

# Prevalance

- 2%-6% clinically significant in U.S. & Europe
- Both Men and Women (studies and reports lean both ways)
- 3x more prevalent in older adults (55-94yrs) compared to 34-44 yr olds

# Development & Course\* (\*DSM 5)

- First emerges around 11-15 years of age
- Starts interfering in everyday function by mid-20's; causes clinically significant impairment by mid-30's
- Severity increases with each decade of life

# Who?

- 3-6 million hoarders nationwide (www.tlc.com)
- “Problematic cluttering behavior”
- Older Americans who experienced the Great Depression or WWII
- Saved: rubber bands, paper bags, empty cereal boxes, aluminum foil, Christmas paper, bows, broken appliances



## Official Levels of Hoarding Guide

Hoarding Symptoms	Mild	Severe	Extreme	Life-Threatening
Stacks/Mounds of Clutter	✓	✓	✓	✓
Fire Hazards Due to Stacking		✓	✓	✓
Blocked Exits, Windows or Electrical Panels	✓	✓	✓	✓
Reduced Functionality of Living Space	✓	✓	✓	✓
Broken Appliances	✓	✓	✓	✓
Broken HVAC or Air Conditioning		✓	✓	✓
Broken Plumbing			✓	✓
Structural Damage		✓	✓	✓
Presence of Rodents, Vermin, and/or Insects		✓	✓	✓
Domestic or Wild Animal Hoarding			✓	✓
Presence of Feces, Urine, Vomit, Blood or Other Fluids			✓	✓
Expired or Rotting Food				✓
Presence of Hazardous Materials or Chemicals				✓

# Who?

[www.symptomfind.com/diseases-conditions/compulsive-hoarding](http://www.symptomfind.com/diseases-conditions/compulsive-hoarding)

- More frequently in men
- Develops earlier in women
- Can be in children and can worsen
- Characteristics:
  - Perfectionism
  - Depression or anxiety
  - Memory problems
  - Short attention spans

# “Impaired Decision Making Traced to Salience Network”

(Study by NIMH 2012)

- “In patients with hoarding disorder, parts of a decision-making brain circuit under-activated when dealing with others’ possessions,
- **but over-activated** when deciding whether to keep or discard their own things”



# “Impaired Decision Making traced to Saliience Network”

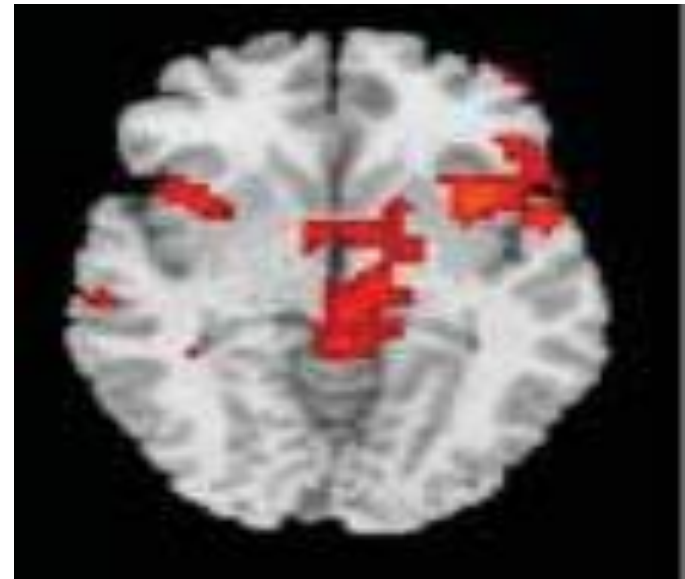
(study by NIMH 8/09/12 press release)

- “The new findings pinpoint brain circuit activity suspected of underlying:
- the lack of self-insight, indecisiveness, sense that the wrong decision is being made, inflated estimates of the desirability of objects, and exaggerated perception of risk
- that are often experienced with the disorder.”

<http://www.nimh.nih.gov/news/science-news/2012/brain-hubs-boil-when-hoarders-face-pitching-their-own-stuff.shtml>

# What happens physiologically?

- *Patients had to decide whether to keep or discard their own possessions; it under-activated during decision-making about others' possessions. The left and right insula (upper left and right) similarly differentially activated in hoarding disorder patients during this task.*
- *(Picture shows fMRI data superimposed on structural MRI scan)\**



*Anterior cingulate cortex (center) over-activated when hoarding disorder* \*<http://www.nimh.nih.gov/news/science-news/2012/brain-hubs-boil-when-hoarders-face-pitching-their-own-stuff.shtml>

# So ...what happens...

[www.symptomfind.com/diseases-conditions/compulsive-hoarding](http://www.symptomfind.com/diseases-conditions/compulsive-hoarding)

- Person talks frequently about h/h possessions
- Person does not let you into house or into a certain part of the house
- Person puts off repairs or paying bills
- Person shops often & acquiring more things
- Person very disorganized views cleaning & organizing as major tasks

# WHY??

## **Emotional attachment**

- Sentimental value
- Associate the items as being part of their identity

## **Not wanting waste**

- Each item has it's own purpose
- May be able to use it in the future so would be a waste to get rid of it

# Why?

- Fear of losing important information
  - See items as a source of information
  - Save them for when they need it
- Genetics can be an underlying cause (85%)
- Can begin after strokes, surgery, injuries, or infections
- Family experience/upbringing
- Psychological issues
- Brain abnormalities

# Why?

- Have difficulty processing information
- Inability to focus on cleaning or organization
- Inability to make decisions when confronted w/ large amounts of information
- Failure to categorize (can't see commonality of objects)
- Worsens with age if symptomology existed in early years

# Inside a hoarders home...



<http://search.yahoo.com/search?fr=mcafee&p=pictures+of+a+home+hoarding+issu>

# Hoarding complications

- Unsanitary conditions that pose a risk to health
- Increased risk of falls
- An inability to perform daily tasks, such as bathing or cooking
- Poor work performance
- Family conflicts
- Loneliness and social isolation
- A fire hazard





# Mayo Clinic

- ***“People who hoard often don't see it as a problem, making treatment challenging. But intensive treatment can help people who hoard understand their compulsions and live safer, more enjoyable lives.”***

# Is this merely being untidy or is it hoarding?



[http://www.huffingtonpost.com/ann-brenoff/is-your-mom-or-dad-a-hoarder\\_b\\_1365521.html#slide=807947](http://www.huffingtonpost.com/ann-brenoff/is-your-mom-or-dad-a-hoarder_b_1365521.html#slide=807947)

# Potential ?'s to ask...

- Do you avoid throwing things away because you believe you might need them later, or because they have emotional significance?
- How often do you decide to acquire or keep things you don't have space or use for?
- How would it make you feel if you had to discard some of your things?
- Does the clutter in your home keep you from using rooms for their intended purpose, such as cooking, washing dishes or taking a bath?

# Potential ?'s to ask...

- Does clutter prevent you from inviting people to visit your home?
- How does clutter in your home affect your family members?
- Does it take you a long time to perform daily tasks because of clutter or because you feel a need to do things perfectly?
- Do you have so many pets that you can't care for them properly?

# ?’s to ask

- Have others encouraged you to seek professional help?
- Do you have a first-degree relative — a parent or sibling — who is a pack rat?
- Are you currently being treated for any other medical conditions, including mental illness?

# Intervention & type of hoarder

	<b>General approach / outcome</b>		
<b>Type of hoarder</b>	<b>Persuasion with verbal agreement</b>	<b>Possibility of future legal action</b>	<b>Prosecution</b>
<b>Overwhelmed caregiver</b>	Most likely to be receptive to help and downsizing	May be sufficient to reduce likelihood of recidivism	Often unnecessary and may be counterproductive
<b>Rescuer hoarder</b>	Unlikely to be effective, at least in the initial stages	Motivation is to continue with rescue efforts, so potential for a down-scaled operation important	May be required if hoarder fails to adhere to agreed upon plan for animal care
<b>Exploiter hoarder</b>	Likely to treat recommendations & offers of help with contempt	Unlikely to be intimidated and may welcome adversarial approach	Probably only viable option

*From: Animal Hoarding: Structuring interdisciplinary responses to help people, animals, and communities at risk. Patronek, Loar, Nathanson, eds. 2006*

# Solutions

- Get inside the house
- Monitor hoarding problems
- Approach topic with sensitivity instead of judgment
- Don't refer to items as "junk" or "clutter"
- Ask: "what is it you can't do that you would like to do?"
- Stay neutral and offer to help
- Support from those around them

# Solutions

[www.symptomfind.com/diseases-conditions/compulsive-hoarding](http://www.symptomfind.com/diseases-conditions/compulsive-hoarding)

- Exposure and Response Prevention (ERP)
- Change how they think –Cognitive behavior therapy (CBT)
  - Uncover the underlying reason why
  - Help decide what's important to keep & unnecessary
- Start thinking they are not chronically disorganized or they need help
- Get help to organize
- Realize they don't need to be ashamed
- Medications-antidepressants
- Support groups (International OCD Foundation)
- Use Hoarding Scale for each room



**What is compulsive hoarding?**

Compulsive hoarding includes ALL three of the following:

1. A person collects and keeps a lot of items, even things that appear useless or of little value to most people, and
2. These items clutter the living spaces and keep the person from using their rooms as they were intended, and
3. These items cause distress or problems in day-to-day activities.

**How is hoarding different from collecting?**

- In hoarding, people seldom seek to display their possessions, which are usually kept in disarray.
- In collecting, people usually proudly display their collections and keep them well organized.

**What are the signs of compulsive hoarding?**

- Difficulty getting rid of items
- A large amount of clutter in the office, at home, in the car, or in other spaces (i.e. storage units) that makes it difficult to use furniture or appliances or move around easily
- Losing important items like money or bills in the clutter
- Feeling overwhelmed by the volume of possessions that have 'taken over' the house or workspace
- Being unable to stop taking free items, such as advertising flyers or sugar packets from restaurants
- Buying things because they are a "bargain" or to "stock up"
- Not inviting family or friends into the home due to shame or embarrassment
- Refusing to let people into the home to make repairs

**What makes getting rid of clutter difficult for hoarders?**

- Difficulty organizing possessions
- Unusually strong positive feelings (joy, delight) when getting new items
- Strong negative feelings (guilt, fear, anger) when considering getting rid of items
- Strong beliefs that items are "valuable" or "useful", even when other people do not want them
- Feeling responsible for objects and sometimes thinking of inanimate objects as having feelings
- Denial of a problem even when the clutter or acquiring clearly interferes with a person's life

**Who struggles with hoarding behavior?**

Hoarding behaviors can begin as early as the teenage years, although the average age of a person seeking treatment for hoarding is about 50. Hoarders often endure a lifelong struggle with hoarding. They tend to live alone and may have a family member with the problem. It seems likely that serious hoarding problems are present in at least 1 in 50 people, but they may be present in as many as 1 in 20.

**Are hoarding and obsessive compulsive disorder (OCD) related?**

Compulsive hoarding was commonly considered to be a type of OCD. Some estimate that as many as 1 in 4 people with OCD also have compulsive hoarding. Recent research suggests that nearly 1 in 5 compulsive hoarders have non-hoarding OCD symptoms. Compulsive hoarding is also considered a feature of obsessive compulsive personality disorder (OCPD) and may develop along with other mental illnesses, such as dementia and schizophrenia.

**What kinds of things do people hoard?**

Most often, people hoard common possessions, such as paper (e.g., mail, newspapers), books, clothing and containers (e.g., boxes, paper and plastic bags). Some people hoard garbage or rotten food. More rarely, people hoard animals or human waste products. Often the items collected are valuable but far in excess of what can reasonably be used.

**What are the effects of hoarding?**

- Severe clutter threatens the health and safety of those living in or near the home, causing health problems, structural damage, fire, and even death
- Expensive and emotionally devastating evictions or other court actions can lead to hospitalizations or homelessness
- Conflict with family members and friends who are frustrated and concerned about the state of the home and the hoarding behaviors

# Hoarding post test

- 1. Compulsive hoarding is typically considered what type of mental disorder?
  - Anxiety disorder
- 2. How many Americans are compulsive hoarders?
  - 3-6 million
- 3. Which of the following is not a cause of compulsive hoarding?
  - Problems with aggression

# Hoarding Post test

- 4. What is the name of the assessment tool developed by the National Study Group on chronic disorganization?
- Clutter-hoarding Scale
- 5. T/F Not all hoarders excessively collect or save objects, some hoard animals.
- TRUE
- 6. Which is not a characteristic of hoarding?
- Sleeping disturbances

# Hoarding Post-test

- 7. T/F Hoarding runs in families.
- True
- 8. One of the following treatments is not used as a strategy for alleviating hoarding symptoms and triggers.
- Residential treatment
- 9. T/F Hoarding symptoms are commonly seen only in adults.
- False

# Hoarding Post-test

- 10. Compulsive hoarders may be at risk for health issues due to all of the following except:
  - Stroke
  
- How did you do?     ? out of 10

# Aroostook Area Agency on Aging says:

- Thank you for your attention and interest in this topic
- Be supportive of others
- Be an advocate for change in your community

# Hoarding Resources

- Mayo Clinic
- Wade-Bennett life clutter scale:  
<http://www.compulsive-hoarding.org/Wade-Bennett.html>
- <http://www.hoarders.org/f-c.html>
- IOCDF Hoarding Center,  
<http://www.ocfoundation.org/hoarding/>

# Hoarding Resources cont.

- CHILDREN OF HOARDERS Web site
- Informative web site for families and children of hoarders
- <http://www.childrenofhoarders.com/>

*Harm Reduction for the Elderly- By John O'Brien Central Coast Senior Services*

- "The goal is to work towards improving problematic behaviors while recognizing they often can not be eliminated.
- It is a non-confrontational and non-judgmental approach. Not every older person can stop or wants to stop risky behaviors. The person may not be in a physical or psychological position to understand or consider their behavior is causing a problem and that change is possible. Harm Reduction accepts these realities."
- <http://www.centralcoastseniorservices.com/referring-professionals/understanding-harm-reduction/>

*How to Get Hoarders Into Treatment*

*by Dr Fugen Neziroglu, PHD & Katherine Donnelly M.A.*

<http://www.adaa.org/resources-professionals/podcasts/hoarding-research-and-treatment>

*When a Loved One Hoards*

*by David Tolin Author of Buried Treasures Oxford University Press*

*"Some general principals to guide conversations:*

*Show Empathy; Don't Argue; Respect Autonomy; Help the person recognize that his/her actions are inconsistent with his/her greater goals or values."*

[http://blog.oup.com/oupblog/2007/01/when\\_a\\_loved\\_on.html](http://blog.oup.com/oupblog/2007/01/when_a_loved_on.html)



# Hoarding resources cont.

- *The Way to Help a Family Member*

by R.Frost,PhD

How Compulsive Hoarding Affects Family found on IOCDF - Web site:

[http://www.ocfoundation.org/hoarding/family.aspx#affects\\_families](http://www.ocfoundation.org/hoarding/family.aspx#affects_families)

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

Caring.com, Family Advisor, April 20, 2010

*Mom's a hoarder whose "stuff" is keeping us apart!*

by Carol O'Dell

- <http://www.caring.com/blogs/dear-family-advisor/moms-a-hoarder-whose-stuff-is-keeping-us-apart>

*Helping Family Members Who Hoard*

*New England Hoarding Consortium, Page 13 of Hoarding Newsletter, Spring 2009*

[http://www.science.smith.edu/departments/PSYCH/rfrost/Spring\\_2009\\_Hoarding\\_Newsletter.pdf](http://www.science.smith.edu/departments/PSYCH/rfrost/Spring_2009_Hoarding_Newsletter.pdf)

# Hoarding websites

- **MOTIVATIONAL INTERVIEWING** [http://www.nova.edu/gsc/forms/mi\\_rationale\\_techniques.pdf](http://www.nova.edu/gsc/forms/mi_rationale_techniques.pdf)
- *Help for Hoarders: 10 small steps*
- by Dorothy Breininger
- [http://savingourparents.com/tips\\_db.php?key=Help+for+Hoarders&last=1214](http://savingourparents.com/tips_db.php?key=Help+for+Hoarders&last=1214)

## Clutter and Hoarding

- [http://cornellaging.org/gem/hoarding\\_index.html](http://cornellaging.org/gem/hoarding_index.html)

### Animal Hoarding and Families

*Tips for families and friends* Intervention is possible but challenging, requiring tact and patience.

The Hoarding of Animals Research Consortium web site. <http://vet.tufts.edu/hoarding/intervention.htm>

-

# Groups on line

- "Spouses of Hoarders"  
Yahoo Group run by Sandra Felton of Messies Anonymous:  
<http://groups.yahoo.com/group/Mates-of-Messies/>

## For friends and family

*This group is for those who care about someone who is a hoarder. It is not a therapy group. Here we share information which may be useful in understanding those whose lives are impacted by hoarding. Perhaps some ideas for approaches will prove useful.*

This site is run by Sandra Felton organizer of Messies Anonymous  
<http://health.groups.yahoo.com/group/Friends-of-Hoarders/>

- <http://abcnews.go.com/2020/video/hoarders-daughter-shameful-secret-14225893>  
Surviving a Filthy Childhood: Jessie Sholl, Daughter of Hoarder, Comes Clean
- <http://abcnews.go.com/Health/surviving-filthy-childhood-daughter-hoarder-clean/story?id=14222198>

# Books

- **Helping Your Loved One Manage Clutter, Hoarding & Compulsive Acquiring**
- **by Tamara Hart PhD., Michael Tompkins, PhD.**
- **New Harbinger Publications 2009**
- **This book gives manageable steps for helping your loved one make gradual and lasting change.**
- **Buried in Treasurers- help for Compulsive Acquiring, Saving, and Hoarding**
- **by David Tolin, Randy Frost, Gail Steketee.**
- **Oxford University Press, 2007**
- **Useful information to help friends and family understand.**
- **It includes strategies and techniques that anyone can use.**

# Videos

- ***ABC News Videos, 20/20, August 05, 3011  
Hoarder's Children Speak Out***
- **<http://abcnews.go.com/GMA/video/parent-hoarder-14238808>**
- 
- **Hoarders Daughter Keeps Shameful Secret**
- **<http://abcnews.go.com/2020/video/hoarders-daughter-shameful-secret-14225893>**
- **Surviving a Filthy Childhood: Jessie Sholl, Daughter of Hoarder, Comes Clean**
- **<http://abcnews.go.com/Health/surviving-filthy-childhood-daughter-hoarder-clean/story?id=14222198>**

# References

- [http://www.huffingtonpost.com/ann-brenoff/is-your-mom-or-dad-a-hoarder\\_b\\_1365521.html](http://www.huffingtonpost.com/ann-brenoff/is-your-mom-or-dad-a-hoarder_b_1365521.html)
- <http://www.bing.com/images/search?q=hoarding+&id=EAA450499504DB8CB311D458F5CDA8063A6986E9&FORM=IQFRBA>
- [www.symptomfind.com/diseases-conditions/compulsive-hoarding](http://www.symptomfind.com/diseases-conditions/compulsive-hoarding)
- DSM 5
- <http://www.nimh.nih.gov/news/science-news/2006/how-strep-triggers-obsessive-compulsive-disorder-new-clues.shtml>
- <http://www.mayoclinic.org/diseases-conditions/hoarding/basics/risk-factors/con-20031337>
- <http://www.bing.com/images/search?q=hoarding+&id=EAA450499504DB8CB311D458F5CDA8063A6986E9&FORM=IQFRBA#view=detail&id=ABE10BC57D446472E7E996C5C9FF506BB5CF199A&selectedIndex=36>