HOARDING

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- What is Hoarding?
- Impact & Hazards
- Considerations for Response
- Statewide Initiatives & Training Resources Available



Hoarding is...

- Acquisition of & failure to discard a large number of possessions
- Collecting items to the extent that rooms cannot be used for the purposes for which they were intended
- Presence of significant distress or impairment in functioning caused by the hoarding
- OSM-V Diagnosis
- Variations of Hoarding

Demographics • Family history is common Onset – childhood/early adolescence Average age in treatment: 50 Marital Status – Single Level of Education – varies

Prevalence

3-5% of the U. S. population – *Approximately 15 million people*

In Comparison:

- Alzheimer's Disease
- Heart Attacks
- Physical Abuse by Intimate Partners

Comparable to:

- Number of identity theft victims each year
- Adults in U.S. who have asthma

Impact



Hazards



The Impact

Mental health and public health & safety issue

Presents significant difficulties to:

- Individual
- Friends & Family
- Individuals Responsible for Response, Mitigation & Intervention
- Ocommunity

The Impact of Hoarding

- Functional
- Emotional
- O Physical
- Social & Familial
- Financial & Occupational
- Legal



Common Health & Safety Considerations



Impeded Egress Rapid Fire Spread Mold & Mildew Avalanche / Collapse Trips & Falls Infestations

Hoarding vs. Non-hoarding Fires

Dollar Loss to Owner
Hoarding- \$93,784
Non-Hoarding- \$11,711
Containment to Room of Origin

- Hoarding- 40%
- Non-Hoarding- 90%



- Presence of Operating Smoke Alarms
 - Hoarding- 28%
 - Non-Hoarding- 66%

Hoarding-Related Fire Fatalities

Since 1999, fires in hoarding households have accounted for 24% of all preventable fire fatalities

Inoperable smoke alarms – 75%

• Fire spread beyond room of origin – 75%

Considerations for Response

Communication

Importance of Language Use& Communication

The Struggle of Decluttering

Understanding Ambivalence
& Resistance

On the second second



Dos...

Approach violations with the sensitivity of a mental illness

- Sensitivity, empathy
- Focus on rapport building
- Reflective Listening & Effective Engagement
- Clearly identify and explain hazards
 - Use fact-based language
 - Clear, easily understood language

Don'ts...

- Express Doubt, Pass Judgment
- Label
- Authoritative Role
- Persuasion, argumentation
- Overwhelm, embarrass
- Personal Preferences

Clutter Image Rating Scale

 Pictorial Tool to assess volume of clutter in homes with hoarding

 Series of photos that depict a room in worsening states of disarray, rated on a scale from 1-9

Clutter Image Rating Scale: Kitchen

Please select the photo below that most accurately reflects the amount of clutter in your room.

















5



Oxford University



9

Clutter Image Rating: Bedroom

Please select the photo that most accurately reflects the amount of clutter in your room.





2









5



6





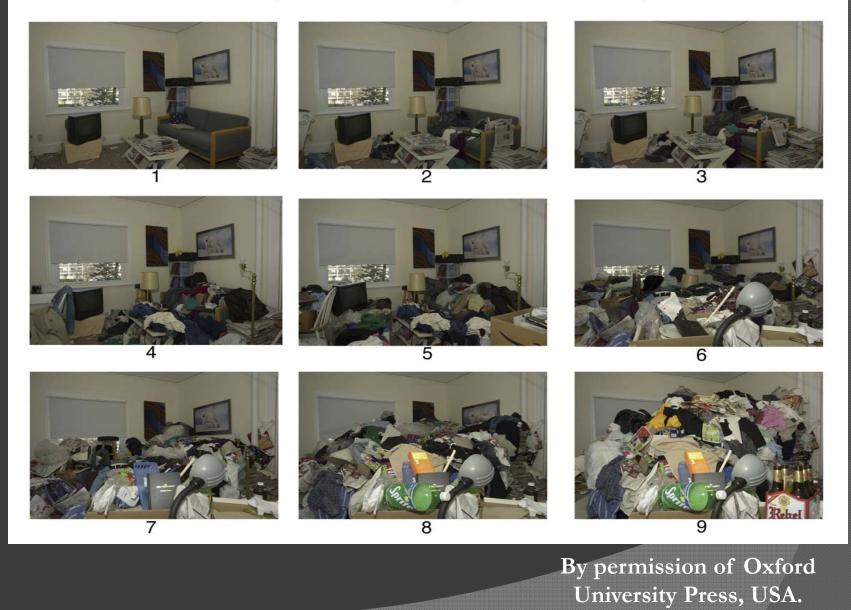




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Clutter Image Rating: Living Room

Please select the photo below that most accurately reflects the amount of clutter in your room.



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How to Use the CIR

• Considerations:

 Objects such as tables, windows, paintings can be used to evaluate height of clutter found in photo

• Can Be Used to:

- Gauge Resident's Perception
- Gain Visual Reference from Referral Source
- Refer to Appropriate Service Agencies
- Assess Progress
- Initial Inspection & Follow Up

Statewide Initiatives & Trainings Available

Statewide Initiatives

The
Connecticut
Hoarding
Working Group

• SB 119



Trainings Available

- Trash or Treasure? Understanding the Phenomena of Hoarding
- First Annual Connecticut Conference on Hoarding: When a House is Not a Home
- Second Annual Connecticut Conference on Hoarding -"Making a House a Home Again"

Available at https://ct.train.org



References

Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding, Second Edition - Tolin, Frost & Steketee (2015)

Centers for Disease Control & Prevention (2016)

Effective Hoarding Intervention – Edsell-Vetter, Metropolitan Boston Housing Partnership (2015)

Hoarding Intervention: Strategies for Assessment, Communication, and Intervention Planning – Bratiotis & Edsell-Vetter (2016, May 25)

International OCD Foundation - Frost (2013)

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