

HOARDING

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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
- ◎ DSM-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
 - ⦿ Community

The **Impact** of Hoarding

- ◎ **Functional**
- ◎ **Emotional**
- ◎ **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*
- ⦿ “Dos & Don'ts”



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.



1



2



3



4



5



6



7



8



9

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Clutter Image Rating: Bedroom

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



1



2



3



4



5



6



7



8



9

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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.



1



2



3



4



5



6



7



8



9

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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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