

[Abilities Network®]

Senior Services

How Hoarding Contributes to Social Isolation

Presented By:

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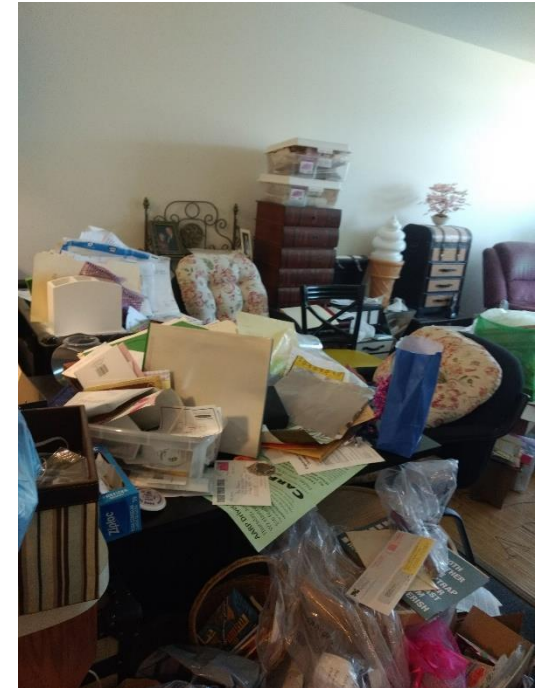


Hoarding Definition/Criteria

A. Persistent difficulty discarding or parting with possessions, regardless of their actual value.

B. This difficulty is due to the perceived need to save the items and to the distress associated with discarding them.

DSM-V (2015)



Hoarding Statistics

- Hoarding affects approximately 4-6% of the population. And that 40% of object hoarders also hoard animals.
- Slightly more prevalent in males vs. females
- Not just elderly, however depression era has a higher incidence. Hoarding symptoms begin during childhood and adolescence and increase in severity throughout life.

Types of Hoarding

- Common Hoarding
 - Excessive saving, collecting, failure to discard no longer needed items
- Animal Hoarding
 - Large number of pets, typically in poor health and living with the person in unsanitary conditions
 - Often dead or dying animals

Hoarding Symptoms & Characteristics

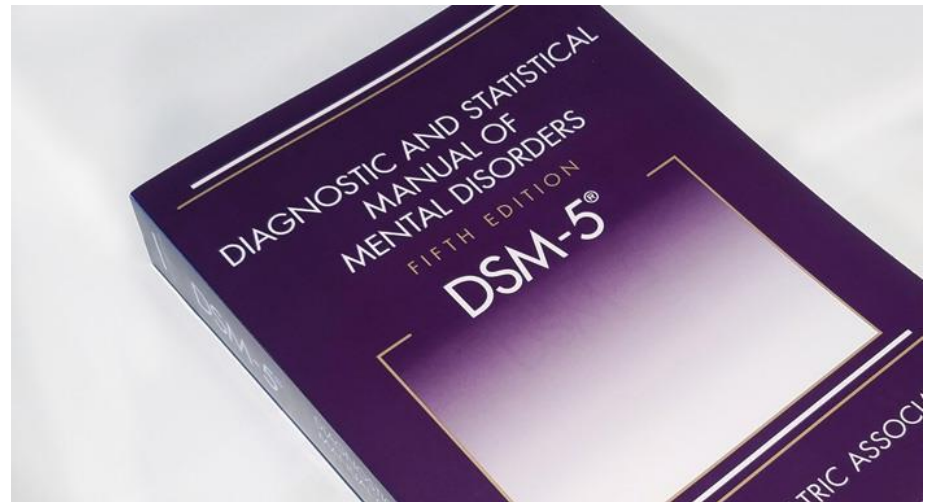
- Intelligent!
- Perfectionism
- Careers
 - Teachers, Nurses & Social Workers
- Always a trigger
 - Trauma, grief, abuse, loss of job, accident, etc.
- Often looking for self-worth or replacement of something missing
- Anxiety discarding

Hoarding Behaviors

- Churning
- Continued acquisition of items
- Collection of animals
- Organization & Categorizing difficulties
- Prioritizing “stuff” over relationships
- Isolation

Mental Health Correlations

- Obsessive Compulsive Disorder
 - Studies show that about 1/3 of those with OCD also hoard
- Obsessive Compulsive Personality Disorder
- Depression
- Anxiety
- ADHD
- Dementia



Hoarding vs. Collecting

Collecting is something you do with your loved ones!



Hoarding is when the collection becomes your loved ones!

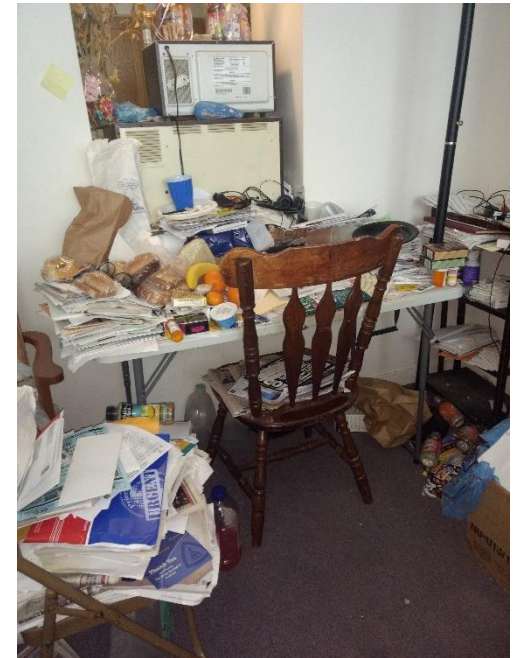
Effects the Quality of Life & Safety

- Extreme Hoarding may cause falls
- Emergency personnel unable to reach person/provide help
- Fire Hazards
- Infestations
- Affects neighbors



Health Risks

- Bed Bugs
- Biohazard situations
- Difficulty completing ADLs
- Foodborne diseases
- Animal Hoarders may have health concerns complicated by animal waste and/or decomposition



Hoarding Interventions/Treatment

- CBT
- Psychotherapy
- Medications
- Buried in Treasures Workshops (none in MD yet.)
- One on One organizing
- Clear Out

Hoarding Resources

One on One Interventions

- NASMM – www.nasmm.org
- NAPO – www.napo.net

Clear Out Services

- Wayforth – www.wayforth.com
- Flood Department – www.flooddepartment.com

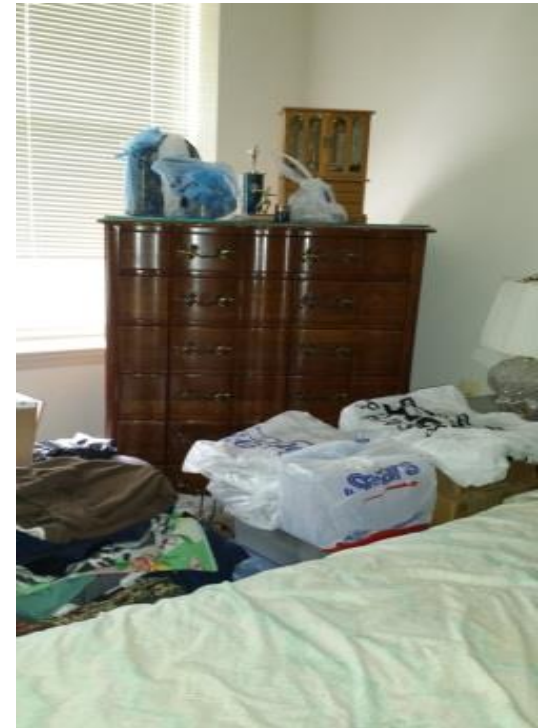
Hoarding Resources

Support

- Children of Hoarders –
www.childrenofhoarders.com
- Clutterers Anonymous –
www.clutterersanonymous.net

Our Successes

Mrs. Edith Initial Consultation:



Our Successes

Mrs. Edith Final Visit:



Our Successes

Mrs. Rae Initial Consultation:



Our Successes

Mrs. Rae Final Visit:





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Thank You!

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