

AIM

Today's outcomes are:

More knowledge and understanding about hoarding and self-neglect

How to identify hoarding behaviours

The reasons why people hoard and the risks associated with it

Support available for people with hoarding tendencies, and their family, friends and professionals working with them.





SELF-NEGLECT



Lack of self-care



The inability (intentional or non-intentional) to maintain a socially and culturally accepted standard of self-care with the potential for serious consequences to the health and well-being of the self-neglecter and perhaps even to their community" (Gibbons, Lauder, & Ludwick, 2006, p. 16)

HOARDING

Hoarding is known as a mental health illness in its own right.

Hoarding is when someone excessively retains so many items that it can prevent them from:

- o doing daily tasks safely
- being able to care for themselves properly.

It is important to recognise that hoarding is **more than** just a messy house.



WHAT DO PEOPLE HOARD?

There are 3 types of belongings that people hoard:

Clothes, newspapers, boxes and food containers.

Animals.

Computers, paper documents and electronic devices.



LET'S UNDERSTAND MORE ABOUT HOW WE MEASURE HOARDING

Clutter Image Rating: Living Room

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



















PICTURES 1, 2 AND 3

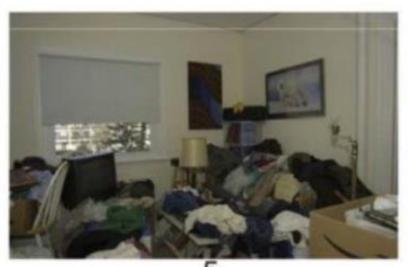






PICTURES 4, 5 AND 6







PICTURES 7, 8 AND 9







CLUTTER IMAGE RATING SCALE

Clutter Image Rating Scale: Kitchen

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



















Clutter Image Rating: Bedroom

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



















WHY DO PEOPLE HOARD?



TRAUMA







EMOTIONAL ATTACHMENT TO THE ITEMS



DIFFICULTY PROCESSING INFORMATION (VALUE)



DREAD OF WASTE

WHAT ARE THE RISKS OF HOARDING?

Shame and isolation

Health and wellbeing risks

Accidents

Financial issues

Housing risks



FIRE RISKS IN THE HOME

There are 3 main fire risks within any home.

- Cooking (around 70% of fires start in the kitchen)
- Electricals (usually down to faults, or overloaded sockets)
- Smoking (Smoking is linked to over 50% of fatal fires)
- These can be heightened by hoarding
- Hoarding paper and cardboard can also be a huge fire risk.



• 3 breaths of smoke can knock someone unconscious and between 5-10 can kill

SCOTTISH FIRE AND RESCUE SERVICE

What can the Scottish Fire and Rescue Service do to support someone who hoa

- Free home safety visit
- Provide equipment
- Non-judgmental practice
- Come and have a chat
- Work with those close to the person
- 0800 0731 999
- https://cset.firescotland.gov.uk/Public/HFSV/RequestVisit
- Professional partners can use this link for referrals: https://cset.firescotland.gov.uk/Account/Login?ReturnUrl=%2fthirdpa rty%2fhfsv%2frequestvisit or email to do a joint visit with a worker e.fifecse@firescotland.gov.uk



In an emergency call 999





SUPPORTAVAILABLE

ADULT SUPPORT AND PROTECTION

If you are concerned about someone being at risk of harm this should be reported as soon as possible by:

Fife Adult Support & Protection www.fife.gov.uk/adultprotection

of Harm Referral form

Calling the Adult
Support and
Protection line
on 01383 602200

In an emergency or if criminal act has been committed always call 999.



WHO ELSE CAN HELP?

Housing:

Hoarding can affect housing situations. There is a real risk of bills like rent being left unpaid and standards of cleanliness may not be being met.

This increases the risk of eviction.

Neighbours may also experience negative effects from someone's hoarding tendencies.

- Identified need for multiagency approach
- Support available from housing professionals and property maintenance teams available for a hoarder to access.



WHO ELSE CAN HELP?

Housing officers can support someone who hoards and is a council tenant by:

- Finding support networks who can support them like arranging a visit from the Fire Service
- Work with the person to set targets
- Consider what support can be provided with their agreement and if a clean-up is needed and arrange for special services to help with this
- Offer paint packs for re-decoration

Contact by phone 03451 55 00 33, online or at the local office.

If the person is a private tenant, they can contact their landlord for support.



WHO ELSE CAN HELP?

Animal welfare

Individuals can hoard animals and have strong attachments to them.

The animal's welfare as well as the persons own health and wellbeing can be in jeopardy without the person who hoards even realising.

If you have concerns about the care of an animal, contact:

Scottish SPCA 03000 999 999

Scottish Social Services

WHO ELSE CAN HELP?

Social work:

Social workers can support someone who hoards by:

- Building a trusting relationship and work in partnership with the hoarder and those important to them
- Help identify and achieve goals, carry out risk assessments
- Refer onwards
- Decluttering services
- Help with property management
- Contact the Adult Protection line: 01383 602200
- Contact Social Work Contact Centre: 03451 551 503 or email: SW.ContactCtr@fife.gov.uk
- Contact emergency out of hours social work: 03451 550 099

ONLINE SUPPORT GROUPS

https://hoardinguk.org/support-groups/lgbtq-support-group/
 online last Tuesday of every month.



https://hoardinguk.org/support-groups/space-time-stuff-support-group/

virtual meetings held fortnightly for all

https://hoardinguk.org/support-groups/place-in-the-spcaesupport-group/

virtual group which focuses on managing space third Tuesday of every month

ADVICE FOR FAMILY, FRIENDS, NEIGHBOURS AND PROFESSIONALS FOR SUPPORTING A HOARDER.

When you want to support someone who hoards, it is important to remember:

- To listen and acknowledge the person's thoughts and feelings
- To reassure them you are there to help and not judge them
- To not to force a clean-up and respect their decisions
- To be patient
- To not pressure them to let you into their space
- To give advice about other supports
- To celebrate successes



Keith's story: a personal and touching film about hoarding - YouTube

KEITH'S STORY

