



HOARDING AND SELF-NEGLECT

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.**





WHAT IS IT?

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-neglector 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:

- 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.



1



2



3



4



5



6



7



8



9

PICTURES 1, 2 AND 3



1



2



3

PICTURES 4, 5 AND 6



4



5



6

PICTURES 7, 8 AND 9



7



8



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.



1



2



3



4



5



6



7



8



9

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

WHY DO PEOPLE HOARD?



TRAUMA



**EMOTIONAL
IRREGULARITY**



**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 RISK

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 has

- Free home safety visit
- Provide equipment
- Non-judgmental practice
- Come and have a chat
- Work with those close to the person
- [0800 0731 999](tel:08000731999)
- <https://cset.firescotland.gov.uk/Public/HFSV/RequestVisit>
- Professional partners can use this link for referrals: <https://cset.firescotland.gov.uk/Account/Login?ReturnUrl=%2fthirdparty%2fhfsv%2frequestvisit> or email to do a joint visit with a worker e.fifecse@firescotland.gov.uk



In an emergency
call **999**

ANY
QUESTIONS
SO FAR?





SUPPORT AVAILABLE

ADULT SUPPORT AND PROTECTION

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

Completing a Report 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.

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



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 person's 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



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-space-support-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



THANK YOU FOR LISTENING

Any questions?