



INFORMATION ABOUT HOARDING AND CLUTTERING



1) HOARDING IS DANGEROUS

Hoarding is the excessive collection and retention of things or animals to the extent it interferes with day to day function, sanitation, and safety within the home.

2) HOARDING IS A DISORDER

Hoarding disorder is a mental health condition where a person feels a strong need to save a large number of items and experiences significant distress when attempting to get rid of the items.



3) SAFETY CONCERNS

Blocked bedroom windows, hallways, and stairwells drastically decrease your ability to escape in the event of a fire and can interfere with and endanger an emergency responder.

4) SANITARY CONCERNS

Food scattered around, large amounts of garbage, and human or animal waste accumulation may cause health risks to occupants and attract pests such as mice, rats, cockroaches, and bedbugs.

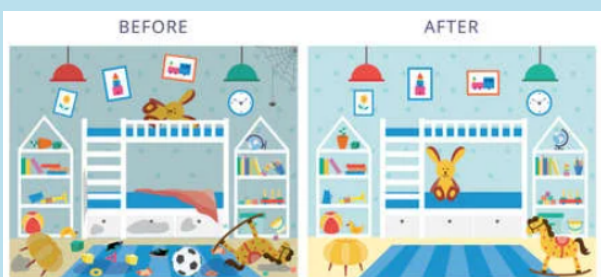


5) HEALTH CONCERNS

Rooms overfilled with huge amounts of stuff can increase the possibility of falls, allergies, and breathing problems and increase pest concerns which makes it harder for emergency rescuers to quickly find and help you.

6) THERE IS HOPE

Work on organizing ONE AREA at a time. Start with the easiest area. Limit your time. Focus on 15-minute manageable tasks. Increase time as you are able.



7) KEEP DAILY ROUTINES

Cleaning the dishes, tidying the bathroom, making your bed, folding clothes, taking out the trash are small things you can do each day. Make this a habit.

8) KEEP THE BALL ROLLING

Be brave. Be patient. Be forgiving of yourself and others. Devote time to small tasks each day. Ask for help as needed from those you trust. Keep your goals in mind!

