

Lesson Objectives

This lesson will:

- define and discuss characteristics of individuals who are hoarders;
- examine the economic and social impacts of hoarding;
- explore techniques to address persons who hoard; and
- discuss resources available to address this issue.

Intended Audiences

Family members, caregivers, senior centers, community agencies, church groups, Family and Community Education groups, neighbors, anyone aware of someone who might have a problem with excessive collecting or is unable to keep his or her home clutter free.

Before the Lesson

- Review the Hoarding: The Impact of Compulsive Keepers fact sheet (MF2990) and leader's guide (MF2991).
- Obtain copies of the fact sheet and evaluation for each participant.
- Visit the suggested websites to familiarize yourself with the resources.

Presenting the Lesson

The following outline indicates how the presentation may be shared in a variety of ways. Choose the options that work best with your audience, location, and time available for the lesson.

Introduction:

- Review the lesson objectives with the group.
- Read the first two paragraphs of the fact sheet.
- **Participant Icebreaker:** Discuss "What is the difference between a collector and a hoarder?" Be sure to allow time for the participants to discuss



their perception of what is hoarding. This discussion can be the icebreaker at the beginning of the lesson, to get participants engaged in the topic. Be prepared for some lively discussion among your participants.

Choose one or more of the following:

- Discuss the impacts of hoarding on individuals, families, or businesses.
- Discuss hoarding characteristics and risk factors.
- Discuss available resources.
- Have the group consider some of the possible community awareness activities listed below.

Guest speaker: Invite a guest speaker to discuss this topic with your group. Possible speakers could include someone from a local mental health association, a professional organizer, or someone from the local humane society.

Share experiences: Ask attendees to identify a TV show or read a book on hoarding and have a group discussion about it.

Conclusion: Remind participants of the lesson objectives.

- Distribute the evaluation, thank the participants, and close the session.

Community Awareness Activities

- Organize and participate in a neighborhood night out event to get to know others around you.
- Share the information with another group or agency that could benefit from this information.
- Create and set up a display at a community event that explains what hoarding is and identify what local resources are available.
- Attend a conference on hoarding to learn what others are doing to address this problem. Look for workshops hosted by a medical or mental health organization.
- Network with community members to start a coalition of people interested in addressing this problem.

Resources

- Mayo Clinic/Health Information/Diseases/Symptoms, www.mayoclinic.com/health/hoarding/DS00966
- Institute for Challenging Disorganization, www.challengingdisorganization.org
- International OCD Foundation Hoarding Center, www.ocfoundation.org/hoarding/
- Hoarding Coalition, Wichita/Sedgwick County, www.sedgwickcounty.org/hoarding-coalition/
- Professional Organizers Association, www.napo.net/
- Area Agencies on Aging and Senior Centers
- Adult Protective Services – SRS
- Animal Services and Shelters
- Fire Department
- Housing and Community Services
- Police Department
- Code Enforcement
- Environmental Resources

Hoarding: The Impact of Compulsive Keepers — Evaluation

Date of Program: _____

Program Location (County or District): _____

I learned that (check all that apply):

- Hoarding is a mental health disease.
 - People who hoard:
 - are perfectionists.
 - have trouble making a decision and worry that it might not be the right decision.
 - have a poor sense of time and often miss deadlines.
 - People who hoard face health and safety risks.
 - Effective treatment of hoarding can take up to a year with long-term support.
 - To assist people who hoard, it's best to listen to their needs without being judgmental.
 - People who hoard can impact their workplace and reduce productivity.
 - Agencies and groups exist that can help people who hoard.
 - People who hoard need community understanding and support.
 - Good coaches help to shape the decision; they do not make the decision for people.
 - Cleaning up the mess is the worst thing a concerned person can do.
 - Often family members do not make good coaches for people who hoard.
 - Other _____
-
-

I will: (check all that apply)

- Be more sensitive when others are critical of people who hoard.
 - Focus on the good qualities of people who hoard, not the mess.
 - Recognize and celebrate small steps of progress when people struggle with eliminating clutter.
 - Reach out to those in the community who appear isolated.
 - Seek to learn more information about hoarding.
 - Seek to learn about resources to help people who hoard.
 - Take small steps to improve the clutter management in my home.
 - Other _____
-
-

Author

*Denise Dias, Extension Agent, Family and Consumer Sciences,
K-State Research and Extension, Johnson County
11811 S Sunset Drive, Suite 1500, Olathe, KS 66061
913-715-7000, ddias@k-state.edu*

Reviewers

*Elizabeth Kiss, Ph.D, Associate Professor and Extension Specialist,
Kansas State University,
343L Justin Hall, Manhattan, KS 66506-1403
785-532-1480, dekiss@k-state.edu*

*Megan McCoy, Kansas State University Professor of Practice
Director of PFP M.S. Programs
Licensed Marriage and Family Therapist
343M Justin Hall, Manhattan, KS 66506-1403
785-532-5510, meganmccoy@k-state.edu*

*Rachael Clews, MA, MS, CFLE, Extension Specialist, Family and Consumer Sciences,
K-State Research and Extension Southwest Research-Extension Center
4500 E Mary Street, Garden City, KS 67846
620-275-9164 extension 226, rclews@k-state.edu*

*Cindy Williams, Meadowlark Extension District, FCS Agent
K-State Research and Extension, Meadowlark Extension District
Oskaloosa Office, PO Box 326, 100 E. Washington
Oskaloosa, KS 66066-0326
785-863-2212, csw@k-state.edu*

Brand names appearing in this publication are for product identification purposes only. No endorsement is intended, nor is criticism implied of similar products not mentioned.

Publications from Kansas State University are available at www.bookstore.ksre.ksu.edu.

Date shown is that of publication or last revision. Contents of this publication may be freely reproduced for educational purposes. All other rights reserved. In each case, credit Denise Dias, *Hoarding: The Impact of Compulsive Keepers, Leader's Guide*, Kansas State University, August 2021.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Director of K-State Research and Extension, Kansas State University, County Extension Councils, Extension Districts.

MF2991 rev. August 2021