

Hoarding: The Impact of Compulsive Keepers Leader's Guide

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Lesson Objectives

This lesson will:

- define and discuss the aspects of individuals who hoard,
- examine the economic and social impacts of hoarding on the families and communities,
- explore coaching techniques to learn to address persons who hoard, and
- discuss resources available to for individuals, families, and communities to address this problem.

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 Internet sites 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 topics:

- Discuss the impacts of hoarding on the individual, families, or businesses.
- Discuss hoarding characteristics and risk factors.
- Discuss potential resource groups in the community or nearby.
- Discuss suggested self-care actions.

- 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 view 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 local stakeholders are doing to address this problem. Each spring the Wichita/Sedgwick County Hoarding Coalition hosts a conference.
www.sedgwickcounty.org/hoarding
- Network with community members to start a coalition of people interested in addressing this problem.

Resources

For more information:

Hoarding Coalition, Wichita/Sedgwick County, *www.sedgwickcounty.org/hoarding*

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/*

Examples of potential resource groups and agencies that might be involved:

- 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

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Hoarding: the Impact of Compulsive Keepers — Evaluation

Date of Program: _____

Program Location (County or District): _____

I learned that (circle all that apply):

- Hoarding is a compulsive disorder.
- People who hoard:
 - are perfectionists;
 - have trouble making a decision and distress 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 needs without being judgmental.
- People who hoard can affect the 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 _____
- Other _____

I will: (Circle 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 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 _____

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