



HELPING PEOPLE WHO HOARD

SFHA HOUSING MANAGEMENT, 25 SEPTEMBER 2018





Linda Fay

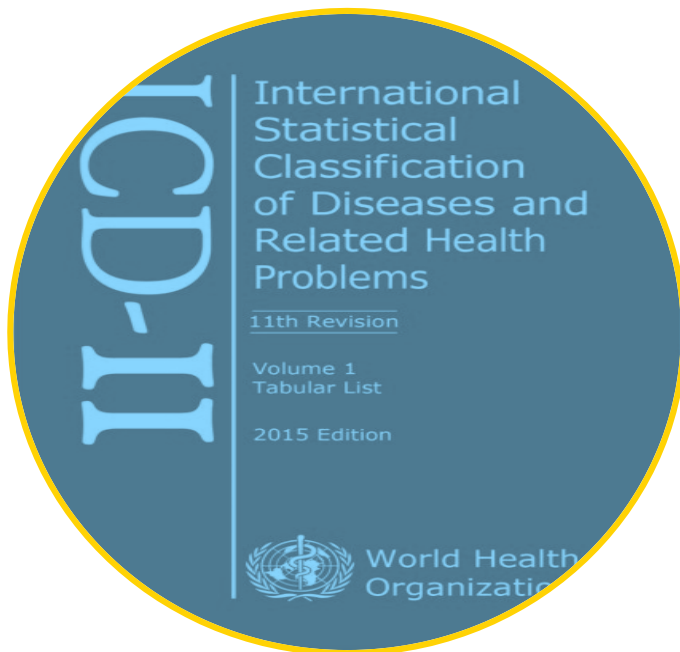
founding director

Chronic Disorganisation Specialist
& Hoarding Specialist



a social enterprise community interest company

MENTAL HEALTH CLASSIFICATION



Hoarding disorder is characterized by excessive accumulation of and attachment to possessions regardless of their actual value. Items may be hoarded because of their emotional significance, perceived potential usefulness, or intrinsic value. Excessive acquisition or failure to discard possessions results in cluttered living spaces the use and safety of which are compromised. Excessive acquisition is characterized by repetitive urges or behaviours related to buying, stealing, or amassing items, including those that are free. Difficulty discarding is due to a perceived need to save items and distress associated with discarding them. Hoarding behaviour is sufficiently severe to result in significant distress or significant impairment in personal, family, social, educational, occupational or other important areas of functioning.



CHALLENGES OF WORKING WITH PEOPLE WHO HOARD

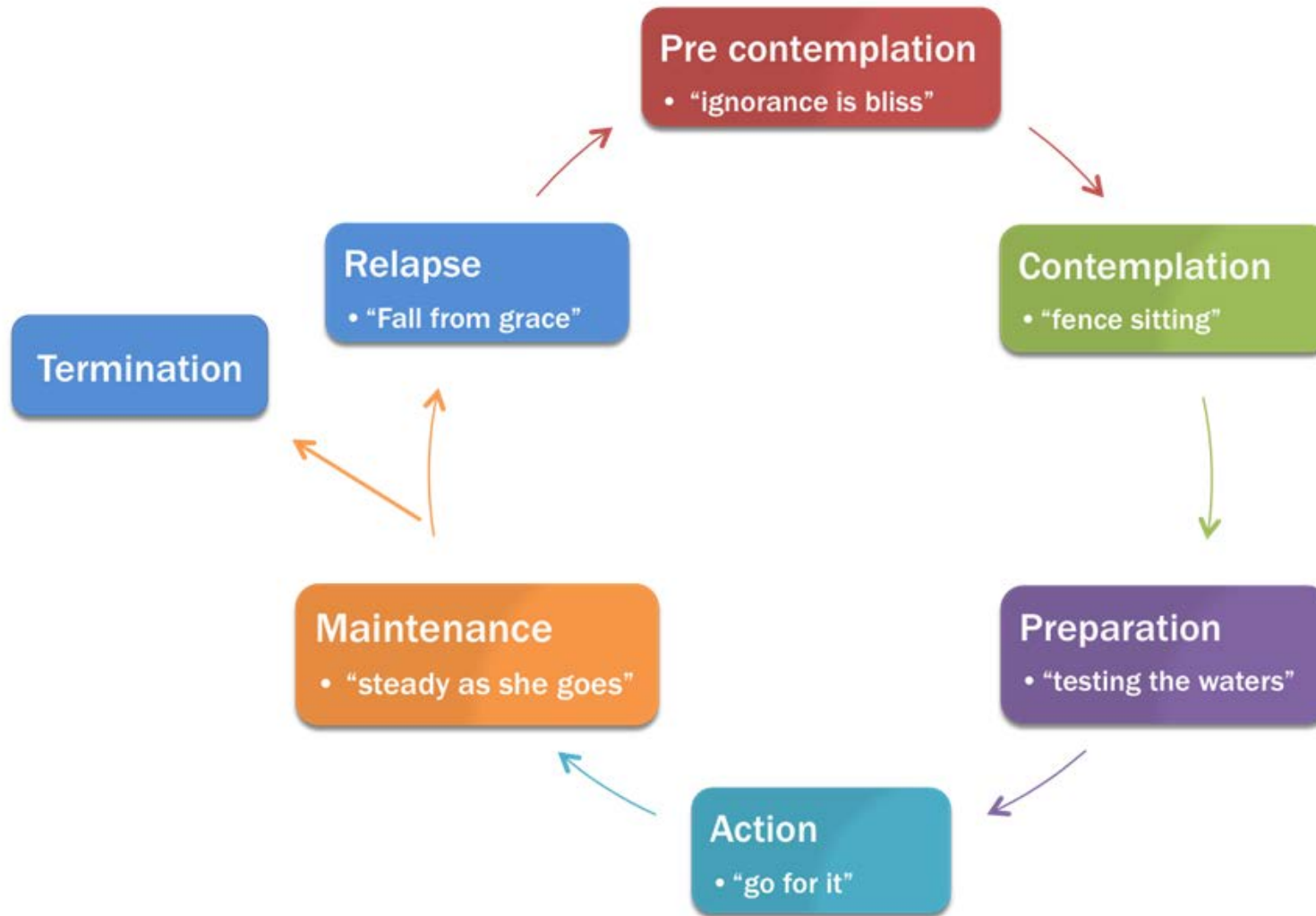
- Social isolation
- High incidence of co-morbidity
- Judgement by others
- Previous negative experiences
- Passing the buck by services
- Service-directed vs client-directed
- Absence of protocols/pathways
- Hoarding usually discovered at crisis point
- Lack of insight

MOTIVATION IS STRONGLY INFLUENCED BY THE INTERPERSONAL STYLE OF THE PRACTITIONER



WHERE IS THE CLIENT IN TERMS OF READINESS TO CHANGE?

PROCHASKA AND DICLEMENTE



LIFE-POD APPROACH

Motivational Interviewing

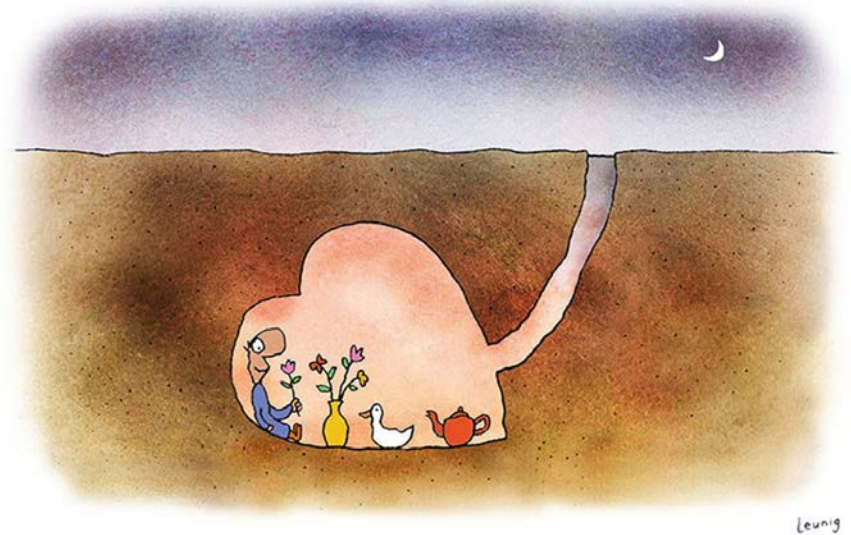
Motivational Interviewing is a counselling method that helps people resolve ambivalent feelings and insecurities to find the internal motivation they need to change

Harm Reduction

Harm reduction, or harm minimisation, is a pragmatic approach with the key aim to minimise the harmful consequences of human behaviours.

GOALS OF HARM REDUCTION

- Keep people safe and comfortable in their homes
- Focus on moving possessions away from high-risk areas
- Focus on creating systems to minimise acquisition and maintain safety
- Focus on creating systems to enhance effective living
- Focus on managing other problems and conditions that influence harm potential



RISK ASSESSMENT TOOLS



- Household composition
- Risk measurement
- Capacity measurement
- Plan / referral

INTERNATIONAL CONFERENCE HOARDING, HEALTH & HOUSING

Thursday, 4 October 2018 | Edinburgh Corn Exchange



Keynote Speakers:

DR RANDY FROST

World-leading
expert in Hoarding
Disorder, research
and treatment.

DR STUART WHOMSLEY

NHS Clinical
Psychologist