

**Hoarding and keeping lots of things**

An information leaflet

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|  | **What is hoarding?** |
| http://tse3.mm.bing.net/th?id=OIP.Ma75402d0e92313021788d4bbbd93012eH0&pid=15.1  http://tse3.mm.bing.net/th?id=OIP.M1a0775bca622b46ed6794166ac9afedao0&pid=15.1    http://img2.timeinc.net/health/images/slides/take-out-garbage-400x400.jpg  [http://tse1.mm.bing.net/th?&id=OIP.M75ab4f4572d9e826671cf6b38952d5bfo0&w=299&h=224&c=0&pid=1.9&rs=0&p=0&r=0](http://www.bing.com/images/search?q=hoarding+unsafe&view=detailv2&&id=08C0BCAB4E486456FBB92E6624AA44213E264FC4&selectedIndex=5&ccid=datPRXLZ&simid=608049778173676738&thid=OIP.M75ab4f4572d9e826671cf6b38952d5bfo0)  [http://tse1.mm.bing.net/th?&id=OIP.Maace5328ef83a3d9c8b60d8bf602f771o0&w=299&h=187&c=0&pid=1.9&rs=0&p=0&r=0](http://www.bing.com/images/search?q=accidents+in+the+home&view=detailv2&&id=6B9DAD0BE27E58D3EF5F88FD3EA53EAFF984D681&selectedIndex=1&ccid=qs5TKO%2bD&simid=608054262120319889&thid=OIP.Maace5328ef83a3d9c8b60d8bf602f771o0)  When collecting things is a problem, some people call it hoarding. | Lots of people like to collect things.  Collecting things can be a problem when:   * there is not enough space * it is difficult to get rid of things * it is difficult to find things * it makes your home unsafe * it stops you doing things you like. |
|  | **Difficulties** |
| http://cdn.shopify.com/s/files/1/0606/1553/products/Social_Worker-4_large.png?v=1417853837http://cdn.shopify.com/s/files/1/0606/1553/products/Finlay-5_large.png?v=1417852608http://cdn.shopify.com/s/files/1/0606/1553/products/Dentist-Patient-Supporter-1_large.png?v=1417848908http://cdn.shopify.com/s/files/1/0606/1553/products/Give_up_large.png?v=1417852670 | Some people who have a problem with hoarding may not think they do.  People may think it is a problem with:   * not enough storage * not being able to get things straight.   It is important to help people even when they do not think they have a problem with hoarding.  People who have a problem with hoarding may:   * Avoid thinking about getting rid of things. This can keep the problem going. * Find it difficult to throw things away. * Feel very lonely.   Some people like Social Workers and Environmental Health can think hoarding is a problem. |
|  | **Risks** |
| http://www.pattestsouth.co.uk/images/14plugs.jpghttp://tse4.mm.bing.net/th?id=OIP.Mad4b2ccf81347bfbbed32ee772c7c07co0&pid=15.1 http://c3.thejournal.ie/media/2013/08/picture-of-a-rat-630x240.jpg[http://tse1.mm.bing.net/th?&id=OIP.Mc4cbff06c21f1c0de1a0f752c57cacafH0&w=300&h=300&c=0&pid=1.9&rs=0&p=0&r=0](http://www.bing.com/images/search?q=pests+house&view=detailv2&&id=6A0872C52DAB1F124F4781447D540E2674D6153B&selectedIndex=206&ccid=xMv/BsIf&simid=608025855212192669&thid=OIP.Mc4cbff06c21f1c0de1a0f752c57cacafH0) | * Hoarding can attract pests (rats/flies). This can affect your health. * Pests may move into neighbours’ homes and they don’t want this. * Hoarding blocks up the house and rooms. * You may not be able to use things in your home for what they are meant to be used for. For example, finding it hard to use the bathroom or sink to keep clean. * Homes that are not looked after well can have problems with the electricity or gas leaks. |
| http://cdn.shopify.com/s/files/1/0606/1553/products/Breakdown_large.png?v=1417852379 | **Feelings** |
| http://cdn.shopify.com/s/files/1/0606/1553/products/Checklist_698f6084-c3b3-43b1-b111-b59671682e2a_large.png?v=1427205548http://cdn.shopify.com/s/files/1/0606/1553/products/Talk_and_listen_large.png?v=1417857133 | It can be very upsetting and difficult if someone makes you get rid of your things.  It may be most helpful to plan how to get rid of some things.  You can ask someone to help you to do this.  Learning ways to cope with feelings of worry or loss can be helpful. |
|  | **Other People** |
| http://cdn.shopify.com/s/files/1/0606/1553/products/Think_together1_large.png?v=1417847466 | It is important for other people to say what needs to be done and work with you.  Other people can help you to make goals and help you work towards them.  When making goals, it can be helpful to think about what is important to you. |
| Bristol Central Psychology service April 2016 | |

Reference:

***British Psychology Society (2015) A Psychological Perspective on Hoarding DCP Good Practice Guidelines Edited by Sophie Holmes***