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Hoarding Behaviour: A workshop for RAMP CHW

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2 **What is hoarding?**3 **What is hoarding?**4 **What is hoarding?**

- 1 ➤ More stuff than fits in the space
- Distress
- Impairment
 - Random piles of items of mixed importance
 - Fear of putting things out of sight

5 **Distinguishing hoarding from related concepts**6 **Demographics and features of hoarding**

- Onset in teenage years
- Clutter and impairment by mid 30s
- Average age at treatment is ~50
- Low marriage rate, high divorce rate
- Tend to live alone and may be socially isolated
- Family history of hoarding is common

7 **Primary manifestations of hoarding**8 **Special meaning of possessions**9

10 **Co-morbidity** (N=217)
1 Major Depressive Disorder 50.7%

| | |
|--------------------------------|-------|
| Attention Deficit Disorder | 27.8% |
| Generalized Anxiety Disorder | 24.4% |
| Social Phobia | 23.5% |
| Obsessive Compulsive Disorder | 17.0% |
| Specific Phobia | 14.3% |
| 2 Kleptomania | 9.9% |
| Post Traumatic Stress Disorder | 6.9% |
| Substance Abuse | 1.8% |
| Bipolar Disorder | 1.4% |
| Eating Disorder | 1.4% |

11 Personality traits

12 Nuances of problem awareness (insight)

Fluctuating problem awareness

General categories of awareness

- Non-insightful
- Insightful, not motivated
- Insightful, motivated, non-compliant
-

Different levels of problem awareness require different responses from service providers

13 Hoarding specific assessment tools

| | |
|---|---------------|
| Hoarding Rating Scale (HRS), | 5 items-brief |
| Activities of Daily Living for Hoarding (ADL-H) | Check-list |
| Saving Cognitions Inventory (SCI) | Cognitive |
| Savings Inventory-Revised | Insight |
| Clutter Image Rating (CIR) | Pictorial |
| Home Environment Index (HEI) | Sanitation |
| Home Environment Assessment Tool for Hoarding | |
| Environmental | |

14 Home Environment Assessment Tool for Hoarding

Motivated by need for a quantitative *generalist* measure of environmental risk for hoarding
Collaboration between researchers and community partners
Items developed by 34 frontline hoarding experts in different fields
Tested and refined in Canadian field trials
◦rural and urban settings
◦fire prevention, older adults, and tenancy preservation

15 **Overview of the HEATH**

Checklists in five domains
◦each is followed by a rating scale

0-2 severity rating for each domain
◦Requires professional judgment on severity of risk

16 **1. Safe Pathways**

17 **2. Fire Safety**

18 **3. Structural Integrity**

19 **5. Sanitation**

20 **Balance of change**

21 **Decisional Balance Sheet**

- 1**
 - + To know what I have
 - + Be able to use what I have
 - + Family and friend happy

- Part with objects
- Hard work
- Emotional distress

- 2**
 - + Keep stuff
 - + Avoid decision making
 - + No work to clear objects

- Can't find anything

- Can't have people over
- Can't use rooms

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- ✓ Educate the client about the risks
- ✓ Be clear about expectations and limitations
- ✓ Ask questions rather than telling what to do
- ✓ Understand before moving to action
- ✓ Use respectful, non-judgmental language
- ✓ *Work with* instead of *doing for*
- ✓ Genuinely praise success, however small

23 **Harm reduction principles**

- Reduce potential harm caused by type of objects, how and where they're stored
- Purpose is not to stop all collecting and saving
- Move items out of high risk areas to lower risk areas, reducing volume only eliminating items if absolutely necessary
- Set up rules and systems to maintain gains
- Provide on-going monitoring to maintain gains
- Provide incentive/reinforcement for maintaining gains

24 **Harm reduction: conceptualize risk profile**

- ❑ Identify the most important risks
- ❑ Prioritize immediate/acute threats to personal safety and housing security
- ❑ Determine who is affected by each particular risk
 - If only the resident is affected, and the resident has decisional capacity, then resident needs to have control over this risk
- ❑ Consider the minimum basic standard and strive for this
- ❑ How can you break the task down into small manageable parts that will eventually achieve the minimum standard?

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Door: open 90° without obstruction
Bedroom window: can access and open
Stove: nothing combustible stored on or near
Home health: sufficient space and conditions for staff to work
Pests: space clear enough for heat treatment for bedbugs
Pathways: path from bedroom to exit is 1m wide

◦

26 **Effective strategies for intervention**

- ✓ Be clear about expectations and limitations
- ✓ Ask questions rather than telling what to do
- ✓ Understand before moving to action
- ✓ Use respectful, non-judgmental language
- ✓ *Work with* instead of *doing for*
- ✓ Genuinely praise success, however small

27 **Setting intervention targets**

- (Problems from) hoarding take decades of time to form, cannot be solved quickly
- May not be able to accomplish everything, prioritize specific targets for intervention
- Targets should be a blend of what needs to be done and what the person with lived experience wants
- Targets should be specific and accomplishment should be measurable and even seeable (in photos)

28 **Decision-making questions**

- Would I buy this item again if I didn't already have it?
- How many others do I have, and is that enough?
- Do I have enough time and/or space for this item?
- Have I used it in the last year?
- Do I have a specific plan to use this item?
- Is this item important or does it seem so because I am looking at it?

- Is it current and/or of good quality?
- Do I need it or just want this item?
- Will not having this help me solve my hoarding problem?

29 **House and room mapping: a technique**

- Create a map of the home
- Begin with greatest area of risk and/or highest motivation
- Label each room as a separate zone
- Further sub-divide each room into sections
- Begin sorting in section 1 and move clockwise (or counterclockwise) through the room until all sections have been sorted
- Nothing remains or re-enters that section unless it “lives there”

30 **A few things that may help**

- Use a timer
- Take frequent breaks
- Limit visual field
- Ask, don't tell
- Instructions verbally and in writing

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- Develop new routines to replace old habits and prevent re-accumulation of clutter
- Establish and use intentional space for desired activities
- Set a schedule for enacting new behaviours
- Pair new behaviours with established behaviours
- Invite visitors to the home
- Regular home visits if possible

32 **Multi-agency involvement**

- Hoarding is a mental health problem that may create physical, health, safety, housing and familial problems
- Hoarding cases often require significant coordination of services
- Networking and coordinating with other service providers are often necessary.

33 **Coordinated case management**

- Teaming with other professionals can maximize resources, provide networking potential and increase range of knowledge
- Hoarding task forces provide an opportunity to connect with other providers in your geographic region
- Carrot and stick approach
- Coordinated service plans and disability reasonable accommodation are useful tools

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35 **Contact information**