

Orange County
In-Home Supportive Services



Public Authority

PARTNERSHIP FOR SUCCESSFUL PROVIDERS



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HOARDING



Working hand in hand with the community to serve IHSS Consumers so they may remain safe and independent in their own home.

Items to be discussed



- Is it Collecting or Hoarding
- Hoarding and Mental Health
- Statistics on Hoarding
- Types of Hoarding
- Indications of Hoarding
- Common Signs
- When is Hoarding a Concern
- Helping the Individual
- How is the Individual Assessed
- The Treatment Process
- Considerations for the Caregiver/Provider
- Resources
- Hoarders Season 1 Episode 1

Is it COLLECTING or HOARDING??

COLLECTING

- Deliberately search out specific items
- Categorize the items and carefully display their collections
- The collection may be cluttered but the individual has a sense of pride in their collection



HOARDING

- Experience embarrassment and are uncomfortable with others seeing their possessions
- Experience distress or interference with daily living



Hoarding

The Mental Health Association of Orange County – Orange County Task Force on Hoarding defines hoarding as:

- The acquisition of and/or failure to discard a large number of possessions that appear to be useless or of limited value
- Living spaces that cannot be used for the intended purpose due to clutter
- Significant distress or impairment in functioning caused by the hoarding



Hoarding



In May 2013, the new edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), a manual used by mental health professionals to diagnose and establish treatment, recognized hoarding as a disorder

All six of the following criteria must be met for a Hoarding Disorder diagnosis

- A. Difficulty discarding/parting with objects
- B. Difficulty discarding due to urges to save
- C. Symptoms result in accumulation of possessions that clutter living areas
- D. Distress or interference
- E. Not better accounted for by medical condition
- F. Not better accounted for by other conditions

Statistics on Hoarding



Hoarding Disorder

- Occurs to individuals of all cultures, socioeconomic levels, or educational levels
- Roughly affects up to 16 million of individuals in the United States
- Average onset is between 11- 20 years of age
- Average age of individuals in treatment is 50
- It is estimated that 84% of those with Hoarding Disorder have a first degree family member who exhibits hoarding behavior

Hoarding

Possible Causes

- Mental Health Conditions
 - Obsessive Compulsive Disorder (OCD)
 - Attention Deficit Disorder (ADD)
- Impaired cognitive or executive functions – limited capacity to make decisions
- Health Problems
- Genetic Predisposition
- Childhood Abandonment – items provide a sense of security
- Lack of insight – person doesn't see the problem

Common core beliefs of someone with the hoarding disorder are negative

- I am not lovable
- I am unlikeable
- I am unsafe
- I am not good enough
- I have no control

Types of Hoarding

Object



Animal

Animal Hoarding

Characteristics Common of individuals with Animal Hoarding Disorder

- Most commonly females
- Mid 50s
- Single
- Shy and socially isolated
- Mainly cats and dogs
- Childhood development influenced their attachment to animals
- They exhibit poor hygiene and develop a tolerance to squalor
- Have poor insight
- Can experience delusions



Animal Hoarding

An individual with the Animal Hoarding condition is most commonly not a breeder but rather someone who has accumulated a greater number of animals than an average pet owner

Failure to provide animals adequate care:

- Environment is overcrowded
- Unsanitary living conditions
- Poor nutrition
- Poor health
- Health issues are left untreated
- Reluctant to place the animals in another person's care



Indications of Object Hoarding



Saving of items

- Excessive attachment to possessions
 - Discomfort letting others touch or borrow the items
 - Distress at the idea of letting an item go
 - The items have sentimental value – childhood clothing
 - Can be a reminder of happier times or represent beloved people or pets
- Believe items may be of value or of need in the future
- Difficulty discarding or organizing possessions, regardless of their value
- Important items can become lost in the clutter

Acquisition of items

- Compulsive buying
- Acquiring of free items – flyers, mail, giveaways, trash, napkins
- Stealing

Clutter / Disorganization of items

- Random piles
- Moving items from one pile to another
- Fear of putting things out of sight
- Indecisiveness and/or procrastination – cannot decide what to do with the items therefore procrastinates taking action and continue the hoarding

The Individual



An individual with the Hoarding Condition commonly experiences:


- Anxiety, distress or interference
- Difficulty managing daily activities because of procrastination and trouble making decisions
- Shame or embarrassment
- Limited or no social interaction

“I’m a Gatherer”: A story of compulsive hoarding

https://www.youtube.com/watch?v=41Jlk_sD1Ng

- Without asking, her Mother gave away all her toys, child hood stuff, favorite doll when they moved
- Only a few people are allowed in to her home
- She doesn’t care what others think
- She is comfortable with her “stuff and “kind of” the way she is – it’s “others” who criticize the way she is

Common Signs of Hoarding

- 
- Blocked entries and exits due to the accumulation of large number of belongings
 - Narrow or limited pathways in the home due to accumulation of materials
 - Large piles of combustible materials such as newspapers, magazines, used food containers and rubbish
 - Excessive collection and storage of items in the residence, yard, vehicle
 - Squalor – filth, degradation
 - The primary manifestation in animal hoarding, less in object hoarding
 - Infestation of vermin and/or insects
 - Spoiled and/or rotting food
 - Accumulated human and/or animal waste
 - Foul odors originating from the home
 - Excessive amount of companion animals
 - Non-working or inaccessible utilities, such as heat, running water, sewer, refrigeration

Source: OC Task Force - <http://www.mhaoc.org/hoarding>

Signs of Hoarding - Obstructed Access to Entrances and/or Exits

SLIDING GLASS DOOR

WINDOW

STAIRS



Signs of Hoarding – Interference With Intended Use of Space

STOVE

OBSTRUCTED VIEW AND SEATING AREA FOR SAFE DRIVING



SINK ??

Signs of Hoarding – Large Piles of Combustible Items

CAN YOU
IDENTIFY
ANY
HAZARDS?



Signs of Hoarding – Accumulated Trash, Human and/or Animal Waste



Waste levels create a toxic environment. If animals are hoarded ammonia levels increase and become dangerous to inhale

Over time, hoarders become accustomed to the environment and develop a tolerance to breathing the ammonia



When is Hoarding a Concern



When an individual is

- Unable to access areas in their home - kitchen, sitting areas, bedroom, exits, windows
- Unable to use facilities such as toilet, shower, stove, sink, etc.
- Is at risk of injury - falling, items collapsing, fire hazards
- Exposed to squalor - vermin / rodents
- Utilities are not functional - no gas, water, etc.

Helping the Individual



The first step in the process of helping an individual is an interview

A Mental Health professional will conduct an interview to learn more about the individual

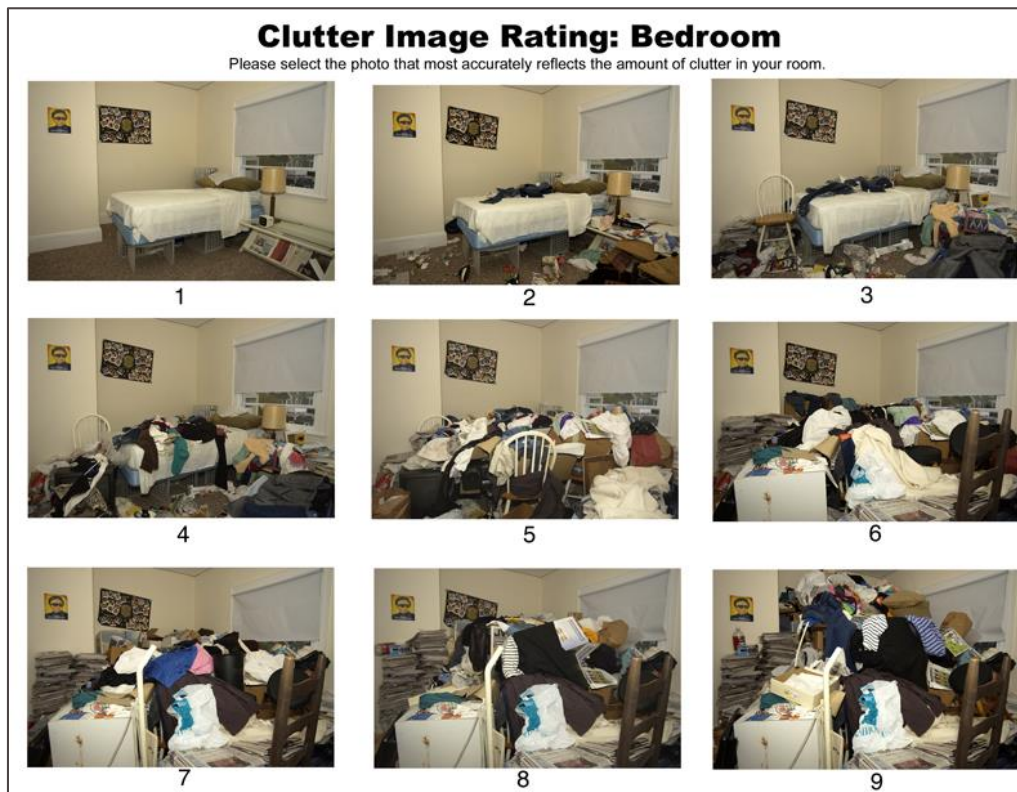
- It is very important for the professional to
 - Develop rapport and gain the individual's trust
 - Demonstrate respect
 - Show interest in the individual's belongings

- The professional will inquire about
 - The objects - what is saved, where and how were the items acquired, the meaning of the objects
 - Current living situation
 - Current hoarding symptoms
 - History of hoarding - past treatment / interventions
 - Family history
 - Problems due to hoarding – health, relationships, safety, legal

How is an Individual Assessed

Various assessment tools are utilized to help the individual gain insight and to establish a treatment plan

The Clutter Image Rating Assessment is one of the most commonly utilized assessment tools



The client is asked to identify the image that most closely represents the clutter in their home/room

A person who rates their room as a 3 when in actuality is closer to a 7-10 demonstrates lack of insight

Rating of 4-9 identifies the need for intervention

Clutter Image Rating: Bedroom

Please select the photo that most accurately reflects the amount of clutter in your room.



1



2



3



4



5



6



7



8



9

Treatment

Information from the assessment tools are used as the foundation when developing a treatment plan

Standard treatment goal is to

- Help the individual prevent compulsive behavior
- Help the individual through the discarding process
- Help the individual establish activities of daily living that will replace the hoarding behavior
- Help the individual improve their decision-making skills
- Create space that is livable and useable as originally intended
 - living room, bedroom
 - kitchen, bathroom
- Organization of possessions



The Treatment Process

The individual must determine what cluttered area he/she will work through first

The individual will go through each item to determine either to *discard, keep, or recycle the item*
NO "SIFTING" ALLOWED

The individual learns how to discard, recycle or store the items without the anxiety and distress previously experienced

The individual learns to replace negative behaviors with organized activities of daily living

- Wake / sleep cycle
- Eating
- Hygiene
- Washing dishes

Treatment

IMPORTANT

The individual must be willing to accept the need for help and the need to make changes

Cleaning and reorganizing the home of someone with the hoarding condition will not solve the problem - hoarding will continue



- Treatment is a lengthy and difficult process
- It is important to be supportive of the individual during the process
- Directions must be very concrete, simple, and brief
- The individual must follow the therapeutic process to completion

Consideration for Registry Providers



As an IHSS Provider, it is important to report any concern of hoarding to the Consumer's Social Worker and to your RTS

- It is important to respect the individual and his/her home
- If performing domestic care tasks, it is important to do only what the Consumer allows you to do
- Contact the Consumer's Social Worker for directives on how to proceed with the Domestic Care tasks authorized by IHSS for that Consumer
- If you are working with a Consumer who is under the care of a Mental Health Professional, respect the professional's directives
- Do not conduct the tasks assigned by the mental health professional, on behalf of the Consumer
- The consumer/patient must perform the tasks as directed by the mental health professional
- **Report your observation to Adult Protective Services 1-800/451-5155**

Community Resource Guide



Orange County Task Force on Hoarding

<http://www.ochoardingtaskforce.org>

Email: ochoardingtaskforce@gmail.com

Message line: 657/234-3574

County of Orange Health Care Agency, Behavioral Health, Adult Mental Health Services

<http://www.ochealthinfo.com/bhs/about/amhs>

Behavioral Health Services Info Line: 855/625-4657

County of Orange Social Services Agency

<http://www.ssa.ocgov.com>

Adult Protective Services: 800/451-5155

Child Protective Services: 800/207-4464

Code Enforcement and Community Preservation

<http://www.orangecountyda.com/home/index.asp>

OC Community Development Code Enforcement

Services 866/552-8120

OC Animal Services

8am-5pm: 714/935-6848, 949/249-5160

5pm-8am: 714/935-7158

Orange County Vector Control District

<http://www.ocvcd.org>

714/971-2421, 949/654-2421

Orange County Fire Authority

<http://www.ocfa.org>

714/573-6000

Resources



Mental Health Association – Orange County Task Force on Hoarding

<http://www.mhaoc.org/hoarding>

OC 211

<http://www.211oc.org>

Orange County Task Force on Hoarding

<http://www.ochoardingtaskforce.org>

The Obsessive Compulsive (OC) Foundation

www.ocfoundation.org

Video Clip



Hoarders Season 1 Episode 1

Jennifer & Ron / Jill

<https://www.youtube.com/watch?v=ddcuLQxn5-Q>



Thank you for attending.

Any Questions ?