A GATHERING STORM: A WORKSHOP ON HOARDING

A virtual tour of a home taking into account safety issues created by hoarding
   Spotting “telling signs” of hoarding

The role of empathy, compassion and respect in dealing with clients
   Without these cannot make progress w/ clients – examples:
   1 - RE agent coming in and acting as if client wasn’t there
   2 - Being non-judgmental of clients with hoarding/cluttering/organizing challenges – being respectful - not touching items & making clear only coming to look
   3 - Being empathetic – we all hoard to some degree – bring up hoarding worksheet for discussion
   4 - Tips and techniques

Trust building with clients
   1 - Taking the time needed to allow client to go at their own pace and work with the staff going in to help
   2 - Gentle conversation – things in common or discuss what has been hoarding –

Some practical suggestions for hoarders who don’t want to let go
   1. Reasons we all accumulate “things”
   2. Give options – organize, keep, donate, discard

The de-hoarding process – where to begin, when to stop, when to continue
   1 - Begin – empathy for individual, be non-judgmental, don't hurry, start w/ something less concerned about giving up, or something they have particular problems with
   2 - Stop when you see signs of agitation
   3 - Continue when the client seems to be calmer – gentle discussion leave and arrange time to come back

A caregiver focused discussion on some methods of coping with the stress and responsibilities created by working with hoarders
   1 - Take time for yourself – can't give if you're all used
   2 – Balance, assess the situation, set priorities,

Some ways to fund hoarding removal for those that “fall through the cracks”
   1 - Discuss problems and needs with viable decision maker
   2 - Some types of organizations we've approached:
      National MS Society
      NH Brain Injury Association
      Womanteam of Portsmouth – with other NH Branches (aid capped at $500
      & for women only
      Town governments that may want to condemn a hoarder’s property