



**BID SERVICES**

## HOARDING AND CLUTTERING

**A hoarding disorder is where an individual will hold on to a large number of items and stores them in a chaotic manner. These items can be of little or no monetary value.**



### **Hoarding is considered a serious issue when:**

The clutter disrupts daily living for example a person cannot access their rooms or is unable to use the room appropriately.

The clutter is causing a negative impact or distress on the person's quality of life or their families life for example they become anxious or angry if someone discusses moving the clutter.

Some hoarders realise they have a problem but could be embarrassed, ashamed or guilty so are reluctant to seek help.

### **DO:**

- Encourage the person to seek professional help
- Take the time to learn about hoarding
- Help them with their belongings IF they ask for help
- Listen to them
- Recognise any positive change

### **DON'T:**

- Remove anything from their home without consent
- Expect change overnight
- Enable their behaviour
- Clean up after them
- Expect perfection

Hoarding can be a health and safety risk but can also cause loneliness and mental health problems.

If you know someone who has a hoarding issue or you yourself have identified a hoarding problem your first port of call would be an appointment with GP.

Contact your local Fire Service who may be able to offer a 'Safe and Well' visit and can check risks associated with overloaded plug sockets, safe and clear fire exits and working fire alarms.

If it is someone you know or a family member who would like support, remember to be sensitive about the issue; offer to attend any appointment they have regarding their hoarding issues, with them.

Your GP may refer you or someone you may know to the local community Mental Health team within the area of which you are living.

### **How to find out more:**

We have a list of **websites, online support and support groups** which you can find overleaf.

If you don't know how or where to start, please contact the ACCESS team who will be able to help. Contact details at the bottom of this page.

**If you would like further support, please contact:**

**Email:** [access@bid.org.uk](mailto:access@bid.org.uk) **Telephone:** 0121 246 6100 **Mobile/Text:** 07595 086540

Visit our website: [www.bid.org.uk](http://www.bid.org.uk)



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# HOW TO FIND OUT MORE INFORMATION

## Useful Websites

### Helping for Hoarders

[www.helpforhoarders.co.uk](http://www.helpforhoarders.co.uk)

### Clouds End

[www.cloudsend.org.uk](http://www.cloudsend.org.uk)

### Age UK

[www.ageuk.org.uk](http://www.ageuk.org.uk)

### Hoarding Disorders

[www.hoardingdisordersuk.org](http://www.hoardingdisordersuk.org)

### OCD-UK

[www.ocdaction.org.uk](http://www.ocdaction.org.uk)

This charity may be able to help with difficulties accessing therapy.

## Online Support

### Elefriends

MIND have a supportive online community for anyone experiencing a mental health problem, please visit [www.elefriends.org.uk](http://www.elefriends.org.uk)

### Help for Hoarders

This site was set up by a child of a hoarder and has forums where people discuss their own experiences. [www.helpforhoarders.co.uk](http://www.helpforhoarders.co.uk)

## Support Groups

Clouds End has 4 support groups within the Birmingham area. Please note that they do not have funding to provide interpreters.

**If you would like further support, please contact:**

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