

## **Sometimes... saving things can become a problem...**

Houses full of items can lead to falls, injury, loss of friends, & emotional distress.

There can be a risk of fire or eviction.

Some people become overwhelmed & don't know where to begin to clean their house.

Hope and help are available through a variety of approaches & resources.

**Call the Clark County  
Hoarding Task Force at  
(937) 390-5600, ext 245  
for more information.**

Medical & emotional evaluation & treatment are available.

It is possible to get medications & other treatments that can help to reduce the collection & retention of things.

You can call even if you just want to get more information before you ask for help.

**You Are Not Alone!**

**The Clark County  
Hoarding Task Force  
can be reached at  
(937) 390-5600, ext 245**

**What to do when  
all the stuff  
you're keeping  
starts to keep  
YOU!**



**The Clark Count  
Hoarding  
Task Force**

## HOW CAN I TELL IF I MIGHT BE A HOARDER?

- **Are you saving or collecting more things than you need?**
- Do you keep collecting things even though your house and storage spaces are full?
- **Do you find value in things that other people say are NOT valuable?**
- When you try to stop collecting things or try to discard objects, do you feel overwhelmed?
- **Does the fear of losing something “important” prevent you from discarding old stuff?**
- Does the amount of “stuff” in your house make it hard to sleep, sit, cook, bathe, or socialize?
- **Have your friends and family members expressed concern about all of your “stuff”?**

## HOW DO I START?

Change can be challenging, but it is possible with time & effort.

### Here are some approaches:

1. Decide to start NOW.
2. Develop a plan to make your space more functional.
3. Be patient – take small steps.
4. Work in one area at a time and sort your things into three piles:
  - \* things to KEEP
  - \* things to DONATE
  - \* things to THROW AWAY
5. Donate the donation pile.
6. Discard the throw-away pile.
7. Put away the things to keep.
8. Try to stop buying new things.



### These ideas may help:

**When in doubt, throw it out.**

**Use it or lose it.**

**Give away unneeded things.**

**Do something NOW, not later.**

**Make a place for everything, and put everything in its place.**

**Take steps, even if they are small ones.**