

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

Houses full of saved items often result in falls and injury, loss of friends, and emotional distress.

Sometimes there is a risk of fire or eviction.

Some people become overwhelmed and don't know where to begin.

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

**Call (937) 390-5600, extension 245 for more information**

## **Change takes a team**

You can seek medical and emotional evaluation and treatment for this problem.

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

Even if you just want to find out more information before you ask for help, you can seek the assistance of understanding professionals.

### **You Are Not Alone!**

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

The pamphlet is based upon material developed by the Dane County Hoarding Task Force, Madison, WI

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



**Information for people whose "stuff" fills their houses and limits their lives...**

## Changes CAN be made!

Change can be challenging, but it is possible with time and understanding assistance from others.

### Here are some ideas and approaches:

1. Develop a plan to make the space more functional and safe.
2. Be patient – take small steps.
3. Work in one area at a time and sort things into three boxes: most valuable, least valuable, and throw away.
4. Try to reduce buying new things.
5. **Seek assistance. The problem won't go away by itself. The Clark County Hoarding Task Force can be reached at (937) 390-5600, extension 245.**



### These ideas may help

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

**Use it or lose it.**

**Recycle unneeded things.**

**Use a file cabinet.**

**Do something now, not later.**

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

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

### Hoarders may experience two or more of the following:

- Saving or collecting things goes beyond what is needed or usable.
- Saving or collecting continues even when the house and storage space are full.
- Value, uniqueness, and sentiment are found in “stuff” that others do not find valuable, such as old papers, containers, and food items.
- Strong emotional attachments are formed with objects.
- Efforts to stop collecting or to discard are unsuccessful, leading to a sense of emptiness and more collecting.
- The fear of losing things prevents discarding them or gives rise to putting them away, out of sight.
- “Stuff” interferes with safe and functional use of the home for sleeping, cooking, eating, bathing, and socializing.
- Others see the “stuff” as bothersome and dangerous.