

CHANGE TAKES A TEAM WORKING TOGETHER

The person whose home is filled with belongings is the captain of the team.

- Seek answers.
- Learn how others have solved this challenge.
- Seek the assistance of professionals.

There is help.
There are solutions.
There is support.

People whose possessions fill their homes and lives often feel alone.

For help, please call:

Healthy Home Initiative
Lorain County Health District
(440) 322-6367

For treatment:

Firelands Counseling and Recovery
(440) 984-3882
A full spectrum of mental health treatment for adults and children. Alcohol/other drug treatment services also available for adults.

The Nord Center
(440) 233-7232
A private, non-profit agency providing comprehensive behavioral and mental health services to children, adolescents, and adults in the greater Lorain County area.

Additional resources:

Adult Protective Services
(440) 284-4465
To report abuse or neglect of adults 60+, including basic needs unmet due to inability to use spaces (kitchen, baths, etc.) for the purpose intended due to clutter.

Area Office On Aging
(440) 326-4800

Clutterers Anonymous
www.clutterersanonymous.net

National Association of Professional Organizers
www.napo.net



Lorain County Healthy Home Initiative
Hoarding Taskforce

Based upon original material developed by the Dane County, Wisconsin, Hoarding Task Force

THIS FULL HOUSE

Information for adults
whose belongings
fill their house
and limit their lives



WHEN SAVING BECOMES A PROBLEM

Houses full of belongings may cause falls and injury, loss of friends, isolation, and emotional distress. Sometimes there is a risk of fire or eviction.

Some people become overwhelmed and don't know where to begin with all of these belongings.

Hope and help is available through a variety of individuals and organizations who are trained and experienced in working with people whose belongings have overwhelmed their lives.

A person may have a problem with having too many belongings if they can identify with two or more of the following statements:

- I save or collect items beyond what is needed or useable—even though my house is full.
- I value uniqueness and find sentiment in belongings that others do not find valuable, such as old papers, containers, and food items.
- I have strong emotional attachments formed with many items for comfort or safety.
- I have made multiple efforts to stop collecting, organizing, or discarding belongings but have been unsuccessful. That leads to a sense of anxiety, emptiness, and vulnerability.
- My belongings interfere with safe and functional use of my home for sleeping, cooking, bathing, and/or socializing.
- Others see my belongings as bothersome and dangerous.
- I fear losing things, which prevents the organization or discarding of belongings.

CHANGES CAN BE MADE!

Excessive saving feels overwhelming.

Change is challenging but possible.

Seek assistance. The problem won't go away by itself.

Sometimes, the following suggestions can be helpful:

Develop a plan to make specific places in your home safe.

Be patient. Take small steps.

Work on organizing one area or one room at a time.

Reduce the acquisition of new possessions.

