

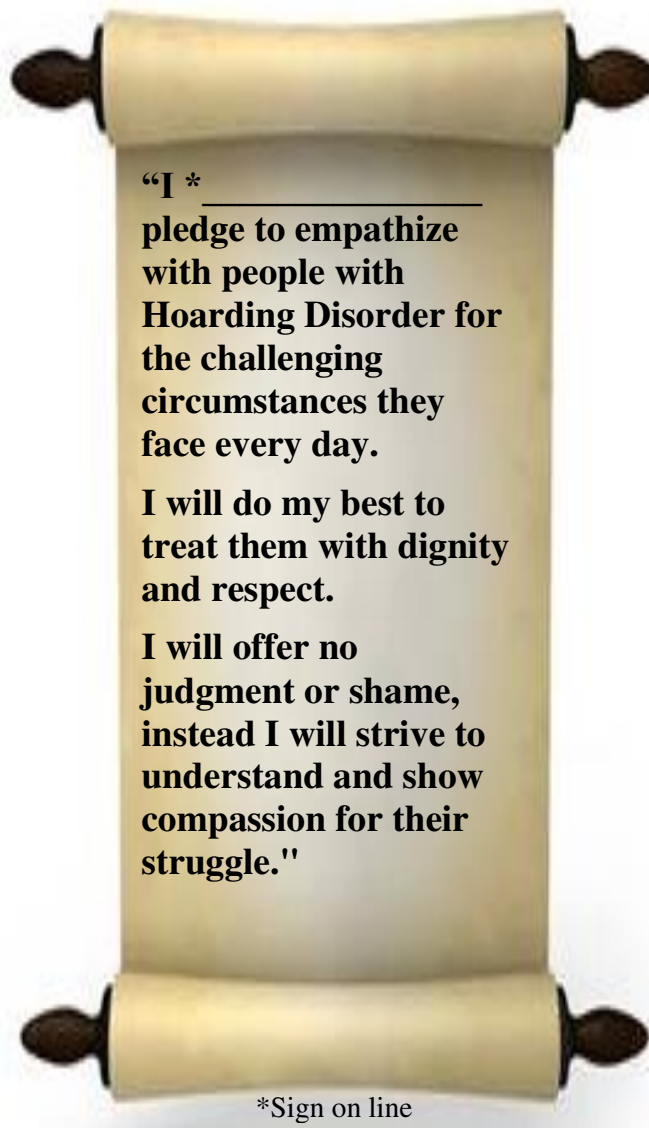
### Take Care of Yourself

- It can take a lot of effort to support someone who has hoarding behaviors. At times, helpers may feel distressed.
- Know when to take a break and relax. Do something to care and nurture yourself when you need to.
- Healthy modeling for the person: in other words you're actively showing that goals can be reached one step at a time.

### Learn About Hoarding

- Learn about why people hoard.
- View resources and additional information on our website <https://mnhtf.org/>
- Email us @ [mnhtf.org@gmail.com](mailto:mnhtf.org@gmail.com)
- Like us on Facebook <https://www.facebook.com/MNHTF>
- Call us at 612-568-5550

## Hoarding Awareness Empathy Pledge



"I \* \_\_\_\_\_  
pledge to empathize  
with people with  
**Hoarding Disorder** for  
the challenging  
circumstances they  
face every day.

**I will do my best to  
treat them with dignity  
and respect.**

**I will offer no  
judgment or shame,  
instead I will strive to  
understand and show  
compassion for their  
struggle."**

\*Sign on line

*The Minnesota Hoarding Task Force  
envisions a community where  
individuals with hoarding behaviors  
have access to supportive options and  
are treated with dignity and respect.*



# How To Help?



# What is Hoarding? If you know someone who is struggling with hoarding behaviors

Hoarding is a complex mental health disorder that has public safety implications: characterized by acquiring items, difficulty getting rid of items and problems with organization to the point that it causes distress in a person's life and limits the use of living spaces in their home.

## **Provide Unconditional Acceptance & Compassion**

- Develop a relationship of trust and respect.
- Do not move their possessions without their permission.
- Facing change can be very stressful. If someone feels truly accepted for their situation and who they are right now, they are more likely to consider change.
- Avoid arguing, debating, judging, blaming or bargaining.
- Provide information on hoarding, its causes, and strategies to make change.

## **Understand**

- Everyone has the right to make their own decisions. These decisions may be difficult to understand, especially when they have consequences that are hard to witness.
- Their choices may lead to more clutter, eviction, or further challenges.
- No matter how compelling it may be to swoop in and solve someone else's problem, you cannot be responsible for the person.
- Clearing out a home without the involvement of the person, usually brings feelings of betrayal. Re-hoarding with greater severity is likely.
- Hoarding is a chronic condition, often requiring therapy to overcome; change will not happen quickly. Be patient.

## **Provide Practical Support**

- Gently encouraging the person to resist the urge to acquire things when they are out.
- Accompany the person to places where it is particularly challenging to resist gathering more things. Support the person in leaving things behind, as best as possible.
- Focus on specific achievable goals.
- Invite the person to look at the costs and benefits of a particular choice.
- Assist by gently enhancing awareness around decision-making and potential consequences.
- Allow the person to take responsibility and give them the opportunity to grow and learn new skills that enable them to deal with their possessions in the long-term.
- Avoid "doing" the work of the person. Instead, "work alongside" the person.