

### Take Care of Yourself

Plan and take breaks.

Know your own limits and honor them, ie: money, time, physical limits, health risks.

Care for and nurture yourself.

Expect to feel a variety of strong emotions.

Take the Quiz: Family Response to Hoarding Scale (Oxford Press)

### Learn About Hoarding

Learn about why people hoard  
Join Us for Monthly **Public Education & Business Meetings**

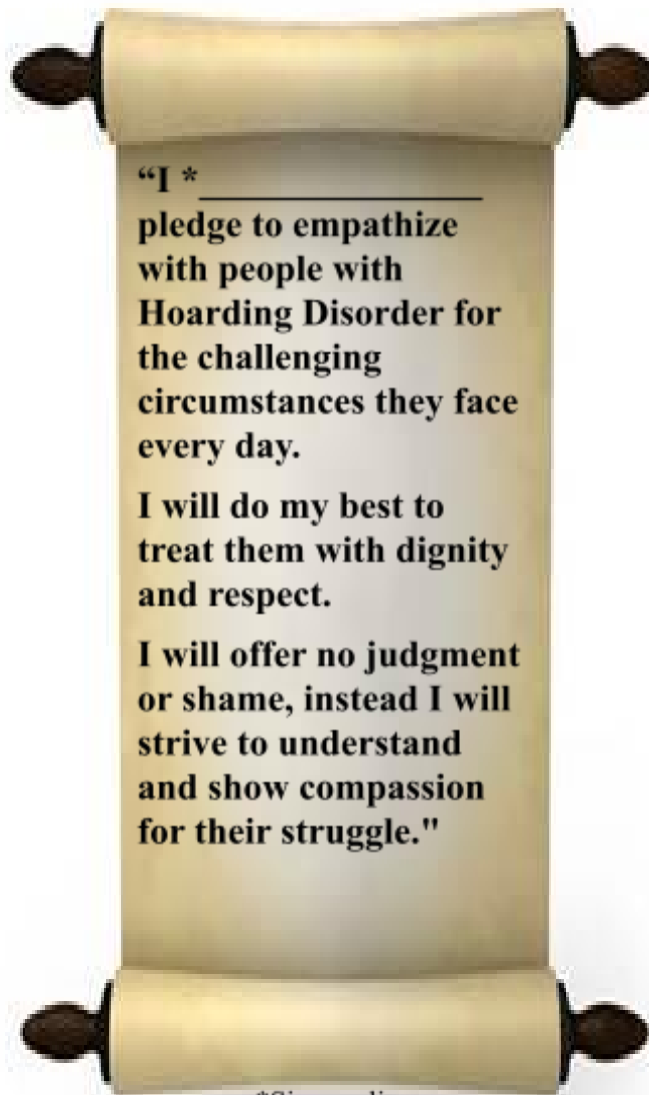
Prioritize safety- not the immediate removal of possessions -

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## 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 collecting 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. Ask before you act.

Facing change can be tremendously 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 deal with it.

## **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.

Allowing the person to take responsibility gives them the opportunity to grow and learn new skills that enable them to deal with their possession in the long-term.

Avoid "doing" the work of the person. Instead, "work alongside" the person.