

HOARDING, CLUTTER & DISORGANISATION

Ice-Breaker Form

Empowering people whose health has been negatively affected by clutter, disorganisation, compulsive shopping or hoarding to start a conversation with their GP or Counsellor.

Dear Medical Professional or Counsellor

I might have a problem which is affecting my health. Please talk me through the types of help and support that could empower me to feel better. I have ticked the boxes below which I can relate to.

(Tick as appropriate)

- I feel depressed
- I feel lonely or socially isolated
- My house is cluttered and disorganised
- My house has so much stuff in it that it prevents the rooms from being used properly
- I am embarrassed to have people visit my house
- I have suffered a traumatic event or bereavement
- I can't stop accumulating items
- I am a compulsive shopper
- I have persistent difficulty discarding or parting with personal possessions
- I have strong urges to save items
- I struggle with prioritising, planning, time-keeping or paying bills regularly
- I struggle to eat a nutritious diet or maintain a healthy weight
- I don't think I have a problem but people have told me they are worried about me
- I think my family member / friend has a problem with hoarding

THIS IS THE CLUTTER IMAGE RATING SCALE.
I WOULD DESCRIBE MY HOUSE AS LEVEL:





INFORMATION FOR MEDICAL PROFESSIONALS

In 2018 the **World Health Organisation (WHO)** classified Hoarding Disorder as a mental illness, and has included it in **ICD-11**. A combination of factors can result in hoarding behaviours or accumulating lots of possessions. Examples include life events (bereavement); traumas (eg. Adverse Childhood Experiences - ACES); mental health issues (e.g. Anxiety; Depression; PTSD; OCD; Dementia); neurological conditions (eg. ADHD; Autism; Dyslexia; Dyspraxia; Chronic Fatigue Syndrome/ME); conditions related to frontal lobe impairments (eg. Acquired Brain Injury - ABI), and, anything likely to affect Executive Functioning. Executive Dysfunction/Dysregulation can inhibit a person's ability to plan; organise; prioritise; start/finish tasks; make decisions; be flexible with their thinking; remember things; control their impulses; self-monitor; and regulate their emotions.

- Managing hoarding behaviours requires a **person-centred, collaborative and integrated approach** between agencies.
- **The Care Act 2014** recognises hoarding behaviours as one of the manifestations of self-neglect, and requires all public bodies to **safeguard** people at risk.
- For information about Lincolnshire Hoarding protocols and guidelines, contact **hoarding@lincolnshire.gov.uk**. The Lincolnshire Hoarding protocol advises when to safeguard people who have hoarding behaviours.
- For general enquiries on hoarding, contact the Lincolnshire Fire and Rescue Community Safety Team on **01476 565441** and ask to speak to someone about hoarding.
- The **Clutter Image Rating Scale** is a nationally recognised scale by Hoarding Practitioners and local agencies (such as Social Workers, Fire Services, Environmental Health Officers).