

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.
- Find a support group.
- 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:

Older Adult Services

(714) 972-3700

or

Adult Protective Services

24-hr. hotline
(800) 451-5155

or

Office On Aging

(800) 510-2020

Additional information and resources are available from:

Clutterer's Anonymous

www.clutterersanonymous.net

National Association of Professional Organizers

www.napo.net

National Study Group Chronic Disorganization

www.nsgcd.org

THIS FULL HOUSE

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



County of Orange Health Care Agency
Behavioral Health Services



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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 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.

This brochure was produced by the County of Orange Health Care Agency and the Orange County (California) Task Force on Hoarding and is based upon original material developed by the Dane County, Wisconsin, Hoarding Task Force.

For more information about the Hoarding Task Force, call the Orange County Health Care Agency's Older Adult Services Program at (714) 972-3700.

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

- Saving or collecting continues beyond what is needed or usable—even though the house is full.
- Value, uniqueness and sentiment are found in belongings that others do not find valuable, such as old papers, containers and food items.
- There are strong emotional attachments formed with many items for comfort or safety.
- Multiple efforts to stop collecting, organizing or discarding belongings are unsuccessful and lead to sense of anxiety, emptiness, vulnerability.
- Belongings interfere with safe and functional use of the home for sleeping, cooking, bathing, and/or socializing.
- Others see the belongings as bothersome and dangerous.
- The fear of losing things 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.

