



Self Neglect & Hoarding Awareness Workshop

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*Dedicated to
helping people with
hoarding disorder*

**We can sort it,
together**

What Do You Think?

1) A social problem

2) A mental health problem

3) Both



Genetic
propensity

Trauma

WHY?

Organisational
'dyslexia'



Excessive gathering

Inability to let go

Self-
neglect/
squalor

HOW?

Animal
hoarding

Altered behaviour due to
brain damage



Initial signs
in childhood

No real
demographic

WHO?

Other issues
usually
present

Often not
seeking help
until later life



Victoria Derbyshire (@VictoriaLIVE) tweeted at 9:35 am on Thu, Mar 01, 2018:

"Sometimes I've brought a book home, and realised I have it already"

Former teacher Keith has always loved to read. But now he struggles to remember what he's read.

He was diagnosed with dementia in 2010

<https://t.co/4Lc9bYSs7C>

https://twitter.com/VictoriaLIVE/status/969143957891334144?ref_src=twcamp%5Eshare%7Ctwsrc%5Eandroid%7Ctwgr%5Edefault%7Ctwcon%5E7090%7Ctwterm%5E3



Hoarding is not a Problem.

It's a solution to a problem they don't know they
have

They are not Hoarding to annoy you



DSM V Definition

Persistent difficulty discarding or parting with personal possessions, even those of apparently useless or limited value, due to strong urges to save items, distress, and/or indecision associated with discarding.

The symptoms result in the accumulation of a large number of possessions that fill up and clutter the active living areas of the home, workplace, or other personal surroundings (e.g. office, vehicle, yard) and prevent normal use of the space. If all living areas are uncluttered, it is only because of others' efforts (e.g. family members, authorities) to keep these areas free of possessions.

The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning (including maintaining a safe environment for self and others).



DSM V Inclusion

Has this made a change?

Diagnosis

NHS recognition



Solutions

THERAPIES

- Cognitive Behaviour Therapy (CBT)
- Mindfulness
- Motivational Interviewing
- Emotional Freedom Technique (EFT)
- Hypnotherapy

MEDICATIONS

- Selective Serotonin Reuptake Inhibitors (SSRIs) – for treating depression, OCD, generalised anxiety disorder, panic disorders, phobias and PTSD



How Can We Help?

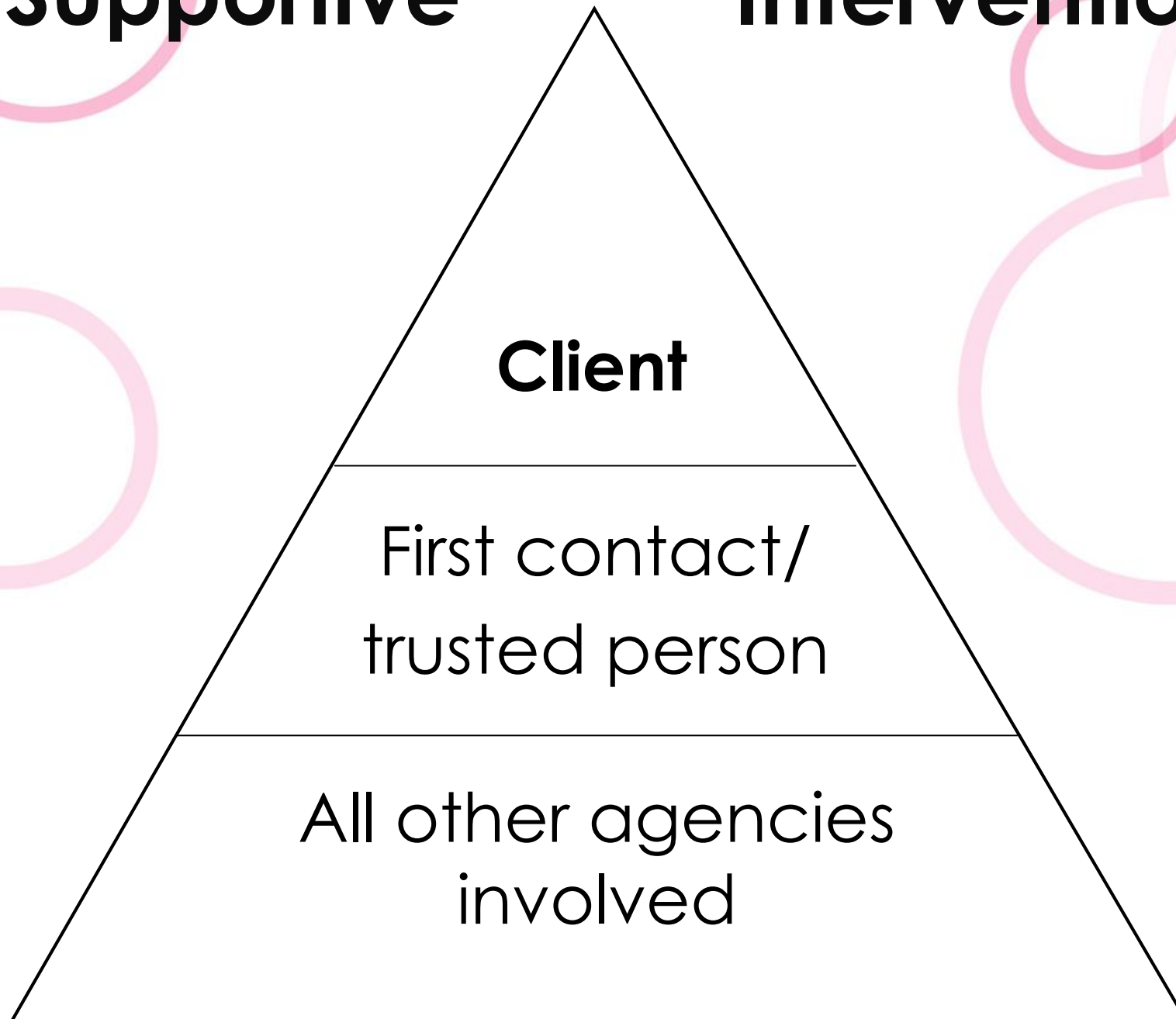
Supportive Intervention TM

A set of principles and compassionate strategies created to minimise harmful consequences of high risk behaviours



Supportive

Intervention



Smile!

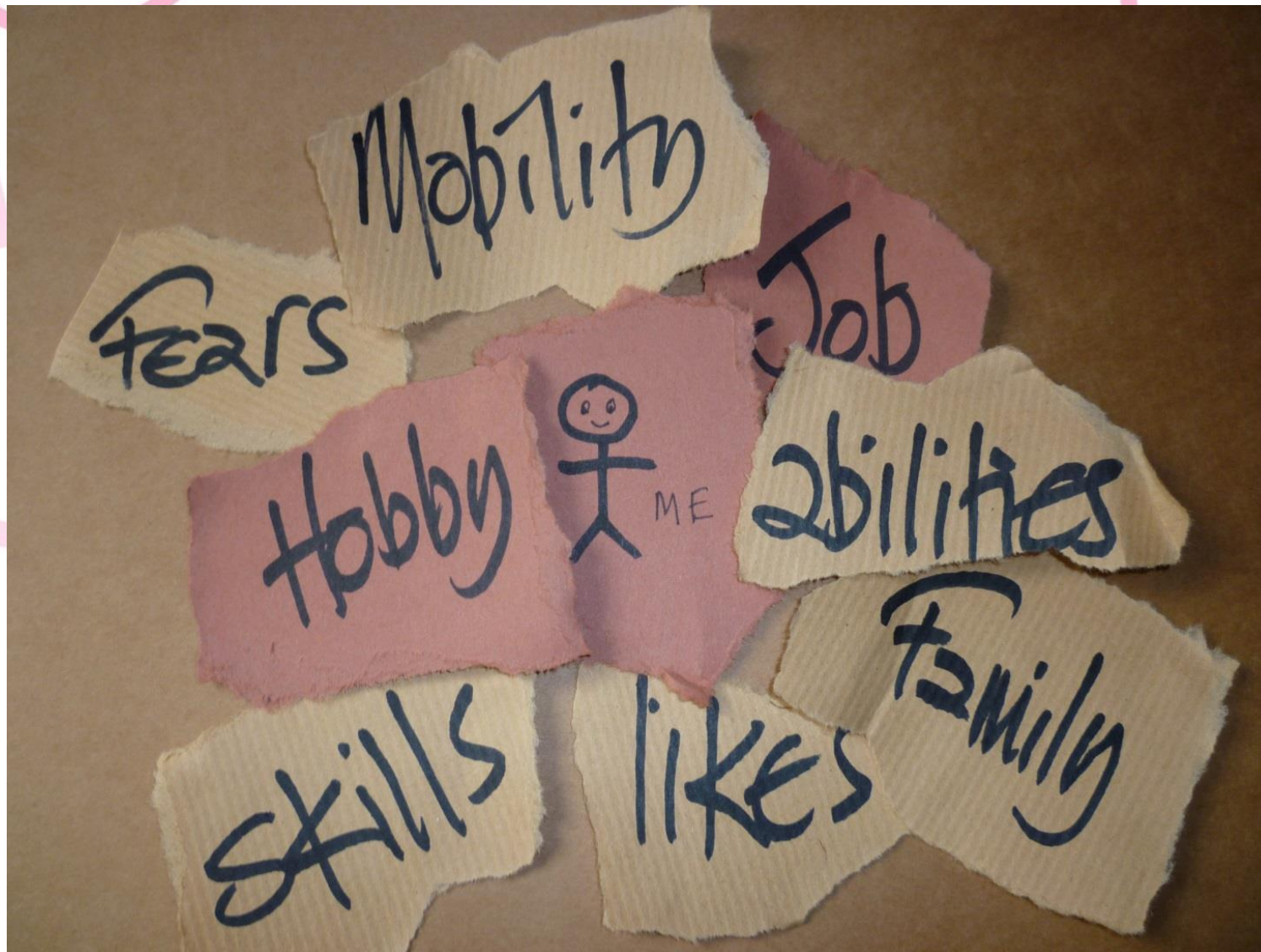
Expressions are louder than words...



**You need to
be a
Detective**



Clues...



Ted

My name is Ted, I'm 67, I live alone in my house and support west ham (someone has to), I've lived in this house for 47 years, I don't bother anyone but they bother me, A LOT.

To all of you, I am what you call a hoarder, some people call me a dirty old man, some people think of me as weird and a problem which is horrible. You're all wrong, I am a man, a big brother, a dad to 4 kids and a mate and I do no one no harm. I could be you I have cats and they are my company, people seem more bothered about my cats than me, when my mam died I ended up with all of her stuff and my sisters when she moved away, that's why I have all their stuff. I fix up cars and motorbikes for a hobby and I have a job and got a degree in politics in 1976 when it was hard.

I was going to come today but thought you would pity me, don't do that, be decent, talk to me as a human being not a job, I am a laugh and know a lot you probably don't, I have had help and probably driven the bloke at the council nuts, but he's alright he's trying to help me when I let him,

Don't judge me, judge yourself when you batter on my door and start telling me what to do before you know who I am, I am Ted, nice to meet you.



Types of Hoarding

- Animals
- Information
- DIY/Hobbyist
- The Collector
- Clothes Hoarder
- Memory Keeper
- Rubbish





Discarding

Where can it go ?

- Sell
- Relatives or friends
- Charity Shop
- Recycling
- Establish what is rubbish last



**It's going to take
time...**



What are Hoarding Task Forces and How Can they Help?

Multi agency groups – housing, mental health team, fire service, local authorities, community groups, charities

Involves people with hoarding issues

Based on US models - some working for over 15 years

Shares best practice, uses best resources

Everyone gets support where needed

Get better results for client and staff

Can involve family

Works with support groups



What Acts Help ?

Data Protection 1998

- S35a Data Protection Act –contemplation of legal proceedings

Care Act 2014

- Places a specific duty on Local Authorities to co operate
- s42

These are just two of the many there to help



Legal

Care Act 2014 Adult Safeguarding Key Principles

- **Empowerment**
 - Support own decisions, informed consent
- **Prevention**
 - Action before harm occurs
- **Proportionality**
 - Least intrusive response to risk
- **Protection**
 - Support and representation for greatest need
- **Partnership**
 - Services working with communities
- **Accountability**
 - Transparency in delivering safeguarding



Thank You

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#gomakeadifference

