



## ***Recognizing and Responding to Clutter Addiction and Compulsive Hoarding in Older Adults***

**Wednesday, February 24, 2010**

“Action Activity” results

At the end of each the 6 breakout workshops, participants were asked to answer and discuss the following 2 questions.

- a. What intervention or change would you like to implement based on what you’ve learned from this session?
- b. What potential barriers or concerns do you have regarding implementing this intervention?

The following are lists of actions/barriers identified in each workshop.

## 1A. First-Hand Accounts: Insights from Interviews with Older Adults Who Have Hoarding and Cluttering Behaviors

**Monika Eckfield**, RN, MSN, PhD Candidate, Hartford Center for Geriatric Nursing Excellence, University of California, San Francisco

ACTIONS	BARRIERS
<p>What intervention or change would you like to implement based on what you've learned from this session?</p> <ol style="list-style-type: none"> <li>1. Keep focused on the declutter job by setting a <b>kitchen timer</b> for 10, 15 or 20 minutes. Obey it and stop when timer stops and reward yourself</li> <li>2. When focused on decluttering, have a box for "temporarily getting rid of" to make it easier to sort items;</li> <li>3. Develop a volunteer program that pairs up "non-clutter" buddy with people needing support and motivation in working to declutter their home; the program would aim at decreasing social isolation; have the "non-clutter" buddy sit with the "clutter" buddy while he/she works through sorting; could have grad/undergrad students as volunteers</li> <li>4. Identify creative options/uses to reuse items and donate these to people who may need these items</li> <li>5. Start early- educate children about cluttering and hoarding</li> </ol>	<p>What potential barriers or concerns do you have regarding implementing this intervention?</p> <ol style="list-style-type: none"> <li>1. Takes time and research to identify the appropriate people to give these things to.</li> <li>2. Takes time and resources to develop a volunteer program/network</li> </ol>



**2A. Coordinated Community Response to Hoarding: Collaborative Efforts Produce the Most Effective Intervention**

**Catherine Kritzer**, Recovering Hoarder and Consumer; **Carol Lucchese**, MS, Social Worker, Adult Services, Marin County Department of Health Human Services; **Captain Cindy Machado**, Animal Services Director, Marin Humane Society; **Alexandra Matthews**, PhD, Psychologist in Private Practice; **Joanne Merjano**, BSN, RN, PHN, Adult Protective Services and In Home Supportive Services, Adult Services, Marin County Department of Health and Human Services; **Gail Mosconi**, LCSW, Shelter Plus Care Coordinator, Marin Housing Authority; **Sue Zee Poinsett**, MA, Professional Organizer; **Mark Vanderscoff**, Deputy Public Guardian, Public Guardian's Office, Marin County; all members of The Hoarding Alliance of Marin

ACTIONS	BARRIERS
<p>What intervention or change would you like to implement based on what you've learned from this session?</p>	<p>What potential barriers or concerns do you have regarding implementing this intervention?</p>
<ol style="list-style-type: none"> <li>1. Use different interventions as a professional conservator</li> <li>2. Create new task force</li> <li>3. Create alliances</li> <li>4. Be more aware of the role of animal control</li> <li>5. Be more aware of how hoarding presents itself</li> <li>6. Explore whether or not hoarding is an American disorder or world-wide</li> <li>7. Explore using AA model with homebound clients</li> <li>8. Explore whether or not a child could "learn the behavior" of hoarding by a parent if onset starts by 8 or 10 years old</li> </ol>	<ol style="list-style-type: none"> <li>1. Money</li> <li>2. Time</li> <li>3. Large counties for getting the "right people" together (to form alliances/task force)</li> <li>4. Difficult for Social Workers with dual roles as SW/Conservator and client self-determination</li> </ol>



**3A. Muddy Waters: How APS Navigates Safety and Ethical Issues with Older Clients Who Hoard and Clutter**

**Cindy E. Bircher Rasmussen**, LCSW, Supervisor, Adult Protective Services, San Francisco City and County Department of Aging and Adult Services;

**Erika Falk**, PsyD, Director, Geriatric Assessment and Psychological Services, Institute on Aging

ACTIONS	BARRIERS
What intervention or change would you like to implement based on what you've learned from this session?	What potential barriers or concerns do you have regarding implementing this intervention?
<ol style="list-style-type: none"> <li>1. Raise public awareness</li> <li>2. Engage in long term perseverance</li> <li>3. Develop intensive case management team               <ul style="list-style-type: none"> <li>– Special units in APS for hoarding</li> <li>– Develop long term relationship with clients</li> </ul> </li> <li>4. Enlist client as part of crisis team</li> </ol>	<ol style="list-style-type: none"> <li>1. Class issues               <ul style="list-style-type: none"> <li>– Socio-economic issues</li> </ul> </li> <li>2. Social stigma</li> <li>3. Regulations</li> <li>4. Accurate diagnosis and effective treatments of co-morbid mental illness</li> <li>5. Funding</li> </ol>

## 1B. A Closer Look at Hoarding Behavior

**Patrick Arbore, EdD**, Director for Elderly Suicide Prevention and Grief-Related Services, Institute on Aging

ACTIONS	BARRIERS
<p>What intervention or change would you like to implement based on what you've learned from this session?</p> <ol style="list-style-type: none"> <li>1. Be mindful – that material things represent memories (cognitive decline)</li> <li>2. Identify people who may be living in the past (can they move forward?) and help them live in the “now” – not the past or future</li> <li>3. Build rapport with client; go slowly; be very patient with client</li> <li>4. Conduct a 12 step/harm reduction meeting in the home</li> <li>5. Educate families and courts</li> <li>6. Help people discern what is of use and value and what is not useful</li> <li>7. Start doing education younger</li> </ol>	<p>What potential barriers or concerns do you have regarding implementing this intervention?</p> <ol style="list-style-type: none"> <li>1. Grief and loss, shame, trauma experienced by client; issues not settled</li> <li>2. Loss of friends and (meaningful) connections to help and understand clients</li> <li>3. Clients own resistance</li> <li>4. Difficult to send volunteer into homes of clutterer</li> <li>5. Funding/resources</li> <li>6. Family dynamics</li> <li>7. Peer pressure</li> <li>8. Difficult to get out to clients' homes</li> </ol>



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**2B. Clinical Supervision Workshop: Share Your Most Difficult Hoarding Cases**

**Emily B. Saltz, LICSW, CMC, Director, Elder Resources, Newton, MA**

ACTIONS	BARRIERS
<p>What intervention or change would you like to implement based on what you've learned from this session?</p> <ol style="list-style-type: none"> <li>1. Do no harm and have no judgment; think before act</li> <li>2. Recognize the uniqueness of situation and apply different intervention</li> <li>3. Collaborate and use team approach</li> <li>4. Focus on harm reduction and safety</li> <li>5. Recognize the client's view point</li> <li>6. Change expectations about "where we're going" and "when we'll get there"</li> </ol>	<p>What potential barriers or concerns do you have regarding implementing this intervention?</p> <ol style="list-style-type: none"> <li>1. Time – getting the team together</li> <li>2. Money</li> <li>3. Resources</li> <li>4. Conflict with our own values</li> <li>5. Haven't yet categorized hoarding as disorder in DSM</li> </ol>

### 3B. Animal Hoarding - The Unfortunate Reality

**Captain Cindy Machado**, Animal Services Director, Marin Humane Society

ACTIONS	BARRIERS
<p>What intervention or change would you like to implement based on what you've learned from this session?</p> <ol style="list-style-type: none"> <li>1. Look closer at and for animals (e.g. when at client's house)</li> <li>2. Add a question to intake form; "Do you have animals?"</li> <li>3. Identify steps to stay on top of animal hoarding-related cases (high rate of recidivism)</li> <li>4. Recognize that we are <b>not</b> investigators (we are reporters)</li> <li>5. Report to APS or animal control; make phone call</li> <li>6. Network! (important to put the right people in scenario)</li> </ol>	<p>What potential barriers or concerns do you have regarding implementing this intervention?</p> <ol style="list-style-type: none"> <li>1. Apathy, fear; feel like a concern won't be addressed</li> <li>2. Difficult to differentiate whether case is serious or non-serious</li> </ol>