

## What are the signs of compulsive hoarding?

- \* Difficulty getting rid of items
- \* A large amount of clutter in the office, at home, in the car, or in other spaces (i.e. storage units) that makes it difficult to use furniture or appliances or move around easily
- \* Losing important items like money or bills in the clutter
- \* Feeling overwhelmed by the volume of possessions that have 'taken over' the house or workspace
- \* Being unable to stop taking free items, such as advertising flyers or sugar packets from restaurants
- \* Buying things because they are a 'bargain' or to 'stock up'
- \* Not inviting family or friends into the home due to shame or embarrassment
- \* Refusing to let people into the home to make repairs

## Hoarding is not caused by:

- Laziness
- Lack of standards
- Lack of responsibility
- Lack of intelligence

## A person who hoards...

- ...has dysfunctional beliefs about items
- ...has exaggerated emotional attachments to possessions
- ...has difficulty with organization
- ...has poor insight to their behavior
- ...may have experienced significant trauma in their life
- ...may have inherited the disorder through family
- ...often has other mental illness(es)

## Important points to remember about hoarding:

- There is no known 'cure' for compulsive hoarding. A variety of interventions/techniques are necessary for treatment.
- Compulsive hoarding is a chronic illness.
- It is important for family members and friends to be supportive while their loved one seeks help.
- A hoarder will often experience a major stress reaction if their items are discarded without their consent.
- Obtain consent before discarding items.

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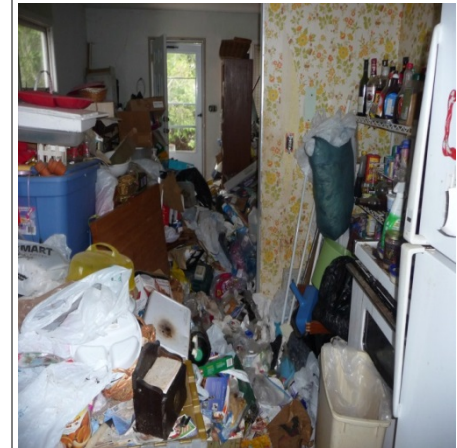
August 2018

HOPE  
AND  
HELP

Dane County  
Hoarding  
Task Force



# HOARDING



## Resource Guide

*What is not started today is never finished tomorrow.*

~Goethe

## ANIMAL CONTROL

- \* Dane County Humane Society  
608-838-0413
- \* Assist in recognizing healthy vs ill animals
- \* Transport animals to safe environment so clean up is possible
- \* Provide temporary housing for healthy and/or treatable animals
- \* Provide proper disposal of deceased or euthanized animals

## CLEANING/SAFETY ASSESSMENT/ORGANIZING

- \* **SAFE at Home (assessments)**  
608-223-7970
- \* Life Organized  
608-622-7678
- \* Sort N Release  
608-695-9534
- \* Deep Cleaning LLC  
608-212-1889
- \* Environment Solutions; Southern WI  
800-990-0346
- \* Steri-Clean  
1-800-HOARDERS
- \* Wisconsin Hoarding Cleanup  
262-879-4525
- \* 1-800-GOT-JUNK

## INTERNET/SOCIAL MEDIA

- \* <http://thecluttermovement.com>
- \* <http://hoardingcleanup.com/wisconsin>
- \* <https://www.challengingdisorganization.org/>
- \* <http://www.helpforhoarders.co.uk/self-help/>
- \* <https://iocdf.org/wp-content/uploads/2014/10/Hoarding-Fact-Sheet.pdf>
- \* <http://www.hoarders.org/f-c.html>

## Agencies & Capabilities

### AGING AND DISABILITY RESOURCE CENTER OF DANE COUNTY

608-240-7400

- \* **Helps older adults and people with disabilities, along with their families and caregivers, connect with the resources and services they need to live as safely and independently as possible.**

### UNITED WAY'S 2-1-1

- \* Confidential, non-emergency information & referral line that offers community resources. Available 24/7

### LAW ENFORCEMENT

- \* Dane County/Madison dispatch  
608-255-2345

### COUNSELING/MENTAL HEALTH

- \* Recovery Dane Clutter Control Group  
608-237-1661  
Open to anyone living in Dane County who struggles with clutter, including those who identify as 'hoarders'
- \* Roger's Memorial intensive outpatient treatment program in Madison  
608-238-4411
- \* Journey Mental Health Center; 24 hours  
608-280-2700

### DEMENTIA RESOURCES

- \* Alzheimer's Association  
608-205-8502
- \* Alzheimer's & Dementia Alliance  
608-232-3400 or 888-308-6251
- \* Dementia Care Specialist  
608-240-7400

## GOVERNMENT AGENCIES

- \* Building Inspection  
608-266-4551
- \* Can provide inspections specifically for code violations
- \* Can lay legal basis for cleanup by issuing code violations
- \* County Planning and Zoning  
608-266-4266 or contact local municipality
- \* Dane County/Madison Health Department  
608-242-6515
- \* Provides information and guidance on human health hazards
- \* Dane County Human Services; Adult Protective Services (APS)  
Non-emergency referrals only  
608-261-9933
- \* Conducts investigations of alleged physical abuse, emotional abuse, sexual abuse, neglect or self-neglect, or financial or material abuse against adults at risk and elders at risk

## LEGAL/HOUSING ASSISTANCE

- \* **Housing Help Desk (Dane Co. Job Center)**  
608-242-7406
- \* Tenant Resource Center
- \* **Mediation 608-257-0006 ex. 8**
- \* Rental Rights Madison 608-257-0006
- \* 1202 Williamson St. #102, Madison  
Walk-In: M-F 9am-6pm
- \* Neighborhood Law Center  
608-890-0678
- \* Legal Action  
608-256-3258
- \* Elder Rights Project  
844-614-5468