

## + 300.03 Hoarding Disorder

- a. "persistent difficulty discarding or parting with possessions, regardless of their actual value"
- b. Difficulty due to a perceived need to save items and to distress associated with discarding them
- c. Difficulty discarding possessions results in accumulation of possessions that congest and clutter active living areas and substantially compromises their intended use. If living areas are uncluttered, it is only because of the interventions of third parties (e.g. family members, cleaners, authorities)
- d. Hoarding causes clinically significant distress or impairment in social, occupational, or other important areas of functioning (including maintaining a safe environment for self and others)
- e. Not due to medical condition (e.g. brain injury, cerebrovascular disease)
- f. Not due to another mental health condition (e.g. OCD, major depressive disorder, schizophrenia, neurocognitive disorders, autism)

### Specify if:

- a. With excessive acquisition
- b. Insight (good, poor, delusional)

## + Screening & Assessment: ASK!

- First and foremost, ASK!
- Make sure to incorporate some form of question that can help indicate a problem at home with clutter, excessive acquisition, or difficulty discarding.
- Structured Interview for Hoarding Disorder (Pertusa & Mataix-Cols, 2010)
- Screening Question Examples:
  - Are any areas of your home difficult to walk through because of clutter?
  - Are you unable to use any parts of your home for their intended purposes? For example, cooking, using furniture, washing dishes, sleeping in bed, etc?
  - Do you find the act of throwing away or donating things very upsetting?
  - Do you have strong urges to buy or collect free things for which you have no immediate use?
  - Have you ever been in an argument with a loved one because of the clutter in your home?

## + Hoarding Rating Scale (HRS)

(Tolin, Frost, Steketee, 2010)

- 5-item scale
- 5-10 minutes
- Assesses severity of main features of hoarding 1.
  - Clutter
  - Difficulty discarding
  - Acquisition
  - Distress
  - Functional impairment
- 0 (no problem) to 8 (extreme problem) 2.
- Hoarding disorder: score at least a 4 or above on clutter and difficulty discarding, as well as on either distress OR functional impairment
  - Mild but significant hoarding: 16
  - Moderate: Avg. 24
  - Severe: Above 30

### Examples

1. Because of clutter or number of possessions, how difficult is it for you to use the rooms in your house?

2. To what extent do you have difficulty discarding (or recycling, selling, or giving away) ordinary things that other people would get rid of?

## + Clutter Image Rating

(CIR; Frost, Steketee, Tolin, & Renaud, 2008)

- Developed to overcome problems with over- and under-reporting
- 9 pictures for 3 main rooms
  - Kitchen
  - Living room
  - Bedroom
- 1 = no clutter to 9 = severe clutter
- Review room and select picture that looks most like room in the home
- Score of 4 or more: clinically significant clutter problem

### Clutter Image Rating: Bedroom

Please select the photo that most accurately reflects the amount of clutter in your room.

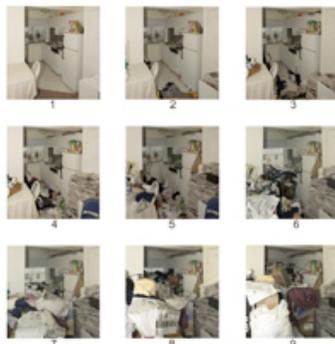


# + Clutter Image Rating

(CIR; Frost, Steketee, Tolin, & Renaud, 2008)

## Clutter Image Rating Scale: Kitchen

Please select the photo below that most accurately reflects the amount of clutter in your room.



## Clutter Image Rating: Living Room

Please select the photo below that most accurately reflects the amount of clutter in your room.



**ICD  
CLUTTER — HOARDING SCALE  
FIVE CATEGORIES**

**Structure and Zoning**  
Assessment of zoning, fire codes, and other building codes that may affect safety of interior.

**Animals and Pests**  
Assessment of animals and pests that may affect safety of interior.

**Household Functions**  
Assessment of household functions that may affect safety of interior.

**Health and Safety**  
Assessment of health and safety hazards that may affect safety of interior.

**Personal Protective Equipment (PPE)**  
Assessment of personal protective equipment that may affect safety of interior.

**PURPOSE OF SCALE**  
The ICD Clutter-Hoarding Scale (CHS) is a 5-point assessment tool for professionals and related professionals to use in the assessment of clutter and hoarding. It is designed to be used by professionals and related professionals in the assessment of clutter and hoarding.

**ICD  
CLUTTER — HOARDING SCALE  
FIVE LEVELS**

**LEVEL 1 — GREEN — CLEAR**  
The professional assesses the degree of clutter and hoarding as being minimal (Level 1) to the floor, and Level 1 is the highest. The ICD Clutter-Hoarding Scale is designed to be used by professionals and related professionals in the assessment of clutter and hoarding.

**LEVEL 2 — BLUE — DISORDERED**  
The professional assesses the degree of clutter and hoarding as being moderate (Level 2) to the floor, and Level 2 is the second highest. The ICD Clutter-Hoarding Scale is designed to be used by professionals and related professionals in the assessment of clutter and hoarding.

**LEVEL 3 — YELLOW — DISTURBED**  
The professional assesses the degree of clutter and hoarding as being significant (Level 3) to the floor, and Level 3 is the third highest. The ICD Clutter-Hoarding Scale is designed to be used by professionals and related professionals in the assessment of clutter and hoarding.

**LEVEL 4 — ORANGE — SEVERE**  
The professional assesses the degree of clutter and hoarding as being severe (Level 4) to the floor, and Level 4 is the fourth highest. The ICD Clutter-Hoarding Scale is designed to be used by professionals and related professionals in the assessment of clutter and hoarding.

**LEVEL 5 — RED — EXTREME**  
The professional assesses the degree of clutter and hoarding as being extreme (Level 5) to the floor, and Level 5 is the fifth highest. The ICD Clutter-Hoarding Scale is designed to be used by professionals and related professionals in the assessment of clutter and hoarding.

**CLUTTER — HOARDING SCALE®  
QUICK REFERENCE GUIDE**

**INSTITUTE FOR CHALLENGING DISORGANIZATION**  
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Contact ICD and Learn More!

Institute for Challenging Disorganization  
8015 Lakeside Dr., Suite 100  
St. Louis, MO 63124  
www.challengingdisorganization.org

# + ICD Clutter-Hoarding Scale (CHS)

- Assessment of home's interior, except where outside structure affects overall safety of interior
- Guideline tool by professional organizers and related professionals
- 5 categories: Structure and Zoning; Animals and Pests; Household Functions; Health & Safety; Personal Protective Equipment (PPE)

Available for free download: [www.challengingdisorganization.org](http://www.challengingdisorganization.org)



## “Levels” of Hoarding (ICD Clutter–Hoarding Scale)

**CLUTTER — HOARDING SCALE (CHS)  
QUICK REFERENCE GUIDE**

	Structure and Zoning	Animals and Pests	Household Functions	Health and Safety	Personal Protective Equipment (PPE)
<b>LEVEL I</b>	All doors, stairs and windows accessible; plumbing, electric and HVAC operational; fire and CO2 detectors installed and functional	Normal animal control behavior/sanitation; approved number of animals; no evidence of rodents or insects	No excessive clutter; all rooms properly used; appliances functional; good housekeeping and maintenance	Safe, sanitary; no odors; medication control OK	OPTIONAL
<b>LEVEL II</b>	1 major exit blocked; 1 major appliance or HVAC device not working for longer than one season; fire or CO2 detectors non-existent or non-functional	Evidence of inappropriate animal control; visible or odorous pet waste; visible pet fur/hair/feathers; light to medium evidence of common household pests/insects	Clutter beginning to obstruct living areas; slight congestion of desks, entrances, hallways and stairs; some household appliances not functional; inconsistent housekeeping and maintenance	Diminished appropriate sanitation; odors from dirty dishes, food prep, laundry, toilets; mild odors; medication control questionable	LIGHT PPE Medical or work gloves; caps (washable or poly bouffant); first aid kit; insect repellent; hand sanitizer
<b>LEVEL III</b>	Outside clutter of items normally stored indoors; HVAC devices not working for longer than one season; fire or CO2 detectors non-existent or non-functional; one part of home has light structural damage (occurring within past six mos.)	Animal population exceeds local regulations; inappropriate animal control; inadequate sanitation; audible evidence of pests; medium level of spiders; light insect infestation such as bed bugs, flea, flea, roaches, ants, silverfish, spiders, etc.	Clutter obstructing functions of key living areas; building up around exits, entrances, hallways and stairs; at least one room not being used for intended purpose; several appliances not functional; inappropriate usage of electric appliances and extension cords; substandard housekeeping and maintenance; hazardous substances in small quantities	Limited evidence of maintaining sanitation (heavily soiled food prep areas; dirty dishes, mugs/cups; odors obvious and irritating; garbage cans not in use or overflowing; dirt, dust and debris; dirty laundry throughout house; Rx and OTC medications hazardous control [ie children, pets, mentally impaired])	MEDIUM PPE Face masks or N95 respirator masks; eye protection; gloves; disposable coveralls; poly caps; work shoes/boots; first aid kit; hand sanitizer; insect repellent
<b>LEVEL IV</b>	Excessive outdoor clutter of items normally stored indoors; HVAC devices not working for longer than one year; CO2 detectors non-existent or non-functional; structural damage to home lasting longer than six months; water damaged floors, damaged walls and foundations; broken windows, doors or plumbing; odor or evidence of sewer backup	Animal population exceeds local ordinances; poor animal sanitation; destructive behavior; excessive spiders and webs; bats, squirrels, rodents in attic or basement (audible and visible); medium insect infestation	Diminished use and accessibility to key living areas; several rooms cluttered to extent they cannot be used for intended purpose; clutter inhibits access to doorways, hallways and stairs; inappropriate storage of hazardous/combustible materials; appliances used inappropriately; improper use of electric space heaters, fans or extension cords	Rotting food; organic contamination; expired, leaking cans or bottles; biohazardous and/or toxic; dishes and utensils unusable; no linens on back; sleeping on mattress, chair or floor; infestation of bedding and/or furniture; medications, Rx and OTC medications easily accessible to anybody	FULL PPE Face masks or N95 respirator masks; safety goggles; medical or industrial grade latex or nitrile gloves; heavy duty work gloves; disposable coveralls; caps; work shoes/boots; first aid kit; hand sanitizer; insect repellent; headlamp or flashlight
<b>LEVEL V</b>	Extrema indoor/outdoor clutter; filth; overgrowth; abandoned machinery; ventilation inadequate or non-existent; HVAC systems not working; water damaged floors, walls and foundation; broken windows, doors or plumbing; unavailable electrical, water and/or septic systems; odor or sewer backup; irreparable damage to exterior and interior structure	Animals at risk and dangerous to people due to behavior; health and zoonosis; pervasive spiders, cockroaches, mice, rats, squirrels, raccoons, bats, snakes, etc.; heavy infestation of insects such as bed bugs, flea, flea, cockroaches, ants, silverfish, etc.	Key living spaces not usable; all rooms used for intended purposes; entrances, hallways and stairs blocked; toilets, sinks and tubs not functioning; hazardous conditions obscured by clutter; appliances unusable; hazardous and primitive use of kerosene, lanterns, candles, fireplace; woodstove as primary source of heat and/or light	Human urine and excrement present; rotting food; organic contamination; cans or jars expired; leaking or buckled dishes and utensils buried or non-existent; beds inaccessible or unusable due to clutter or infestation; pervasive mold and/or mildew; moisture or standing water; Rx and OTC medications easily accessible to anybody; presence of expired Rx	FULL PPE REQUIRED N95 respirator mask or mask with organic filter(s); safety goggles; medical or industrial grade latex or nitrile gloves; heavy duty work gloves; disposable coveralls; poly caps; work shoes/boots; first aid kit; hand sanitizer; insect repellent; headlamp or flashlight

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## HOMES Multidisciplinary Hoarding Risk Assessment (Bratotiis, 2009)

- Need for various services providers to have a common understanding of a range of problems associated with hoarding
- Checklist that can be used by anyone who encounters a hoarding situation, regardless of professional training
- 5 domains:
  - Health
  - Obstacles
  - Mental Health
  - Endangerment
  - Structure & Safety

## + Conducting a Home Visit

- Home assessment should take 1-2 hours
- Begins upon immediate entry into home
  - Scan each room, attend to sensory cues (e.g. visual, odor, sounds)
- May not be able to enter all areas of home, but when possible:
  - Examine standard rooms of home (e.g. living room, bedrooms, kitchen, bathrooms)
  - Examine additional spaces (e.g. basement, attic, garage, storage, yard, car)
    - Owner may also have other storage spaces outside of home
- Develop a comprehensive picture of living environment, potential safety risks, and overall scope of problem in order to determine types and extent of intervention
- Done by as few people as possible (ideally, one professional, the client, and a support person)
  - Some others may insist on being there
    - Speak ahead of time to discuss details (who will talk/observe; conditions of visit; goals for visit)

## + *Conducting a Home Visit:* Manage Initial Reactions to Hoarded Home

- Use respectful language
  - Avoid judgments
    - “What a mess!”
  - Be aware of non-verbals
    - Facial expressions
  - Save it for consultation
- Match person’s language
  - Avoid using “trash”, “junk”, “hoarding”
  - Use client words: “*your things*”, “*your collections*”

## + Conducting a Home Visit: *Objects*

- Avoid touching objects
  - Can evoke strong emotions from clients
    - Violation; fear
  - Take a notebook and pen to keep hands occupied; less temptation to touch objects
- Avoid making suggestions about belongings
  - Suggestions- though well-intended- are generally poorly received

## + Conducting Home Visit: *Build Trust*

- Focus on initial safety
  - Avoid discussing the “fate” of the client’s possessions during initial visits
    - Will be addressed later and may require input from other professionals
  - Clarify safety and legal requirements
- Imagine self in hoarding client’s shoes
  - How would you want others to behave toward you to help you manage your anger, frustration, resentment, and embarrassment?

## + Conducting a Home Visit: *Resistance*

- Dealing with Resistance
  - Remember that hoarding is a mental health problem
    - Consider the behavior to be the person's best attempt to protect him or herself against uncomfortable/painful feelings

## + Conducting a Home Visit: *Family*

- Family members can range in reactivity and beliefs
  - Can influence intervention efforts
  - They may also have hoarding traits or a full-blown problem
  - Family relationships are likely strained because of the hoarding
- Similar communication strategies for working with family
- May recommend family seek out support/therapeutic services for their own struggles
  - Also offer referrals for professional assistance



## + What resources are available?

**Quick answer:** There are several different resources that are available to people who hoard, their families, and people who work with them.

### Non-profit agencies:

- The Hoarding Project (local)
- International OCD Foundation
- Mental Health Association of San Francisco
- Institute of Challenging Disorganization
- Children of Hoarders

### Support Groups

- The Hoarding Project (local)
- Children of Hoarders
- Bay Area Resources
- Clutterers Anonymous



## Who We Are

- 501(c)(3) public charity
  - Mission: To promote an effective, ethical, and sustainable response to hoarding in communities, through research, education and prevention, and collaborative approaches to treatment.
- 
- THP desires to recruit and retain volunteers who can help us to fulfill our mission to help individuals who hoard, families, professionals, and communities.



## Important Local Resources, Info

**The Hoarding Project**  
[www.thehoardingproject.org](http://www.thehoardingproject.org)

### Local Task Forces

- King/Pierce: Monthly meetings
  - 3<sup>rd</sup> Tuesday morning of each month
  - [Watastforce@thehoardingproject.org](mailto:Watastforce@thehoardingproject.org)
- Snohomish Hoarding Task Force

### Current Research

- Interview study on forced clean-outs
- [research@thehoardingproject.org](mailto:research@thehoardingproject.org)



King/Pierce County  
Hoarding Task Force



## Reading Resources

- **Stuff: Compulsive Hoarding and the Meaning of Things (2010)**, Frost & Steketee
- **Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding (2007)** Tolin, Frost, & Steketee
- **Digging out: Helping Your Loved One Manage Clutter, Hoarding, and Compulsive Acquiring (2009)**, Tompkins & Hartl
- **The Hoarding Handbook: A Guide for Human Service Professionals (2011)**, Bratisotis, Sorrentino Schmalisch, & Steketee
- **Ambiguous Loss: Learning to Live with Unresolved Grief (2000)**, Boss
- **Motivational Interviewing: Preparing People for Change, 2<sup>nd</sup> ed. (2002)**, Miller & Rollnick



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Q & A

**The Hoarding Project**  
www.thehoardingproject.org



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