CLUTTER, DISORGANISATION OR HOARDING

ICE-BREAKER FORM

Complete the information and then give it to your GP or other healthcare professional
*(Delete anything which **DOESN'T** apply, tick boxes as appropriate, and add anything else that may be relevant)*

To a professional who can help

I think I have / I live with / I know someone who has a problem with hoarding / disorganisation

I/my family member/my friend have (tick all the boxes that apply):

- □ A difficulty stopping acquiring things and accumulating them at my home
- □ Persistent difficulty discarding or parting with personal possessions
- □ Strong urges to save items
- □ A large number of possessions that fill up and clutter the active living areas of the home, workspace or other personal surroundings, and prevent normal use of the space (eg. can't use the toilet or kitchen; can't access the boiler; no hot water/heating/lighting, etc).
- □ Safety dangers in the home caused by clutter (eg. slip/trip/fall hazards and/or fire risks)
- □ Severe difficulty with things like prioritising, planning, time-keeping, organising paperwork or paying bills regularly

The most cluttered area affected is rated _____ on the Clutter Image Rating Scale
(the Clutter Image Rating Scale is shown on the back of this form)

I'm now at the stage at which I need to appeal to you, as a professional, to help me/them.

- □ I/we feel unwell because of this situation
- □ It's hard for me/them to talk about this
- □ I/they feel alone and need support
- □ Other people don't seem to understand
- □ I/they feel distressed, and/or indecisive about what to do to make things better
- □ I've/They've become secretive/ withdrawn about this situation

I/they feel anxious and/or depressed because *(tick all that apply)*:

- □ I/they worry about my/their safety/wellbeing/risk of abuse
- □ My/their self-confidence/self-esteem are very low
- □ I/they feel very uncomfortable about/reluctant to change
- □ It can be hard for me/them to live normally/work/study/travel/pay bills/make or keep friendships and relationships
- □ I/they have been notified by the Local Authority/my Landlord/other agency that action will be taken if I/they don't do something soon *(explain which agency – eg. bank/landlord/Environmental Health/boss, etc)*
- □ Family/friends/neighbours have taken (or have threatened to take) matters into their own hands

Please talk me through the types of help which could empower me to feel better

CLUTTER IMAGE RATING SCALE

Fire risks can occur at all levels



The full Clutter Image Rating scale appears in the Treatment for Hoarding Disorder: Therapist Guide (2nd Edition) and Treatment for Hoarding Disorder: Workbook (2nd Edition) in The Treatments That Work™ series, from Oxford University Press

HELP FOR HOARDERS

www.helpforhoarders.co.uk

HEALTH PROFESSIONALS

- **THE CARE ACT 2014** RECOGNISES HOARDING AS ONE OF THE MANIFESTATIONS OF SELF-NEGLECT, AND REQUIRES ALL PUBLIC BODIES TO **SAFEGUARD** PEOPLE AT RISK. TO DEAL WITH THE RISKS EFFECTIVELY REQUIRES A COLLABORATIVE AND INTEGRATED APPROACH BETWEEN AGENCIES – MOST OF THEM (INCLUDING SOCIAL SERVICES, ENVIRONMENTAL HEALTH, HOARDING PRACTITIONERS & THE FIRE & RESCUE SERVICE) SHOULD BE FAMILIAR WITH THE **CLUTTER IMAGE RATING SCALE**.
    - FOR MORE INFORMATION REFER TO YOUR LOCAL **HOARDING PROTOCOL** OR **SAFEGUARDING POLICIES** OR CONTACT YOUR LOCAL SOCIAL CARE TEAM.
- HERE'S WHAT THE **NHS** SAYS ABOUT HOARDING - WWW.NHS.UK/CONDITIONS/HOARDING/PAGES/INTRODUCTION.ASPX
- **AUTISM** – OBSESSIONS, REPETITIVE BEHAVIOUR & ROUTINES - WWW.AUTISM.ORG.UK/ABOUT/BEHAVIOUR/OBSESSIONS-REPETITIVE-ROUTINES.ASPX
- **UNDERSTANDING HOARDING** – BY JO COOKE OF HOARDING DISORDERS UK – PUBLISHED BY SHELDON PRESS 18TH MAY 2017 ISBN 978-1847094537