What You Can Do (or Not Do)

**Helping**
- Educate client about the problem and available options to help
- Help client connect with resources
- Clear the air before you clear the space
- Notify authorities if client is in imminent danger

**Not Helping**
- Argue
- De-clutter without permission
- Threaten to notify authorities if you do not mean to
- Try to shame client into change

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Engage Person Who Hoards in Harm Reduction Approach

- Motivation to change must be elicited, it cannot be forced or imposed
- Ambivalence and motivation fluctuates
- People can and will make their own decisions
- Direct persuasion is counterproductive
- Motivation enhanced through a trusting, supportive relationship
Principles of Harm Reduction Applied to Severe Hoarding

- Not necessary to stop all acquiring nor clear all debris to reduce harm

- Problem of hoarding is a unique interaction between person, condition, and person's environment, and therefore requires a unique plan

- Person who hoards is an essential member of the harm reduction team

- Failures to honor the harm reduction plan are part of the approach and do not mean the approach is failing

- People who hoard can make positive changes in their lives even though they continue to hoard


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High Risk to Person Who Hoards

- Risk of homelessness
- Risk of slip and fall
- Risk of death by fire, earthquake or suffocated by debris
- Risk of further social isolation and worsening of other psychiatric problems
- Risk financial loss
- Risk of interpersonal disputes with neighbors and authorities
- Risk of worsening health and aggravation of medical conditions
- Risk of poor self-care

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