

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 unhealthy 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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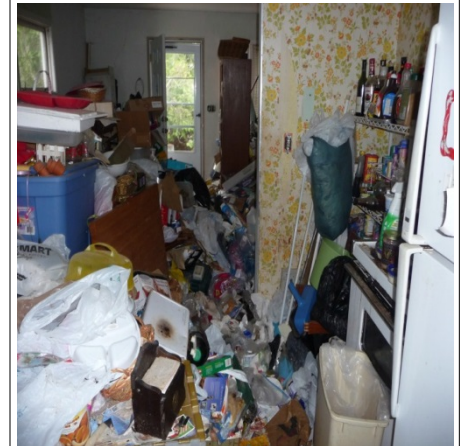
August 2018

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>
- * <https://hoardingcleanup.com/wisconsin>
- * <https://www.challengingdisorganization.org>
- * <http://www.helpforhoarders.co.uk/self-help/>
- * <https://iocdf.org/wp-content/uploads/2014/10/OCPD-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