

De-Clutter Solutions for Hoarders



What to do about Hoarders in your building?

- What is a Hoarder?
- Categories of a Hoarder
- How to communicate with a Hoarder?
- Common Characteristics of a Hoarder?
- How can a Professional Help?



What is a Hoarder?





**THE COMPLETE
SOLUTION**



**SENIORMOVE
MANAGERS**



**De-clutter
Hawaii**



What is a Hoarder?

- The **definition of a hoarder** is someone who collects things in their home obsessively, including things that would commonly be thrown away: bags, old food, or broken items.
- Chronically Disorganized Individual = CDI
- People who keep useless objects and can't get rid of things
- Me – You – My Wife – My Husband



Clutter - Hoarding Scale

Level I: LOW = Home is considered standard

Level II: GUARDED = Clutter beginning to obstruct areas & requires some professional advice

Level III: ELEVATED = Pivot Point between cluttered home and potential hoarding home

Level IV: HIGH = Home is considered a hoarded home & requires professional help

Level V: SEVERE = Home has extreme clutter & non-livable (food, human or animal waste, hazardous)



How to communicate with a Hoarder (CDI)?

- Offer Encouragement
- Listen without Judgement
- Focus on good qualities of the person
- Recognize and Acknowledge incremental process
- Remember it is emotional for them



Common Characteristics of a Hoarder (CDI)

- Accumulates things vs Collecting things
- Has difficulty parting with things and letting go
- Has a wide range of interests and many uncompleted projects
- Easily distracted or lose concentration



How can a Professional Help?

- Are you unsure as to where or how to begin organizing?
- Do you have a deadline?
- Are you dealing with medical, physical or psychological issues in addition to disorganization?
- Will you need ongoing help?
- Do you want or need the opinion from a 3rd party?



Tips to Conquer Clutter

1. Start with least used rooms or closets.
2. Schedule a time to start & set mini goals.
3. S.O.R.T. your things into 4 categories.
4. Begin with high traffic areas to increase safety.
5. Minimize incoming items.
6. Share your goals. It will help with accountability.



Downsize Personal Belongings

SORT: Sell - Offer - Retain - Toss

- 3) **Sell:** coordinate estate sale or sell online
- 2) **Offer:** offer to family/friends or donate
- 1) **Retain:** identify items to retain or take with you to your new residence
- 4) **Toss:** coordinate removal and disposal of unwanted items



Why do we **S.O.R.T.**?



This is what we find. . . .



Before

Kitchen

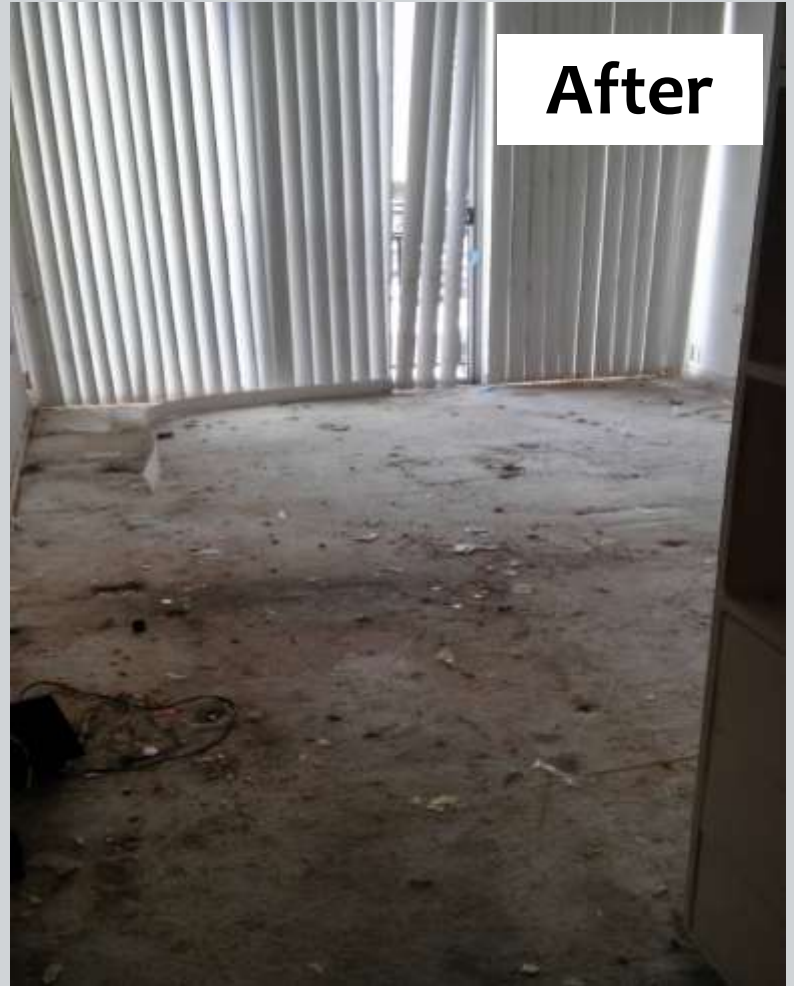
After



Bedroom



Before



After

Living Room



Who is De-Clutter Hawaii / Senior Move Managers LLC ?

- Local, family run business
- We provide solutions to any situation
- Your ONE-STOP-SHOP support team
- Walk you through the entire transition
- Help reach your goals within time frame
- Provide peace of mind and minimize stress
- You can have your own Personal Assistant





Meet our TEAM!



Certified Aging-In-Place Specialist
Houses For Living. Homes For Life.



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We are available to do Private Presentations for your group:

- Provide information about decluttering
- Tips on how to declutter
- Where to start?
- Process of going through your things

If you are interested in having me come to your building and speak to your residents/group, please give me a call and we can schedule your Private Presentation. I usually ask for 45-60 minutes, I will bring a projector and lap top as well as some refreshments.

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COMPASSION is...

...being tender with the young, kind and gentle with the aged, sympathetic with those who are striving, tolerant with the weak, caring for those in need, and forgiving with the wrong...because sometime in your life you will have been all of these.