

Hoarding Behaviour. Awareness, Support, Interventions & Solutions?

Hoarding is defined as the accumulation of and failure to discard a large number of possessions to the extent that one's living spaces are precluded from everyday use. Excessive emotional attachments to possessions, behavioural avoidance, mistaken beliefs about the nature of possessions, and deficits in information processing are commonly the foundations of the disorder. Hoarding is a multifaceted problem which has emerged as an important and unresolved challenge in the mental health field.

Hoarding was traditionally viewed as a symptom or subtype of obsessive compulsive disorder (OCD) and was thought to be a rare.

Hoarding is now estimated to affect between 2% and 6% of the population and mounting evidence suggests that hoarding is a complex phenomenon that might not be best captured within the OCD spectrum. Taken together, these and other findings have led the American Psychiatric Association to include Hoarding Disorder as a separate diagnostic entity within DSM-5 (American Psychiatric Association, 2013).

Severe hoarding can result in an inability to perform necessary household functions, health problems due to unsanitary conditions, social isolation, work disability, and even death. This impairment includes, but is not limited to, concern over others moving or touching possessions, controversy with spouses over clutter, illnesses due to unsanitary conditions, and an inability to perform daily activities such as cooking, paying bills, or working.

Individuals that hoard are commonly resistant to persuasion and when their items are moved or touched by others they may feel violated.

Hoarders often have mistaken beliefs about the nature of their possessions. For example, they may have beliefs regarding the future utility of their possessions, which leads them to save unused items "just in case" they are needed in the future. It has also been suggested that hoarders may have a lessened capacity to focus when faced with distractions. Difficulties with memory, attention, decision making, and categorisation frequent shifting of attention from one object to another, resulting in an inability to make decisions or follow through with decisions during tasks such as sorting exacerbate the problems that hoarders face.

Human Rights' and mental capacity legislation can offer disable interventions, whether they are well meaning or not.

The global consequences to families, care providers and social housing landlords are often considerable.

This training supports organisations and their staff to better-understand hoarding as a cognitive and neuro-psychological disorder. It is delivered at a level appropriate to the delegates' needs and is accessible to both layman and professional alike. The following key aspects are addressed in the training:

This workshop includes:

- Definitions and characteristics of Hoarding – an overview of the psychology psychiatry and neurology of hoarding behaviours and its relationship with mental health;
- Understanding and recognising the underlying causes of hoarding behaviour in a specific case and managing with greater insight;
- Working with people that hoard – the mistakes and the most effective interventions / styles of communication;
- Hoarding in relation to The Human Rights Act 1998, The Mental Capacity Act 2005, The Care Act 2014,
- Risk assessments, screening tools and communicating concerns;
- The importance of Multi-Agency solutions to the management of hoarding
- Environmental Health legislation and legal interventions;

Agenda:

Workshop Commences at 9.15 for 9.30

- 9.30am to 9.45am: Hoarding behaviour. The myths and misunderstanding;
- 9.45am to 10.00am: Introduction to the psychology, psychiatry and psychiatry of hoarding behaviours;
- 10.00am to 12.00am (with refreshments at 10.30 to 10.45): Recognising the underlying pathology (and comorbidity) of hoarding behaviours to improve management outcomes:
 - Hoarding Disorder;
 - Anxiety-related Disorders;
 - Chronic Psychosis & Schizophrenia;
 - Fronto-Temporal Dementia & 'Diogenes' Syndrome;
 - Major Depression & Learned Helpless;
 - The potential Personality Disorder complications;
 - The social & functional apathy model;
- 12.00am to 12.30am: Risk Assessment practices and considering case management;
- 12.30am to 1.15pm (lunch break)
- 1.15pm to 1.45pm: Understanding the impacts of Human Rights and Mental Capacity legislation on the powers of the statutory services;
- 1.45pm to 2.30pm: The common errors that increase resistance to persuasion (towards de-cluttering or making health lifestyle choices), Recognising when motivational / persuasion techniques will fail and approaching cases from a multi-agency and potential enforcement-based solution
- Refreshment break 2.30pm to 2.45pm
- 2.45pm to 3.30pm: The Motivational Interviewing model. – Best practice in motivating / supporting individuals vulnerable to hoarding behaviours towards de-cluttering and maintaining healthier / more functional environments;
- 3.30pm to 4.00pm: Preparing for the potential pitfalls in both multi-agency communications and client resistance, Questions and answers, access to references and reading material;

This workshop completes at 4.000pm



Hoarding Behaviour. A training workshop for for Environmental Health Professionals.

This workshop is dedicated to the needs of management and staff working in environmental health roles and that may be required to manage hoarding cases in the community.

Hoarding is a multifaceted problem which has emerged as an important and unresolved challenge in the mental health field. Issues surrounding psychological resistance on the part of the hoarder, mental capacity considerations, disorganised social care interventions and confusion over the nature of the diagnosis may commonly result in improper management of cases and the 'last resort' involvement of environmental health departments.

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This training supports environmental health professionals to better-understand hoarding in order to better-manage their interventions.

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This workshop includes:

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- Working with people that hoard – the mistakes and the most effective interventions / styles of communication;
- Hoarding in relation to The Human Rights Act 1998, The Mental Capacity Act 2005, The Care Act 2014, The Data Protection Act 1998;
- Risk assessments, screening tools and communicating concerns;
- Multi-Agency Hoarding Protocol – Submitting Cases.