



A Plan For Senior Care's Guide To Hoarding Disorder

Hoarding is a disorder in which the person has persistent difficulty discarding or parting with possessions because of a perceived need to save them. A person with hoarding disorder can experience distress at the thought of getting rid of the items. Excessive accumulation of items, regardless of actual value, occurs. This usually inhibits their ability to live in a clean and safe space. Seniors are very prone to hoarding. Use this guide to learn more about hoarding and how to get help for your loved one if you suspect them of hoarding.

Risk Factors:

- Age- hoarding tends to get worse with age
- Family history with hoarding
- Stressful events in their life
- Social isolation/ loneliness

Some Signs Of Hoarding:

- Piles of mail, bills, papers and magazines
- Frustration about cleaning
- Difficulty throwing away items
- Expired food left in refrigerator and pantry
- Filled closets and drawers to the point where it is difficult to open and close
- Not inviting family or friends into the home due to shame or embarrassment



Why Seniors Hoard:

- Sentimental value
- Feelings of needing to conserve
- Fatigue that comes with cleaning
- Change in health

Where To Get Help:

- Speak to your loved one's medical doctor
- <http://208.88.128.33/hoarding>
- <http://www.adaa.org/understanding-anxiety/obsessive-compulsive-disorder-ocd/hoarding-basics>
- <http://www.compulsive-hoarding.org>

If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. We will be happy to create a personalized care plan for your loved one.