

Clutter & Hoarding

Learn about
the
health impacts



Recognize Signs



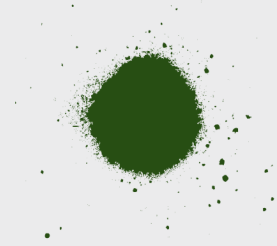
All Surfaces Packed



Poor Animal Control



Major Exits Blocked



Mold



Odors

Possible Health Effects



Fire Hazards



Falls & Injuries



Shame & Isolation



Mental Health



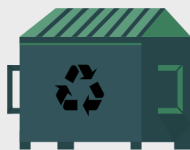
Wheezing & Asthma Attacks

Solutions



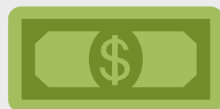
No Medications

No meaningful results have been shown with serotin and paroxetine used to treat OCD



Clean Outs

Cleaning out units are good but not shown to be sustainable



Fines

Fine, evictions, repossessions and jail times have limited effects



Understanding

Hoarding is a mental disorder; Hoarders are not lazy; They are good people who need compassion and patience



Professional Help

Specialized cognitive-behavioral models for hoarding: office vitists, in-home sessions, organizational skills have shown significant success

What Tenants Should Do	What Landlords Should Do
Obtain outside support services and clean-up companies	Hoarding is a disability and a Fair Housing issue; reasonable accommodation must be made under the Fair Housing Act
Participate in treatment with group and individually	Hoarding is a Fair Housing issue and needs to be handled legally and with sensitivity
	Provide resources and help coordinate assistance
	Consider routine inspections; residents who hoard hesitate to report maintenance issues
	Consider post-cleanup visits as part of individualized remedy plan

Resources

OHSU OCD/Hoarding Support Group

Support group every 1st and 3rd Thursday
in the Old Library at 7pm

503-494-6176

Messies of Portland

Support group

<http://messies.meetup.com/members/us/or/portland/>

Clutterer's Anonymous National

Local meetings

<http://www.clutterersanonymous.net/>

11560 SE Market St. (Wednesdays, 5:30-7pm)

Alana Club 24th & NW Kearney (Thursdays, 5:30-7pm)

112954 SW Canyon Rd. (Fridays, 6:30-8pm)

Pacific Psychology Clinic

Group and Individual treatment

503-352-3616