

## How we help

*Helping someone who suffers from hoarding disorder is not easy because they do not recognize that there is anything wrong with their behavior until they are found out. People who hoard will do whatever it takes to hang on to their possessions just like you or I would do whatever we could to protect a loved one. They will sacrifice relationships, health, financial well being, even the comforts of running water and electricity to keep their stuff.*

*Hoarding disorder is not a logical mental illness but it is treatable. The most affective treatments are done with a team of professionals. Extreme and abrupt cleanouts should only be done in cases where there is emanate risks of fire, disease, infestation or structural danger.*

*The Kane County Hoarding Task Force provides:*

- *Resources to guide you toward getting proper help.*
- *Education through monthly meetings*
- *Information and support on our facebook page and through local enforcement agencies.*

*It is NOT the goal of this group to deny anyone's rights. This group was formed to create a procedure to protect those vulnerable and living with Hoarding Disorder.*

## Kane County Hoarding Task Force

**Supporting Individuals and Families in Kane County**



## Kane County Hoarding Task Force

**Like us on Facebook**

**Visit our Website:  
[www.kchoarding.org](http://www.kchoarding.org)**

### Mission

Founded to create a cohesive, coordinated, and proactive response to self-neglect in Kane County by giving agencies, organizations, and individuals the tools to better protect vulnerable adults.



## Symptoms and Behavior

Someone who hoards may exhibit the following:

- Inability to throw away possessions
- Severe anxiety when attempting to discard items
- Great difficulty categorizing or organizing possessions
- Indecision about what to keep or where to put things
- Distress, such as feeling overwhelmed or embarrassed by possessions
- Suspicion of other people touching items
- Obsessive thoughts and actions: fear of running out of an item or of needing it in the future; checking the trash for accidentally discarded objects
- Functional impairments, including loss of living space, social isolation, family or marital discord, financial difficulties, health hazards

## Definition

Hoarding disorder is a persistent difficulty discarding or parting with possessions because of a perceived need to save them. A person with hoarding disorder experiences distress at the thought of getting rid of the items. Excessive accumulation of items, regardless of actual value, occurs.

## Treatment

There currently aren't any drugs that help with hoarding. Because hoarders lack insight into their illness treatment using talk therapy is not effective.

Drs. Gail Steketee and Randy Frost, clinical psychologists and renown experts in hoarding behavior, have developed a Cognitive Behavioral Therapy (CBT), protocol designed specifically for hoarding that has shown results in many of those suffering from Hoarding Disorder.

This protocol uses such techniques as cognitive restructuring and exposure therapy. These therapies challenge beliefs around objects and explore the real consequences, as opposed to the hoarder's perception, of discarding objects that they are attached to.

This hoarding CBT protocol focuses on four specific elements: Information processing, emotional attachment, beliefs about possessions, and behavioral avoidance. In addition, the treatment focuses on creating behavioral exercises that allow the person to face situations that generate anxiety, while at the congruently replacing avoidance with more effective coping strategies.



Kane County Hoarding Task Force

*If you or someone you know has trouble with hoarding contact one of the below resources for assistance.*

## Resources

### County

- Kane County

### Agencies

- Area agency on Aging
- Adult Protective Services
- Senior Services
- Department of Mental Health

### Law Enforcement

- Police
- Code enforcement

### Websites

- [www.treatmentsthatwork.com/hoarding](http://www.treatmentsthatwork.com/hoarding)
- [www.challengingdisorganization.org](http://www.challengingdisorganization.org)
- [www.ocdfoundation.org](http://www.ocdfoundation.org)
- [www.nami.org](http://www.nami.org)