



Practical Approaches for Working with Individuals with Hoarding Behaviors

- Be direct and talk face to face with the client
- Use a soft, gentle approach
- Let the individual tell their story
- Treat the person with respect and dignity
- Remain calm and factual, but caring and supportive
- Respect the meaning and attachment to the “possessions”– they may have **strong** attachments to seemingly unimportant objects
- Evaluate for safety
- Refer for medical and mental health evaluation
- Go slowly and expect gradual changes
- Reassure the client that you are there to work **with** them!
- Involve the older adult in finding solutions
- Work with medical, mental health, public health and other agencies to maximize resources

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<http://www.beachpsych.com/pages/cc80.html>