

The following information has been provided as part of COTA NSW's Information Hubs established in the community. The information is intended as a guide only and should not be considered as advice. As with all matters of this kind, people need to seek and obtain relevant advice before taking any action. COTA NSW's Information Hubs are part of COTA NSW's commitment to providing information and guidance to older in their own community.

This Place-Based Navigation is designed to provide safe, accessible and independent information for older people.

It has three (3) layers:

Signposting: This is delivered by peers that provide a safe and welcoming environment for older people to engage and ask questions. Information is provided that is designed to be general in nature and the peer will navigate the person to a more appropriate source is appropriate.

Information: This is provided by COTA NSW after the person has received information and aided by the COTA NSW peer, believes they require further information and knowledge to take action.

Guidance: Provided by content experts like Financial Planners or Accountants and Solicitors, supporting the person to act.

HOARDING DISORDER

“There is so many things everywhere there is no way to enter the house, use the bathroom or kitchen. Everyday there are more things everywhere.

Hoarding disorder is when someone persistently has difficulty letting go of or throwing things out regardless of their value. They have a perceived need to save the items and there is distress associated with discarding them. This leads to an accumulation of possessions and rubbish that clutter the person's living areas.

Often, people who hoard have difficulty moving around their home because of the number of things they have accumulated. The person may even no longer be able to maintain or clean their home. Hoarding disorder often starts early in life. It associated with some personality traits, such as perfectionism, not being able to make decisions and procrastination (delaying tasks until later, often by finding distractions).

Perfectionism in hoarding is associated with fear of making mistakes and of later regret.

There is help available and living a good life is possible.

If you think that you or a family member has signs of hoarding disorder, see a doctor or mental health professional. Your GP should be able to refer you or your family member to a psychologist with experience in hoarding disorders and advise on other services that may be able to help.

A GP will also be able to ensure that any physical health conditions are being managed.

Here are the 5 Tips to help someone who Hoards <https://www.sane.org/information-and-resources/the-sane-blog/caring-for-others/five-tips-to-help-someone-who-boards>

- Focus more on the person, and less on the 'stuff'
- Be there for your loved one
- Set achievable goals and celebrate the small victories
- Allow your loved one to feel in control
- Encourage help-seeking

For further support: Catholic Healthcare 1800 225 474 or <https://www.catholichealthcare.com.au/hoarding-and-squalor-overview>