Therapist

- Janet Yeats, MA LMFT
- Co-founder and Director, The Hoarding Project
- 3965 W. Broadway Avenue
- Robbinsdale, MN 55422
- 763-231-5367
- www.thehoardingproject.org

Janet Yeats

- Hoarding Disorder: A Review
- Hoarding is a mental health disorder that has public safety implications.
- Hoarding is:
  - Excessive acquisition
  - Difficulty discarding possessions
  - Rooms in the home that cannot be used for their intended purpose, due to clutter
  - Distress and impairment
Hoardings and Older Adults

- Symptoms severity increased with each decade of life (Ayers et al., 2010)
- 25% of elderly community-dwelling day care residents and 15% of nursing home residents displayed hoarding symptoms in several domains of executive functioning (Ayers et al., 2013)
- Increased dysfunction in several domains of executive functioning
  - Mental control, working memory, inhibition, and set shifting (Ayers et al., 2010)
- Increased risk of medical conditions (Marx & Cohen-Masfield, 2003)
  - Dementia/cognitive impairment
  - Increased risk of falls, fire hazards, food contamination, social isolation, medication mismanagement
- Major consequences for older adults:
  - Dementia/cognitive impairment
  - Increased risk of falls, fire hazards, food contamination, social isolation, medication mismanagement
- Increased risk of medical conditions (Marx & Cohen-Masfield, 2003)
- Increased risk of medical conditions (Ayers et al., 2010; Frost & Gross, 1993; Kim, Steketee & Frost, 2001)
- Increased risk of medical conditions (Ayers et al., 2013; Timpano et al., 2011; Tolin et al., 2008)

Treatment

- Therapy
  - Addressing reasons why people hoard, e.g., unresolved trauma and loss, cognitive impairment, medical and mental health co-occurring diagnoses
  - Hoarding behaviors – CBT/exposure therapy
  - Harm Reduction – including addressing potential eviction concerns
  - Safety Day – to level 3
  - Clean-out Crisis Intervention – Levels 4 and 5

Stephanie Rasley, CPO-CD®
Certified Professional Organizer
Duchess of Order
612-275-1595
www.duchessoforder.com
Edina, MN
What is Chronic Disorganization?

- A history of being disorganized
- A history of failed self-help efforts
- Distress & reduced quality of life
- Likelihood of future disorganization (if help is not sought)

Characteristics of CD clients

- Bright, talkative
- Lots of interests!
- Internal issues
- External issues
What does a professional organizer do?
- Assess for safety
- Build trust
- Tap into passions
- Bring outside resources
- Try to make it fun for the client!

TOOLS OF THE TRADE

MORE TOOLS OF THE TRADE
Stephanie Rasley

A success story: A baker gets her kitchen back!

Bio-Hazard Cleaning Company

Nate Berg – Founder and President
Paramedic, Master CTS Decon, IICRC WRT

Scene Clean, Inc.
www.scenecleanmn.com
111 1st St SE, Suite 2
Osseo, MN 55369
612-643-0911 Ext. 102

Hoarding and Biohazards

We are noticing an alarming trend with junk companies and Professional Organizers.
If it's a level 4 or higher you should NOT enter the home, period. For your own safety!
Just because you can’t see it does not make it safe!
Biohazards are anything microscopic and cannot be seen with potential to harm.
Hoardings homes at the level 4 and 5 are a
breeding ground for toxins that are fatal
to humans, especially those who have not
had long term exposure.
Refrigerators alone can contain;
- Botulism (Bacterial, Can be fatal)
- Campylobacter (like Norovirus, get the shits)
- E. Coli
- Listeriosis
- Salmonella

Hepatitis A, B, C, D, E
HIV/AIDS
Norovirus
TB
HantaVirus
Environmental hazards are everywhere
A level 4 or 5 home is toxic, period;
- Mold and mildew
- Spores will get into the HVAC and blow
everywhere

Hoardings What Can Be Done?
Hoardings at a level 4 and 5 needs to be
treated cautiously.
- Reality is the home may not be salvageable, this
  needs to be addressed to the hoarder
- Floorboards/sub-floor/joints/porous materials
- Personal belongings
- Contaminated waste needs to be properly removed
  and disposed of according to state and federal law.
- Staff must be properly trained, prepared and have up
to date immunizations.
- FULL PPE Required.
After all debris is removed;
• All surfaces must be disinfected
• HVAC should be cleaned and sanitized if possible
• Final clean ordered, if desired by client
• Waste hauled away for disposal

After all debris is removed;
• Bio remediation
  • Refrigerators
  • Freezer Chests
  • Stove/oven
  • Mice/Rodent /Animal feces HEPA
  • Our job “sucks”
  • Mold
  • Kitchen/food areas
  • Commonly found on sheetrock behind boxes/debris
• Premise treated for odor ;
  • Chemical
  • Ozone

If it looks like a level 4 or 5 just don’t enter! Why?
Always wear gloves and at minimal an N95 mask rated for hospital/surgical type issues.

(NOT A DUST MASK)
Never open the refrigerator, if the house is bad then guess what?
All cases the number one thing the client was worried about was embarrassment.
Most cases we see involve some form of unresolved traumatic experience.
Our staff has experience in dealing with trauma and stress unlike a “junk company”.
We perform every job with a goal of short term cleanout and long term success by constantly referring to mental health providers and working with the client and their family while on scene.

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Questions?
Contact info@mngero.org

Next Webinar – September 24th at noon
Act on Alzheimers with Michelle Barclay