

**Minnesota Gerontological Society
Center on Aging
MAGEC**



< Janet Yeats
The Hoarding Project



Stephanie Rasley >
Professional Organizer

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< Nate Berg
Bio-Hazard Cleaning



Kevin Benschoff >
Fire Marshal

**Hoarding Disorder and
Seniors:
A Panel Discussion**

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

Hoarding and Older Adults

- Symptoms severity increased with each decade of life (Ayers et al., 2008)
- 25% of elderly community-dwelling day care residents and 15% of nursing home residents displayed hoarding symptoms (Patt & Cohen-Kettenis, 2007)
- Increased dysfunction in several domains of executive functioning
 - Mental control, working memory, inhibition, and set shifting (Ayers et al., 2013)
- Major consequences for older adults:
 - Dementia/cognitive impairment
 - Increased risk of falls, fire hazards, food contamination, social isolation, medication mismanagement (e.g. Ayers et al., 2010; Frost & Gross, 1993; Kim, Steketee, & Frost, 2011)
 - Increased risk of medical conditions (e.g. Ayers et al., 2013; Timpano et al., 2011; Tolin et al., 2008)

Janet Yeats

- 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

Professional Organizer

- Stephanie Rasley, CPO-CD®
 Certified Professional Organizer
 Duchess of Order
 612-275-1595 |
www.duchessoforder.com
 Edina, MN

Stephanie Rasley

- 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)

Stephanie Rasley



Stephanie Rasley

- Characteristics of CD clients
 - Bright, talkative
 - Lots of interests!
 - Internal issues
 - External issues

Stephanie Rasley

- 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!

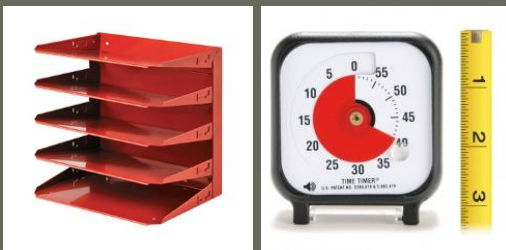
Stephanie Rasley

TOOLS OF THE TRADE



Stephanie Rasley

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.

Biohazards Cont.

- Hoarding 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

Biohazards Cont.

- 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

Hoarding What Can Be Done?

- Hoarding 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/joists/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.

Cont.

- 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

Cont.

- 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

Keep Yourself Safe

- 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.
- Never open the refrigerator, if the house is bad then guess what?

(NOT A DUST MASK)



Summary

- 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.

Fire Marshal

- **Kevin Benshoof, Fire Marshal**
- City of Rosemount, 2875 145th Street, Rosemount, MN 55068
- Ph. 651-322-2027
- <http://www.ci.rosemount.mn.us>

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Questions?

Contact info@mngero.org

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