



Self-neglect and Hoarding



Everyone working together to make
Falkirk a place where people feel safe

Falkirk Adult Protection Committee





What is self-neglect?

Self-neglect is the lack of self-care.

This is when you do not look after yourself or meet your basic needs like feeding and personal hygiene.



This can affect your:

Health

Wellbeing

Home Environment

It can affect the people around you too.



What is hoarding?

Hoarding is known as a mental health condition in its own right.

Hoarding is when you collect or keep so many items that it stops you:



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- doing daily tasks safely because everything is cluttered.
- from being able to care for yourself properly.



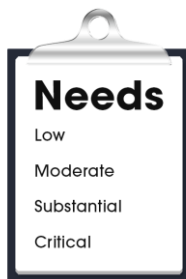
Hoarding is **more than** just a messy house.
It is **more than** being untidy or disorganised.

Hoarding can affect anyone.



These pictures below can help you understand what hoarding looks like.

These 9 pictures are used to rate the level of hoarding in someone's home.



These 9 pictures are called the: **Clutter Image Rating Scale**. Read about each picture and what they show.



Look at picture **number 1**.

There is nothing out of place in this living room, so it is easy to live in.



Look at picture **number 2**.

You would need to clear the sofa before you could sit down.

This is quite easy to solve.



Look at picture **number 3**.

You can see there is more clutter, but you would be able to sort it in a few minutes.



Look at picture number 4

The living room is starting to be very messy and disorganised; this could be the beginning of hoarding.



Look at picture number 5

The clutter is beginning to cause problems. The coffee table and sofa cannot be used straight away. There is mess on the floor.



Look at picture number 6

There is now a serious problem of hoarding. Objects have gathered and there are piles everywhere. Nothing can be used easily.



Look at picture number 7

None of the furniture can be used or found. They are lost in a pile of clutter.



Look at picture's numbers 8 and 9

Your personal hygiene and wellbeing are now at risk. You cannot live in this safely.

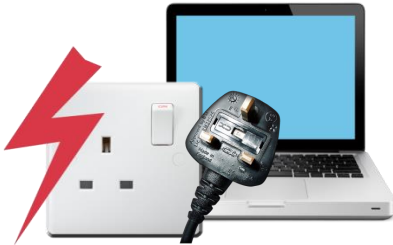


This shows harmful clutter and hoarding.



What do people hoard?

There are number of belongings that people hoard, here are some examples:



- A mixture of things like clothes, newspapers, boxes and food containers.

- Animals.

- Computers, paper documents and electronic devices.

Why do people hoard?

- Trauma— difficult past life experiences.

- Emotions like depression and anxiety.

- Attachment to the items because they mean something to that person but not to anyone else.

- All the items hold the same value.
People do not know what to throw away.

- People believe the items might be useful one day even if they are broken.



What are the risks of hoarding?

If you hoard, you could face:

- Isolation because you don't want to let other people (family or friends) into your home.
- Health and wellbeing issues because you cannot follow good hygiene, make healthy food, have a balanced lifestyle.
- Accidents such as being trips, falls or being trapped because piles of clutter can collapse.
- Financial problems if you cannot find bills and paperwork.
- Housing problems such as your house being infested by rats, and the walls and ceilings can be covered by damp.
- Fire risks which are explained below.



Hoarding and fire risks

If there are lots of items in a house, fire can spread very quickly.

It can make it hard for you to get out safely and for someone to get in and help you.

There are 3 main fire risks in homes.

Hoarding can make the risk of a fire **worse**.

People might also hoard paper, plastic and cardboard. These can catch fire easily.



- **Cooking**

If there are a lot of things stored around or on cooking appliances, these can catch fire.

Appliances like microwaves need space around air vents to cool down.

Clutter can stop the microwave cooling down and cause a fire.



- **Electricals**

The risk of using too many plugs in one extension lead can start a fire. This is called socket overload.



People hoarding may only be able to use one extension because the rest of the electrical sockets are behind the mess and clutter. This overuse can lead to a greater fire risk.



Some people hoard broken electricals which can be dangerous.



- **Smoking**

Smoking in a room with lots of items can increase the risk of a fire happening.



Scottish Fire and Rescue Service

The Scottish Fire and Rescue Service can provide support to you by:

- Carrying out free home safety visits.
- Supporting in a managed clearance with your agreement with other professionals.
- Giving you advice through a chat.
- Providing you with extra smoke alarms.
- Providing special alarms if you have hearing difficulties.
- Providing fire retardant bedding.
- Working with other professionals to support you.
- Revisiting high risk cases in **1 year**.



Remember:

1. Hoarding can affect you and your neighbours because of fire risks
2. The workers who come to support you will not judge you. They can come in plain clothes so that your neighbours do not notice them.



If you know someone who hoards, you can refer them for a home safety visit from the Fire Service. **Phone** 0800 0731 999

Text FIRE to 80800 on your mobile phone



In an emergency call **999**



Animal Welfare

People who hoard can own pets and might hoard them.



This means that there can be many animals in the home.



Animals can get lost or trapped in the clutter.

Animals may not be getting cared for properly .

They may not be getting food.

Animals might unfortunately die.



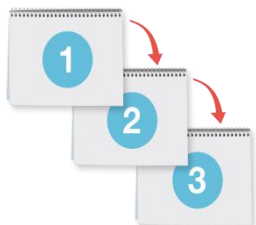
There can be health risks for humans from living in animal faeces or urine.



If you have concerns about the care of an animal, contact:

Scottish SPCA 03000 999 999

Who else can help?



There are many people who can help. They can provide support in a stepped way at your pace.



We can work with you to set targets - for example, to clear one room at a time,
Enforcement action is the last option if you are others are not safe.



We can support you to learn new skills and ways of coping so live a more organised and settle life in the future.



Useful Contacts

Housing: If you are a Falkirk Council, Link Housing or Paragon Housing Tenant, you can contact your Housing Officer for support.



Falkirk Council: 01324 506070



Link Housing: 03451 400 100



Paragon Housing: 01324 664966

Your housing officer can help you:



Find support networks who can help you.

Decide if a managed clearance is needed and arrange for special services and funding to help with this (depending on your circumstances).



Arrange a visit from the Fire and Rescue Service.



Other useful contacts:

Falkirk Council: Social Work Contact Centre:

Contact: 01324 506070

Email: asp@falkirk.gov.uk



Closed

Emergency Social Work Service:

Contact: 01786 470500 (if out of office hours and weekends)

Forth Valley Advocacy:

Contact: 01324 557070





What can you do?
SEE Something?



HEAR Something?



SAY Something!



If you are concerned about someone who may be at risk of harm, this should be reported as soon as possible by:



- Calling the Adult Social Work Service line on **01324 506070**

In an emergency contact **999**