

By Table

TABLE 4

Media: One word – Now?

- Unsolvable
- Interesting
- Impossible
- Loneliness
- Acknowledging

Media: What do we want to say?

- Mental struggle
- Not on your own
- Know there is help out there

What's working?

- Nothing
- Recognition of hoarding but not understanding
- Finding support groups
- Hoarding UK and what they offer
- Hoarder bundle/clutter bundles
- Talking - for one member
- Not talking - as family and medical don't understand

Who are we working with?

- To not make the outside of the house a giveaway
- To maintain my safety inside the house
- To provide a supportive understanding role but also give tough love
- Respect that it's not my stuff I'm dealing with
- Realising when to take time out
- Be mindful of OCD

Value driven process:

- Like hoarding UK Facebook page



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to be Treated Like Rubbish!

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