

The first step towards an improvement of symptoms is to acknowledge that there is a problem.

A sustained step by step approach is better than a forced housework.

Consequences on the patient's health

Most common health problems are :

- health problems due to air quality and the presence of bacteria;
- risk of falls.

Unfortunately, clutter sometimes leads to isolation. Conflicts with family, relatives and neighbours can also arise. It is normal to feel embarrassed or even ashamed.

Consequences of hoarding and clutter disorder

- Disturbing smells.
- Fire risks. Firefighter intervention will also be more difficult.
- Damage to the building structure.

Intervention

The multisectoral approach is to be privileged. It is necessary to take care of both :

- housing;
- person.

This approach must be done :

- in small steps;
- with small objectives;
- respecting the person's capabilities.

Who else could help?

CLSC

The CLSC can offer services when there is a desire to improve one's situation.

Community organizations

Consult the directory of community organizations : help centers for women, men, families and help lines.

www.211qc.ca/repertoire/laurentides

Municipalities will be able to help improve the situation at home.

Firefighters will help eliminate fires risks.

811 Info-Santé and Info-Social

For more information consult the following web page :

www.santelaurentides.gouv.qc.ca

Go to Public Health tab at top

[Click on environment](#)

Then, on [Hoarding and Clutter Disorder](#)

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Hoarding and clutter disorder

Little space, too much stuff



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Communications— Février 2024

The information leaflet

Québec

Hoarding disorder and clutter

Hoarding disorder and clutter

Hoarding and clutter disorder is defined as hoarding behavior that :

- brings visible and extreme clutter to the accommodation;
- disrupts the living space;
- threatens the health of the patient.

This may or may not be accompanied by uncleanliness.



Is there a problem with housing?

The problem often occurs insidiously. The disorder sets in quietly and disrupts living spaces such as the kitchen, bathroom and bedroom.

There are so many objects that they cause significant clutter in the home.

What is the difference between mess and clutter?

Mess is when things are not in their place, tidy and classified.

Clutter is when a room is overfilled, you can no longer move around and you lose its usefulness.



Cleared

Mess

Cluttered

What explains this behavior?

- This may be a temporary cause, such as depression or a difficult life situation.
- Sometimes it's an anxiety disorder called compulsive hoarding disorder.
- Other times, it's a more complex set of factors. Feeling an emotional void or experiencing isolation can encourage this behavior.

In any case, it is normal to feel overwhelmed by the situation. We understand that it can be difficult to declutter or stop accumulating. Some people may even have difficulty with decision-making.

In general, who suffers from hoarding and clutter disorder?

- 1 to 2 % of the population.
- Usually single people.
- Both men and women.
- 10 % of people aged 65 and over.

We can help you get your space back.

Resources are available to support you.