



THE HOARDING SUPPORT CHECKLIST

A GUIDE TO STAYING ON TRACK WHEN SUPPORTING CLIENTS WITH HOARDING DISORDER/BEHAVIOUR

Understand trauma -

The causes & how it effects yourself and others.

Ensure you can reassure -

Recognising emotions in others (such as anxiety) and work to build trusting relationships.

Keep your own emotions/needs in check -

Situations can be triggering, work on controlling your emotional response.

Listen to understand each client -

Every case is unique and requires its own set of steps to follow.

Ask how you can help -

The client needs always come before your own expectations & agenda.

Other Agencies -

Consider other local support systems your client could be apart of.

Multi-Agency Approaches -

Engage with any other agencies involved to form ONE plan of action you all follow.

Slow and Steady -

Always work at the clients pace, it can be a slow process but provides the best outcome.

Reconnect -

Clients can suffer from isolation, how and who can you approach to create a support system?

Celebrate -

Keep track of clients journey's and make a point of celebrating milestones (In a way they are comfortable with).