



## Professional Reflection Tool

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This tool supports professionals in reflecting after visiting a property affected by hoarding or environmental risk.

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### 1. Environmental Observations

What risks were observed?

Examples:

Blocked exits  
Restricted access routes  
Fire hazards  
Waste accumulation  
Structural concerns

Notes:

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### 2. Engagement Observations

How did the individual respond?

Possible observations:

Open  
Guarded  
Anxious  
Defensive  
Cooperative

Notes:

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### **3. Emotional Observations**

Possible emotional indicators:

- Shame
- Embarrassment
- Anxiety
- Overwhelm
- Attachment to possessions
- Fear of items being removed

Notes:

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### **4. Strengths or Protective Factors**

Examples:

- Willingness to talk
- Support network
- Areas of home functioning well

Notes:

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### **5. Barriers to Change**

Possible barriers may include:

- Mental health challenges
- Physical health limitations
- Trauma history
- Financial hardship
- Isolation

Notes:

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## 6. Next Step

What would a **small achievable step** look like?

Example:

Clear access pathway

Discuss one room

Arrange follow-up visit

Notes:

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