



Living with Hoarding Behaviours Free Guide

WWW.OLDSCHOOLCLEANING.CO.UK

What will you get from this guide?

- A better understanding of hoarding and acquiring
- The risks associated with hoarding behaviours
- How to improve your emotional and mental health
- Top tips and support
- A bit about us and our journey

What is hoarding?



Find out more about this condition and how we can help!

Living in a hoarded home can be overwhelming and can impact your physical and mental well-being. Here is a guide to help you navigate and improve your living situation.

Understanding Hoarding

1. *Definition:* Hoarding is the persistent difficulty discarding or parting with possessions
2. *Causes:* It often stems from trauma in childhood or adulthood, including loss of someone dear, abuse and other traumatic events
3. *Impact:* Hoarding can lead to unsafe living conditions, health risks and strained relationships



Safety First



1. *Identify hazards:* Hazards can include blocked exits, structural damage, risk of stacked objects falling, overloaded electrical points, obstructed electrical points, faulty wiring and many more
2. *Clear pathways:* Priorities are clearing pathways for movement and that emergency exits are accessible
3. *Improve Ventilation:* Make sure windows can open and areas are not blocked to improve air quality
4. *Fire safety:* Ensure smoke alarms and fire safety equipment is accessible and working



What help is available?



There is a growing amount of help out there!

There are various ways to help yourself:

Organising and decluttering

1. *Start small:* Focus on one small area or task at a time to avoid feeling overwhelmed.
2. *Categorise:* Sort items into categories (keep, donate, dispose of)
3. *Set goals:* Create realistic achievable goals for each decluttering session
4. *Use the four-box method:* Label boxes as 'keep', 'donate' and 'trash'. Sort items accordingly
5. *Scheduling time:* Schedule regular time to declutter and maintain order

Seeking professional help

1. *Therapists:* Consider seeing a therapist specialising in hoarding behaviour

2. *Professional organisers*: Hire the services of a professional organiser experienced in dealing with hoarding
3. *Support groups*: Join support groups where you can share experiences, receive encouragement and make friendships


Emotional and mental health

1. *Self-care*: Practice self-care routines to manage stress and anxiety
2. *Mindfulness*: Engage in mindfulness exercises to help stay present and focused
3. *Support network*: Lean on friends, family or a support group for help and encouragement

Practical tips

1. *Storage solutions*: Invest in storage solutions like shelves, bins, organisers
2. *Regular cleaning*: Establish a regular cleaning routine to maintain a healthier environment
3. *Set limits on acquiring*: Limit the number of new items brought into the home to prevent future clutter

Community Resources

1. *Local agencies*: Contact local housing, your housing provider and social care departments for help
2. *Charities*: Mind -  Useful contacts - hoarding
3. *Emergency services*: Know how to contact emergency services if the living conditions become unsafe

A bit about us and our services...



MISSION STATEMENT

To create cleaner, safer spaces for our clients, using our first class knowledge to expertly deliver safe, responsible and proactive solutions, to help make a positive impact on the community.



www.oldschoolcleaning.co.uk




DIRECTOR
Rachel Murphy

OS Cleaning Specialists

Our services include:

- Domestic regular and deep cleans
- Commercial regular and deep cleans
- Decluttering support service
- Bodily fluid clean ups
- Trauma clean ups
- House clearance
- Pest control
- Mould treatment



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Hi, my name is Rachel and I am the director of OS Cleaning Specialists. I am based in Reading and educated in the UK. I graduated in 2011 after securing a BSc in Psychology at the University of Reading. I then pursued a career in teaching, which I was very fond of and provided me with many skills and experiences. For that, I am truly grateful. However, life has a funny way of steering you onto other paths. I didn't realise at the time, but I now firmly believe that I truly needed a change for my own well-being and a different purpose was calling me - something my background in psychology and mindset have always driven in me.

Over the past couple of years, the company has evolved considerably from its original purpose of providing domestic cleaning to local residents of Reading and the surrounding areas, and we still absolutely love providing premium and accessible services for our domestic clients. But our core values and mission have also driven us toward a desire to educate and implement change in our community. We now provide biohazard and specialist services, working both privately and with agencies, and word of our expertise in mental health cleaning and our Hoarding support services is spreading!

Rachel Murphy

At OS Cleaning Specialists, we are experts in helping individuals who live with hoarding, adopting a person-centered and partnership approach. Our compassionate and discreet team works alongside the client to slowly declutter whilst addressing patterns of thought and behaviour over time.

We know through research and expert training that taking small steps leads to more consistent progress, less distress and long term-change. Understanding how hard it is to ask for help and how overwhelming the process can be, we work at the client's pace, offering flexibility in our approach - whether its working over a number of days or once a week for an hour.

Additionally, we provide a free online support community through our private group '[Small Steps Decluttering UK](#)' offering further support and connection. As specialists in hoarding, we collaborate with various agencies across the South East to deliver effective and compassionate care.

We understand; we care; we will help.

Please feel free to contact us:

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