

# **QUIZ**

**Are you a Hoarder in the making?**

**Rating Scale**

**0 = Not at all**

**2 = Mild**

**4 = Moderate**

**6 = severe**

**8 = Extreme**

# QUESTIONS

1. Because of the number of possessions you have, how difficult is it to use any of the rooms in your home?
2. How upsetting is it for you to have your home in its current condition?
3. How upsetting/ concerning is it for others to have the home in its current condition?
4. Have other people /agencies tried to intervene (offer to help you tidy up) because of the clutter?
5. How difficult / distressing is it for you to get rid of things? (discard ,re-gift and recycle)
6. How often have you spent money you don't really have because you saw something and just had to have it?

# RESULTS

**0-10** = You probably have a mild clutter situation in your home. Welcome to the real world.

**11-20** = The clutter in your home is at a moderate level. It's time to have a closer look at why it keeps happening. An ounce of prevention is worth a pound a cure!

**21-36** = The accumulation in your home is at or approaching a severe level.

This is about more than being "messy" or "too busy". Are you feeling overwhelmed?

Do you repeatedly start but get nowhere?

It's time to get the help you need.

**37-48** = The accumulation in your home is extreme.

The people (and animals) may well be in danger. In you live in attached housing your neighbours share your risk.

Without doubt it is time to get help.

**Please make that call NOW.**

## RED FLAG

- ❖ If you scored above 2 to questions 1, 4 or 5, assess your situation, ask for feedback from someone you trust who knows you, and ask for help accordingly.
- ❖ If you answered 2 to most questions, keep an eye on your situation, these questions are red flags. Many people who Hoard “wake up” one day and ask when did this happen?
- ❖ If you answered 4 or higher to question 2, 3 or 6 ask for feedback from a trusted friend who knows you. Ask yourself about the reasons and your ability to tackle the problems alone.
- ❖ If you really need to try and tackle the problems yourself but you are not making progress in a month, call for help. A month becomes a year very easily.
- ❖ If you have tried unsuccessfully numerous times, seek help to manage what may (have) developed into a more serious problem.

