

What are the signs of compulsive hoarding?

- Difficulty getting rid of items
- A large amount of clutter in the office, at home, in the car, or in other spaces (i.e. storage units) that makes it difficult to use furniture or appliances or move around easily
- Losing important items like money or bills in the clutter
- Feeling overwhelmed by the volume of possessions that have ‘taken over’ the house or workspace
- Being unable to stop taking free items, such as advertising flyers or sugar packets from restaurants
- Buying things because they are a ‘bargain’ or to ‘stock up’
- Not inviting family or friends into the home due to shame or embarrassment
- Refusing to let people into the home to make repairs

Hoarding is *not* caused by:

- ⇒ Laziness
- ⇒ Lack of Standards
- ⇒ Lack of Responsibility
- ⇒ Lack of Intelligence

A person who hoards...

- Has unhealthy beliefs about items
- Has exaggerated emotional attachments to possessions
- Has difficulty with organization
- Has poor insight into their behavior
- May have experienced significant trauma in their lifetime
- May have inherited the disorder through family
- Often has other mental illness(es)

Important points to remember:

- There is no known cure for compulsive hoarding. A variety of interventions/ techniques are necessary for treatment.
- Compulsive hoarding is a chronic illness. It is important for family members and friends to be supportive while their loved one seeks help.
- A person who hoards will often experience a major stress reaction if their items are discarded without their consent.
- Obtain consent before discarding items.



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Updated 1/29/25

Dane County Hoarding Resource Guide

HOPE
and
HELP





Agencies & Capabilities

Animal Control

Society (608) 838-0413

- Assist in recognizing healthy vs ill animals
 - Transport animals to safe environment so clean up is possible
 - Provide temporary housing for healthy and/or treatable animals
- Provide proper disposal of deceased or euthanized animals

Cleaning/Organizing/Safety Assessment

Deep Cleaning LLC (608) 212-1889 Dawn Griffin

Environment Solutions (800) 990-0346 or 414-213-5090

AgeBetter with Safe at Home (608) 230-4445, agebettertoday.org

Segues 262-442-4200

Steri-Clean (800) HOARDERS or 800-462-7337 alternate phone 605-600-2505

Bio-One 608-609-5802

Zastrow Building Maintenance (ZBM) 920-262-9471

REVIVE Restoration (Biohazard) 608-222-9222

Counseling/Mental Health

Roger's Memorial (608) 238-4411
intensive outpatient treatment program (Madison)

Dementia Resources

Alzheimer's Association - Wis Chapter
800-272-3900 (24/7 helpline) direct phone number 608-203-8500 www.alz.org/wi
Dementia Care Specialist (ADRC) (608) 240-7400

Housing Assistance

City of Madison Housing Authority
(Community Development Authority-CDA)
608-266-4675 www.cityofmadison.com/housing

Neighborhood Law Clinic (608) 890-0678 x 5
Tenant Resource Center Mediation (608) 257-0006 x 4 or x 5

Internet/Social Media

Centerforhoardingandcluttering.com
<https://www.challengingdisorganization.org>
<http://www.helpforhoarders.co.uk/self-help/>
<https://iocdf.org/wp-content/>

[uploads/2014/10/OCPCD-Fact-Sheet.pdf](https://www.cityofmadison.com/uploads/2014/10/OCPCD-Fact-Sheet.pdf) (Obsessive Compulsive Personality Disorder)

Law Enforcement

Dane County/Madison Dispatch (608) 255-2345

United Way 2-1-1

Confidential, non-emergency information & referral line that offers community resources; available 24/7

Dane County Agencies

Adult Protective Services (608) 261-9933

Conducts investigations of alleged physical abuse, emotional abuse, sexual abuse, neglect or self-neglect, or financial or material abuse against adults at risk and elders at risk; non-emergency referrals only

Aging and Disability Resource Center (608) 240-7400

Helps older adults and people with disabilities, along with their families and caregivers, connect with resources and services they need to live as safely and independently as possible

Behavioral Health Resource Center (608) 267-2244

Voluntary person and family centered service designed to help any Dane County resident seek assistance and access behavioral health services in Dane County, regardless of insurance status, financial status, age, identity, ability, or legal status

Building Inspection (608) 266-4551

Can provide inspections specifically for code violations and can lay legal basis for cleanup by issuing code violations

Comprehensive Community Services (608) 242-6200

Voluntary, community-based program offering psychosocial rehabilitation services

Planning and Zoning (608) 266-4266

or contact local municipality

Public Health Department (608) 242-6515

Provides information and guidance on human health hazards

What is not started today is
never finished tomorrow.

—Johann Wolfgang von Goethe