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Supporting materials from the Dane County Hoarding Task Force

THIS FULL HOUSE...



When a house fills up with "stuff"
that cannot be discarded...

When saving "stuff"
results in health
and emotional problems...

When collecting "stuff"
limits a friend,
a relative or a neighbor's life...

... INFORMATION ON HOARDING

Do you know someone who...

- ✓ Collects items beyond what is needed or usable?
- ✓ Keeps "stuff" that others do not find important such as old papers, containers and food items?
- ✓ Holds strong, emotional attachments with many items for comfort or safety?
- ✓ Fears losing things, which prevents him/her from disposing of **anything**?
- ✓ Appears anxious and distressed at the thought of, or suggestion of discarding collected items?
- ✓ Has collected piles of "stuff" that make it difficult to move around the house?
- ✓ Is embarrassed to have visitors because the home is never presentable?

...may be hoarding?

Who is a hoarder? A hoarder...

- ✓ May be a person of any age, although it is most common among elderly.
- ✓ Is not your typical "pack-rat."
- ✓ Exhibits compulsive behaviors such as buying and saving items that are not real collectibles.
- ✓ May constantly ask: **What if I run out? What if I throw it away and really need it someday? What if I put it away and can't find it?**
- ✓ Fills his/her home with piles of "stuff" until these piles create an unsafe and unhealthy living condition.



...may need help!

How can you help?..

If you know someone who may be a hoarder, you can lend a hand by...

- ★ Encouraging that person to **seek assistance. The problem won't go away by itself.**

- ★ Helping **develop a plan to organize** the space into something more functional and safe. This plan can include these three basic ideas:

- 1 **Daily routine; Small efforts.** Develop a daily routine of making small efforts to clean and organize. This makes other tasks more manageable.
- 2 **One-time handling.** When cleaning up a place, the moment an item is picked up, give it a proper place - *Throw Away, Recycle, Give Away, or Put Away.*
- 3 **Start what you finish.** If you start it, finish it. Don't save it for another day.

- ★ Discouraging buying or saving of new possessions.

RECYCLE
THROW
PUT AWAY
GIVE

Who else can help?..

Change is challenging, but possible. Successful change often takes a team.

The list of agencies below can provide more information about hoarding including assessment and appropriate treatment.

RESOURCES AVAILABLE

Adult Protective Services

Intervenes in crisis situations and investigates elder and dependent adult abuse, including self-neglect. After making a call, they will send a social worker to assess the situation and suggest course of action. Disabled citizens from 18 to 64 years of age may also receive assistance. 1-800-992-1660 (24 hour number)

Adult Day Service Centers

Offer a variety of therapeutic, medical, rehabilitative and related services to frail and disabled adults. Centers also provide transportation and accept Medi-Cal. http://www.calcarenet.ca.gov/adult_day_service_centers.asp

Clutterers Anonymous

Composed of free, weekly 12-step support groups for individuals who want to eliminate clutter and establish more order in their lives. www.clutterersanonymous.net

Nearby Clutterers Anonymous groups:

Long Beach Methodist Church

507 Pacific Avenue
Long Beach, CA 90802
(310) 376-1499

Mariposa Women's Center

812 Town & Country Road
Orange, CA 92868
(714) 526-7191

Crime Scene Steri-Clean, LLC (CSC)

CSC works closely with Adult Protective Services, Code enforcement officers, social workers, animal control, police and fire departments and health department representatives to help resolve severe cases of hoarding. They not only help clean out the residences but they also assist the individual to become organized again.

1-888-577-7206
www.CrimeCleaners.com

Genesis - County of Los Angeles

Provides mental health and other health services to adults ages 60 and over. Works with Adult Protective Services, health agencies and providers, care management programs, hospitals, and religious organizations.

550 S. Vermont Avenue, 6th Floor
Los Angeles, CA 90020
(213) 351-7284
(213) 427-6161 fax
<http://dcss.co.la.ca.us/AAA/genesistxt.htm>

In-Home Supportive Services

Organization helps pay for personal care services for individuals 65 and over to remain living in their own home. Services include housecleaning, meal preparation, laundry, grocery, shopping, bathing and other service needs.

<http://www.dhs.ca.gov/>
www.calcarenet.ca.gov

WISE Senior Services Long-Term Care Ombudsman

Trained and state certified to objectively investigate and resolve problems with residents within licensed care facilities.

1527 4th Street, Suite 250 (Main Office)
Santa Monica, CA 90401
1-800-334-9473
<http://www.wiseseniors.org>

City of Torrance

Provides referrals to appropriate agencies that may help individuals deal with issues and problems related to hoarding.

(310) 618-2973 (Fire Prevention Team)
www.torrcnet.com