

HOARDING ESSENTIALS



ONLINE LEARNING COURSE

an introduction to hoarding disorder
for people who need to know the basics

COURSE OVERVIEW

The goal of this learning activity is to look at the psychology and epidemiology of hoarding, and to examine associated behaviours and characteristics.

You will explore:

- definition of hoarding
- who, what and why people hoard
- the clutter continuum

Study time is approx. 40 mins.

ACCESS THE COURSE

This course is provided by Life-Pod and can be accessed using the following login details:

<http://hoarding.academy/CEC>

Password: CECHE2021

CLUTTER OR HOARDING?

Hoarding Disorder is recognised by the World Health Organisation as a distinct mental condition. But not all clutter is linked to hoarding. A person who lives in a cluttered and chaotic home could be 'chronically disorganised' as a result of cognitive impairment.

Alternatively, someone could be 'situationally disorganised' following a traumatic life event. Understanding why a person is acquiring and saving stuff is the key to providing the right treatment intervention.

FIND OUT MORE: life-pod.co.uk

WHO THIS TRAINING IS FOR?

This introductory training module is available to all CEC employees but may be of particular interest to frontline staff in Health & Social Care, Education and Children Services (previously Children and Families) and Place including Housing and Family Support.

HELP WITH HOARDING

If you need advice on how to help an individual who is living in an excessively cluttered home, please contact:

SOCIAL CARE DIRECT

0131 200 2324

socialcaredirect@edinburgh.gov.uk