

Key Principles of Harm Reduction for Hoarding

First do no harm

The intervention should not do more harm than good for the person you are working with. Always start with the least intrusive intervention.

It is not necessary to stop all hoarding behaviour

The key to harm reduction is to reduce risks in the home.

No two situations are identical

Every situation is unique, therefore every intervention is different.

Change is slow

Lasting change takes time. Chipping away, bit by bit, is more effective than rushing a solution.

People may have other more pressing problems than their home environment

Sometimes the clutter in a person's home is not the more urgent issue that needs to be dealt with.

The person with the collecting and saving behaviours is an essential member of the team

If you are a service provider or family member working with someone with cluttering tendencies, it is essential to include them in goal-setting, meetings, and other plans. They need to make the decisions about their possessions and their home.
