

The Wichita/Sedgwick County Hoarding Coalition provides intervention, education, decluttering and follow-up support for hoarding and cluttering behavior.

**Services provided include:**

- Community education classes
- Monthly support group
- In-home assessments
- Minor home repair referrals
- Social services referrals
- Small psychoeducational groups
- Interventions

To find out more,  
please email us at:

hoardingcoalition@  
sedgwick.gov

If you or someone you know has a problem with hoarding or cluttering, please contact the Wichita/Sedgwick County Hoarding Coalition for help today.

**Referral Contact Information**

Individuals 60 years of age and older contact:

**Central Plains Area  
Agency on Aging  
316-660-5144**

Individuals 59 years of age and under\* contact:

*\*Individuals are unable to provide self-care or seek services on their own.*

**Adult Protective Services  
316-337-6791**

# What is Hoarding?



Central Plains Area Agency on Aging  
Butler, Harvey & Sedgwick Counties



Wichita/Sedgwick County  
Hoarding Coalition

# What causes hoarding?

There are a lot of reasons that people hoard. Hoarding is *not* being lazy, neglectful, or stubborn. It is a real and complex disorder. Many things can contribute to a hoarding problem: genetics, problems with how a person's brain processes information (like being unable to organize or make decisions), mental illness (like depression or anxiety), or a history of trauma or loss.



## Safety and Health Issues

Hoarding can cause significant safety and health problems to people living in or near a hoarded home, such as:

- **Higher safety risks**, such as fire hazards, risk of falling, or structural damage to home
- **Problems functioning**, including poor eating and bathing habits or trouble managing money
- **Higher risk of health problems**, due to unclean environment and possible rodent or insect problems
- **Isolation, depression, and relationship problems**

## Do I Have a Problem with Hoarding? Self-Quiz

Check the box if your answer to the statements below is "yes."

**Are areas of your home difficult to walk through because of clutter?**

**Are you unable to use any parts of your home for their intended purposes? For example, cooking, using furniture, washing dishes, sleeping in bed, etc.**

**Do you find the act of throwing away or donating things very upsetting?**

**Do you have strong urges to buy or collect free things for which you have no immediate use?**

**Have you ever been in an argument with a loved one because of the clutter in your home?**



**If you answered "yes" to 3 or more of these questions, you may have a problem with hoarding.**

Hoarding is a complex mental health disorder that is made up of three related problems:

- 1. Collecting too many items**
- 2. Difficulty getting rid of items**
- 3. Problems with organization**

These problems can lead to a significant amount of clutter, which can limit the use of living spaces, pose health and safety risks, and cause distress in a person's life and relationships.

**Information from**  
**[www.ocfoundation.org/hoarding](http://www.ocfoundation.org/hoarding)**