

Is It Hoarding?

A Quick Checklist for Families



Signs to watch for when visiting your aging loved ones.
sassysisterstuff.com

SECTION 1: Living Space Red Flags

- Rooms can't be used for intended purpose
- Narrow pathways between clutter
- Items stacked on furniture (chairs, beds, tables)
- Exits or doors blocked

SECTION 2: Safety Concerns

- Fire hazards (items near stove/heaters)
- Trip and fall risks
- Pest or rodent signs
- Expired food or medications visible

SECTION 3: Behavioral Signs

- Extreme distress when discarding items
- Acquiring more than can be stored
- Avoiding having visitors over
- Difficulty making decisions about possessions

SECTION 4: Emotional Indicators

- Shame or embarrassment about living conditions
- Isolation from family and friends
- Strong attachment to items with little value

If you checked 3+ items, it may be time for a compassionate conversation. Need help? Call Caring Transitions at (844) 220-5427.