

What is Hoarding?



Hoarding is when a person accumulates possessions, over time, and is unable to let them go. Some items may not appear valuable, to others, such as newspapers

As the items accumulate, the person's possessions can become the subject of arguments and disagreements between the person and their family and/or others. The person living in the congested house may become isolated. Numerous possessions may prevent the person from moving easily through their home, and make conducting activities of daily living difficult. The home can get into a state of disrepair, as the person is unable (or too ashamed) to let anyone in to fix appliances or make repairs.

In extreme cases, possessions make cleaning difficult, and then the home can become unsanitary and open to infestation (for example mice or insects). The home can become dangerous and the person/s living there may be at risk of harm.

Harm can be caused by no heating, falling possessions, risk of fire, trip and fall hazards, risk of food poisoning, increased breathing problems due to poor air quality.



What our **service users** think:

“Thank you for everything you’ve done for me, I couldn’t have done it on my own.”

Our **mission** statement

Red Squirrel is a discreet and sensitive occupational therapy-led service supplying advice and practical support to individuals who experience hoarding. Red Squirrel works in a person centred, holistic and a multi-disciplinary way to promote a safe, fulfilling and satisfying life for those individuals.

Red Squirrel also aims to reduce stigma and misunderstanding by educating families, carers, professionals, and others, about hoarding.

Do you know anyone experiencing hoarding?

About us

Red Squirrel is a discreet, confidential, person-centred, occupational therapy-led service.

We enable people to reclaim their living space so they may use their rooms for their intended purpose and carry out their activities of daily living more easily. We accept, for some people, hoarding is a meaningful activity and/or some individuals may have no insight into their behaviour. Therefore, we supply practical help and support to reduce risks to minimise potential harm (we call this harm reduction).



Brigitte Hoare
BA BSc MRCOT Occupational Therapist
Founder of Red Squirrel – OT for People
Experiencing Hoarding

Our products & services

We collaborate holistically with the individual, identifying specific goals. We will not remove or touch a person's belongings unless we have permission. Everyone working for Red Squirrel are DBS checked and have an empathic approach.

Individual Assessment: £180

(Including up to 3 one hour sessions, written report with recommendations)

6 sessions over 6 weeks: £900

(2 staff, a 2-hour session per week, including assessment and interventions)

12-week sessions: £1800

As above plus a 6-week review

60 minutes family/carer: £60

(Consultation/support, including written summary with recommendations)

Support Group – Face to Face

Portsmouth, Thursday 10.00 am
Contact for details. £8.00 per session

If you do not feel that any of these services fit with your requirements, please contact to discuss other options - 07752618619

Contact us

Book your free 20 minute consultation

Phone: 07752618619

Email: bjh.redsquirrel@gmail.com

Web: www.help4hoarding.co.uk

Please see our website for more information:

www.help4hoarding.co.uk

We recycle/repurpose items as far as possible.

We donate any items to charities named by the individual.

We do not use skips (as seen on tv)

Unless the individual wants to. We work at the individual's pace and encourage new habits and behaviours.

