

SEMI-HOARDING- SIGNS OF FEAR AND ANXIETY

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1. IDENTIFY UNDERLYING CAUSES OF SEMI-HOARDING

ANXIETY/FEAR CAUSED BY

POOR HEALTH- SELF OR FAMILY MEMBER (CHILD)

MULTIPLE LOSSES- MANY PEOPLE DYING IN A SHORT TIME PERIOD, FINANCIAL LOSS

FEELING THREATENED- VERBALLY, IN WRITING, STALKED, PTSD

2. IDENTIFY SIGNS OF SEMI-HOARDING

CLUTTERED SPACES

TRASHED SPACES

A DARK CLUTTERED ROOM

ROOMS FILLED WITH 'COLLECTIONS'

FLOORS TEND TO BE CLEAR WITH POCKETS OF CLUTTER OR SCATTERED ITEMS

COMBINATIONS OF TRASHED, CLUTTERED, & COLLECTIONS

3. IDENTIFY ENVIRONMENTAL CHANGES TO HELP PEOPLE FEEL LESS ANXIETY/FEAR

CREATE CONFINING CLOSED IN SPACES WHERE PERSON WILL FEEL LESS ANXIOUS (INCLUDING A DARK AREA IF NEEDED)

FILL SPACE WITH CLEAN USEFUL ITEMS- SOME ITEMS MAY BE DECORATIVE

USE PATTERNED CARPET OR THROW RUGS (IF SAFE) TO 'FILL' THE FLOORS

USE PRINTED WALLPAPER & CURTAINS/DRAPES, BEADED CURTAINS IN DOORWAYS

LARGE DARK LIGHT FIXTURES/BEAMS FILL CEILING SPACE

KITCHEN COUNTER TOPS & TABLE - SET CLEAN DISHES, PAPER TOWEL ROLLS, & APPLIANCES IN OPEN SPACES

SINKS- USE DISH PANS, PATTERNED SINK MATS

RANGE- PLACE CLEAN PANS ON TOP OF RANGE

LIVING/DINING ROOM- USE LARGE PLANTS OR SCREENS TO FILL CORNERS & OPEN AREAS, USE

LARGE FURNITURE, PATTERNED THROW PILLOWS/THROWS TO FILL SPACE

ANGLE FURNITURE, DECORATIVE ITEMS (COLLECTIONS) ON TABLES

WALLS- LINE WITH USEFUL ITEMS SUCH AS BOOKCASES & PICTURES

BATHROOM- USE PRINTED SHOWER CURTAINS & TOWELS, COLORED DECORATIVE STICKERS IN THE BOTTOM OF THE TUB, PLACE USEFUL ITEMS ON SINK & BACK OF TOILET

BEDROOM- PLACE BED IN A CORNER, POSTER BED WITH CURTAINS, USEFUL ITEMS ON TOPS OF

DRESSERS & NIGHT STANDS, PATTERNED BED SPREAD, SHEETS, PILLOW CASES, THROW PILLOWS

OUTDOOR SPACES MAY ALSO NEED TO BE FILLED

NURSING CARE:

NOTIFY PHYSICIAN PATIENT SHOWS SIGNS OF ANXIETY/FEAR. OBSERVE TO SEE IF ENVIRONMENT CHANGES WHEN HEALTH IMPROVES. WORK WITH PATIENT TO MAKE ENVIRONMENT CLEAN & SAFE USING ABOVE GUIDELINES.. INSTRUCT FAMILY ON CAUSES/INTERVENTIONS TO HELP PATIENT FEEL LESS ANXIOUS & FEARFUL. INTERVENE TO ELIMINATE OR MODIFY THREATS. IF PTSD IS A PROBLEM, USE PTSD EVERYDAY HELP GUIDELINES. ENCOURAGE THERAPY. (OFTEN PEOPLE DON'T REALIZE THEY FEEL ANXIOUS.)

WHAT NOT TO DO: PACK UP CLUTTER AND LEAVE OPEN SPACES BARE. (PERSON MAY HAVE BOXES SAVED AND SAY THEY INTEND TO PACK UP BUT THIS IS NOT TRUE. THEY ARE TRYING TO APPEASE THEIR CRITICS.)