

Five Red Flags of Possible Hoarding

If you are unsure whether hoarding is becoming a problem for you or a loved one, ask yourself the following questions:

- Are there areas of your home that can't be used for their intended purpose, without shifting things around?
- How easy is it for you to find things when you want them?
- Does clutter make it difficult to walk through any of the rooms in your home?
- To what extent are flat surfaces cluttered?
- When you see things you want, do you feel compelled to have them?

If any of these areas are a problem for you, you can gain more understanding by taking the full quiz in table 1.1.