

Common Causes of Clutter

<p>Transitions</p> <p>Moving house</p> <p>New baby</p> <p>Retirement</p> <p>Death in family</p>	<p>Other People's Stuff</p> <p>Kids moved out</p> <p>Inheritance</p> <p>Custodian of family memorabilia</p> <p>Custodian of local history</p>	<p>Lack of Skills</p> <p>No systems</p> <p>Poor routines</p> <p>Never been taught</p> <p>Learning difficulties</p>
<p>Frugality</p> <p>Concern for environment</p> <p>Fear of waste</p> <p>Limited means</p> <p>Sense of responsibility</p>	<p>Hoarding Disorder</p> <p>Problematic acquiring</p> <p>Difficulty discarding</p> <p>Mental health issues</p> <p>Chaotic living spaces</p>	<p>Poor Physical Health</p> <p>Lack of mobility</p> <p>Poor eyesight</p> <p>Fatigue</p> <p>Bad back</p>
<p>Poor Mental Health</p> <p>Dementia</p> <p>Depression</p> <p>Anxiety</p> <p>Bi-polar Disorder</p>	<p>Shopping Problems</p> <p>Craft supplies</p> <p>Collections</p> <p>Excess clothing & accessories</p> <p>Books & toys</p>	<p>Perfectionism</p> <p>Finding perfect containers</p> <p>Waiting for perfect time</p> <p>Getting bogged down in details</p> <p>Fear of making mistakes</p>

Hoarding is a complex issue. For more resources and information about how to help your loved one live safely and manage their clutter, visit www.hoardinghomesolutions.com.au



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