



# Piloting and Evaluating a Peer Led Hoarding Support Forum

Simone Isemann  
Jeanette Svehla

Lifeline Harbour to Hawkesbury

# What is the Peer Led Hoarding Support Forum?

- A 2.5 hour structured, monthly support forum
- Peer led
- Focused on supporting participants to reduce acquiring and increase discarding of their possessions



# Benefits of the Forum

- Opportunity to **share experiences** about discarding with other people who understand
- Enhance **motivation**
- **Problem solve** and learn from others
- Set **SMART goals** and report on goal achievement
- Recognise and challenge the “**Bad Guys**”
- **Practice discarding** into the rubbish bin
- Reduction **social** isolation

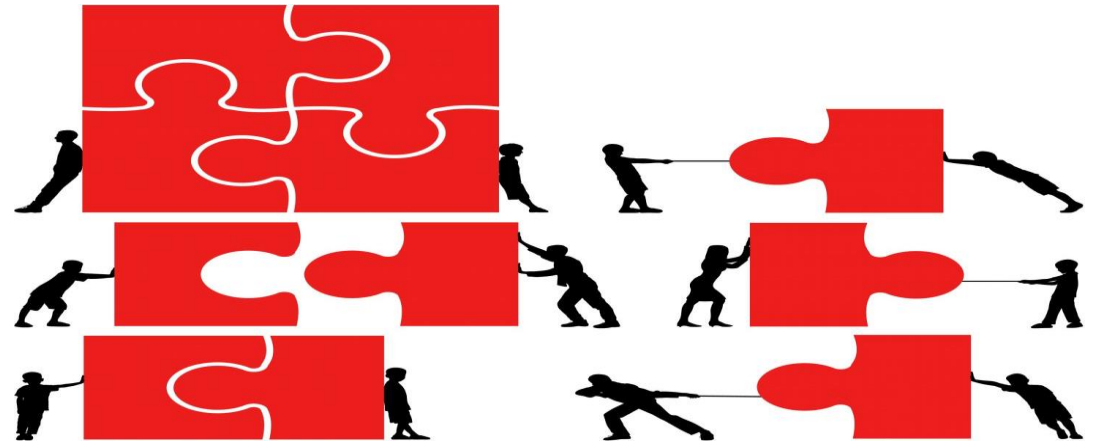


# Meeting Structure

- Check in – 3 minutes per participant
- Discarding exercise
- Select volunteer for “Are you stuck?”
- Tea break
- “ Are you stuck?”
- Goal setting
- Close meeting
- Post meeting informal chat

# Establishing the Forum

- Leadership and support roles
- Developing a structure in consultation with forum members
- Reviewing and amending forum structure after 3 months
- Evaluating forum

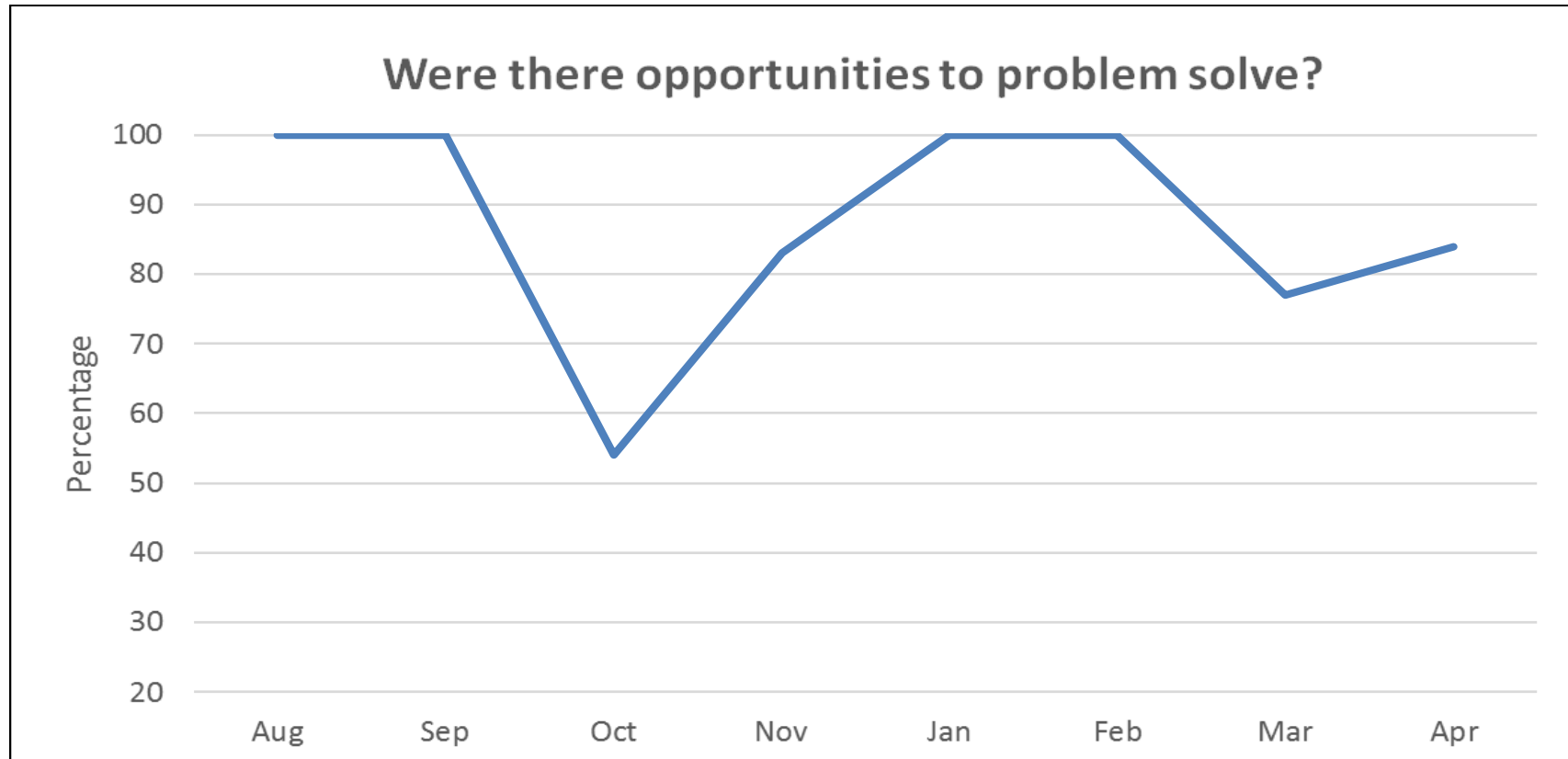


# Evaluation of Participant's Experience of the Forum

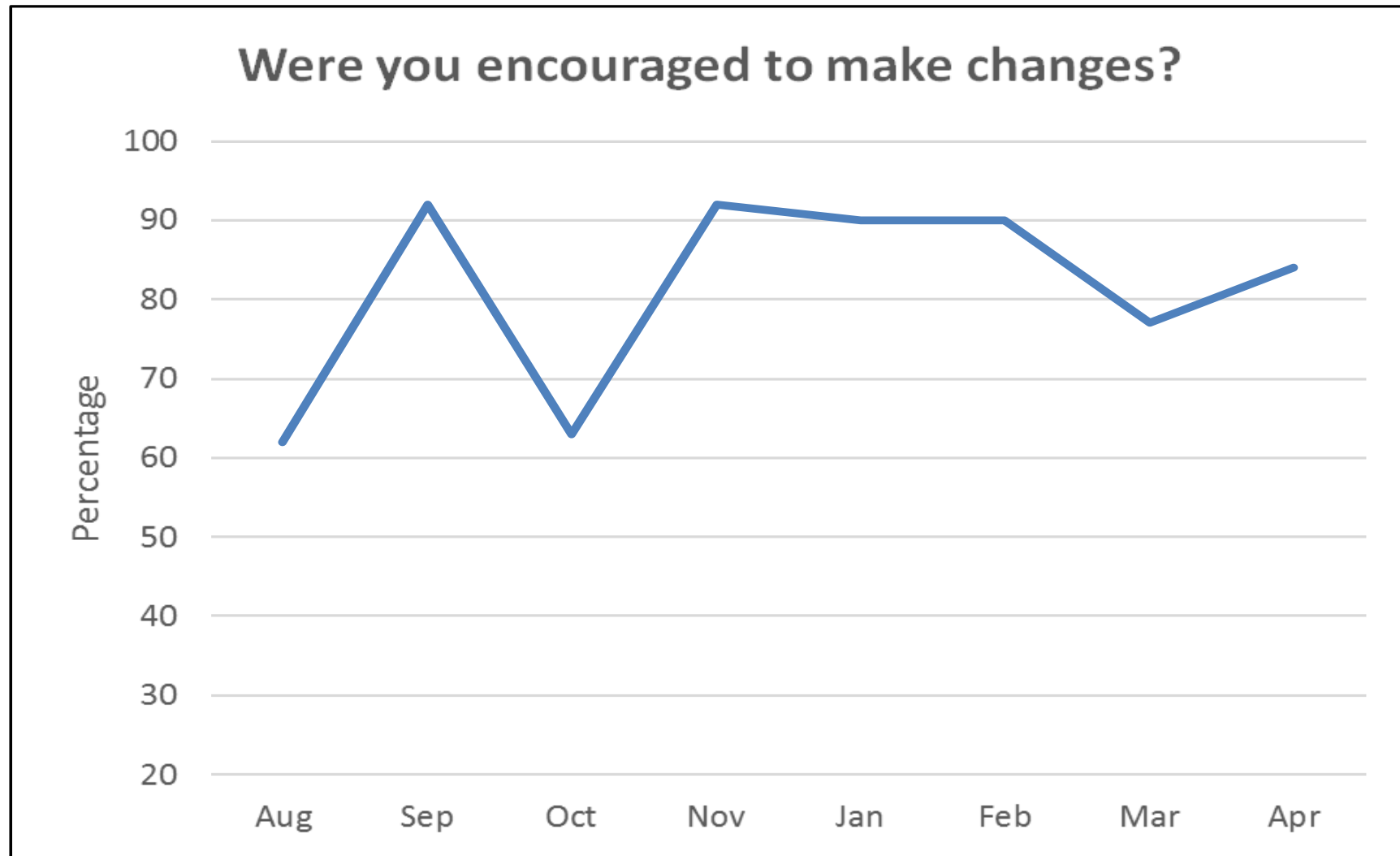
- Questionnaire completed by each participant after every meeting
- Key areas evaluated: focus on HD, feeling supported and encouragement to change



# Participant Responses: August 2015 – April 2016

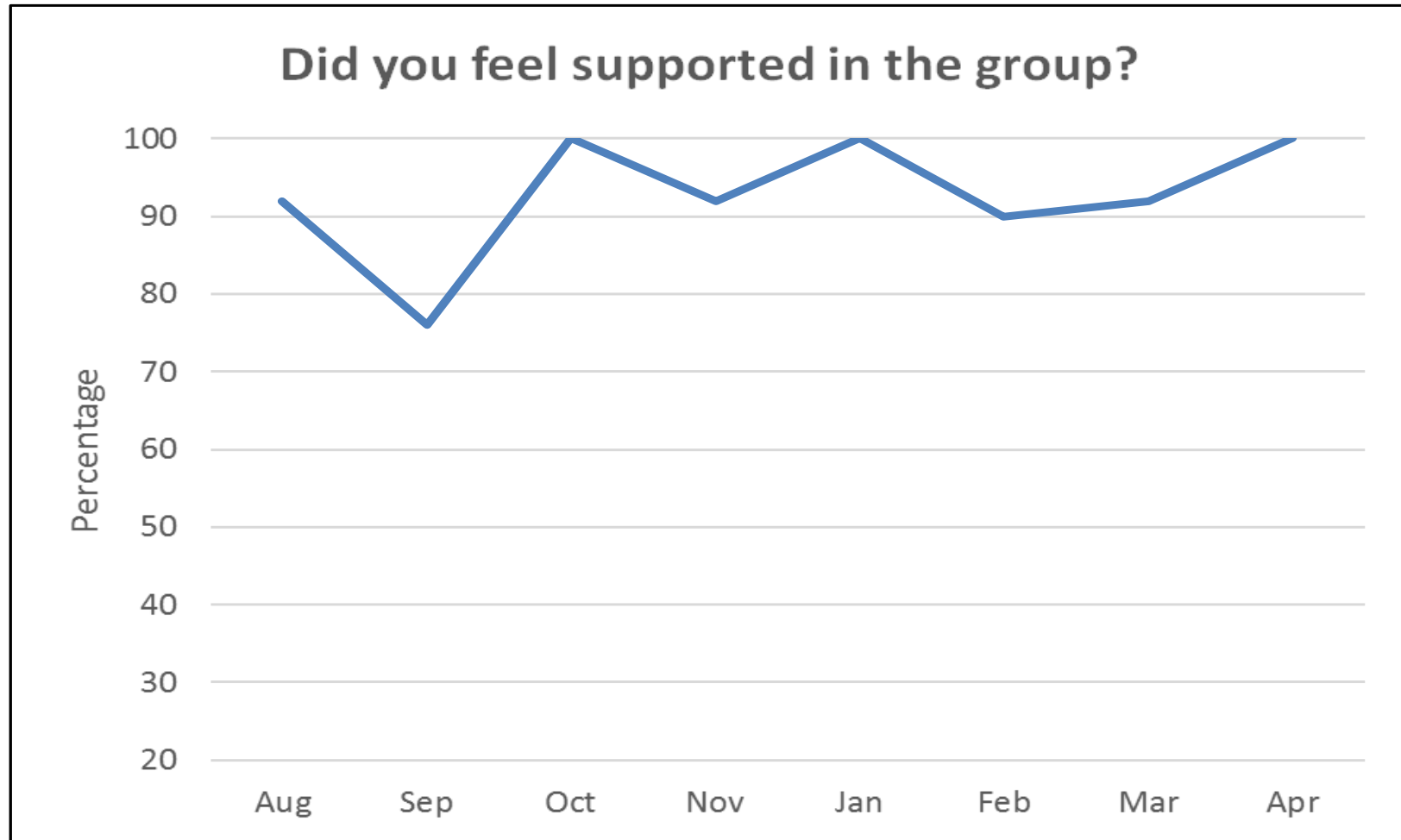


# Participant Responses: August 2015 – April 2016





# Participant Responses: August 2015 – April 2016

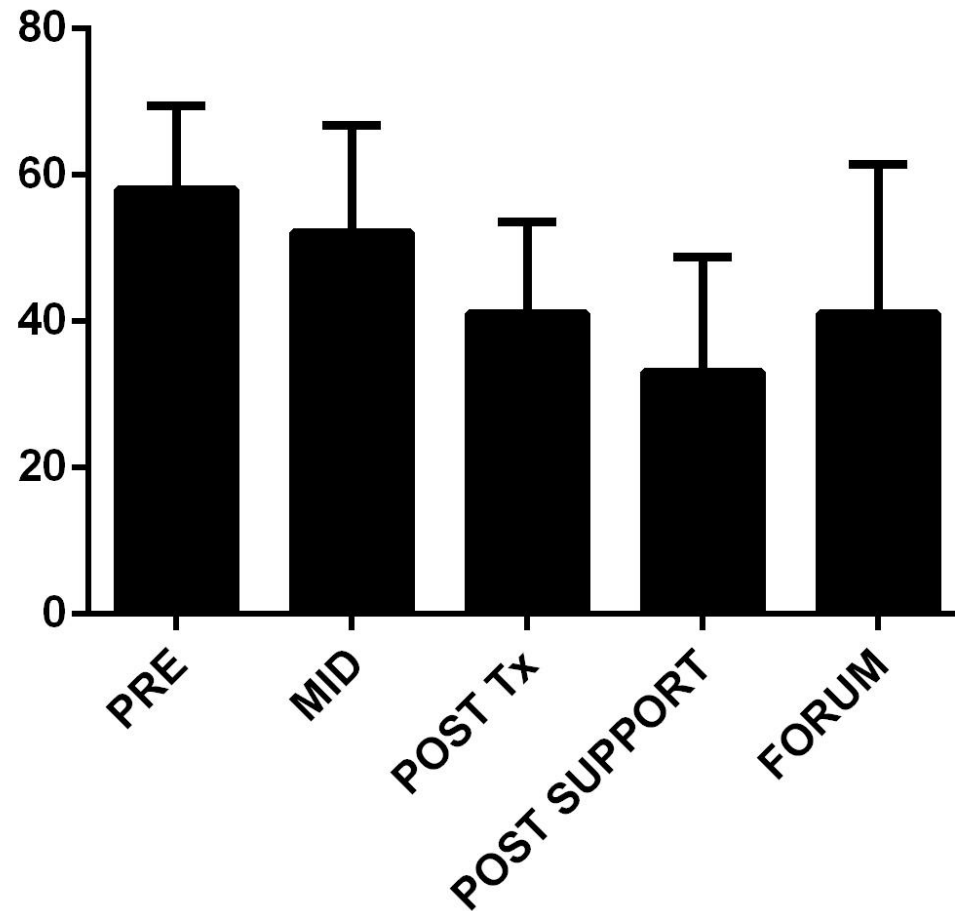


# Evaluation of Participant's Hoarding Related Behaviour and thinking

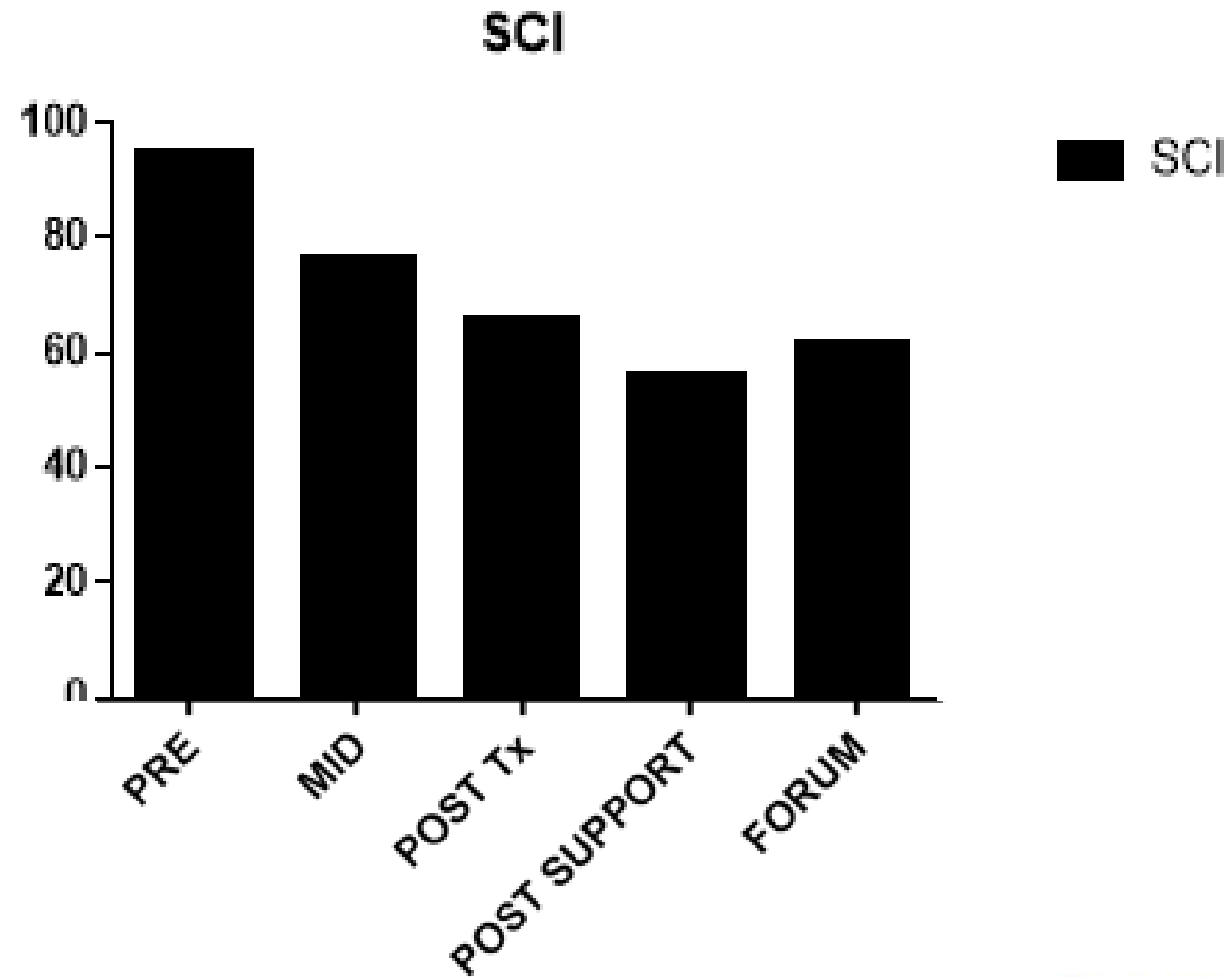
- Savings inventory Revised (SIR)
- Savings Cognitions Inventory (SCI)
- Depression, Anxiety, Stress Scale (DASS)
- 5 data collection point: Pre treatment group, mid point of treatment, post treatment, post support group and hoarding support forum

# Savings Inventory Revised

SIR  
(Hoarding Symptoms)

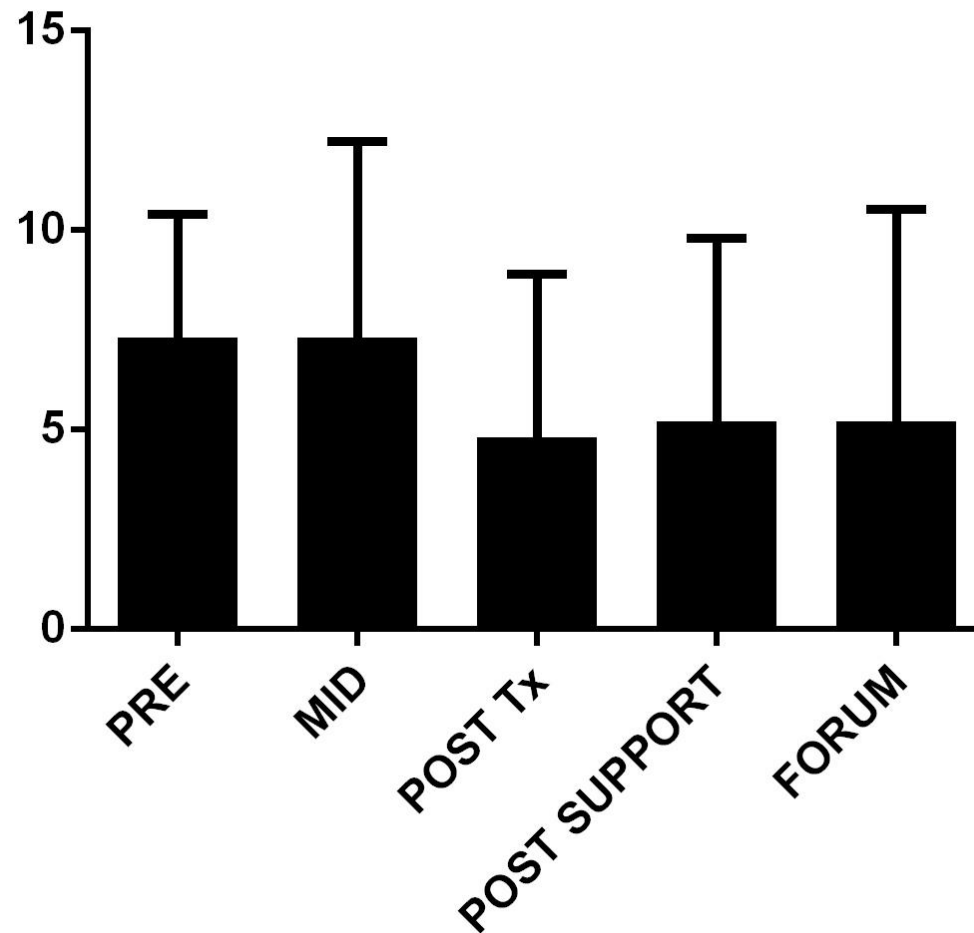


# Savings Cognitions Inventory



# DASS

DASS  
(Depression/Anxiety/Stress)



# Participant Experience

- Sally and Tania will share their personal experience of attending the forum over the past 10 months.

# Learning and Next Steps

- Peer led support forum is a cost effective mechanism for maintaining changes in hoarding related thinking and behavior achieved during treatment
- A team of volunteer leaders and an agreed structured format is key to the success of the forum
- Use an increased focus on goal setting to enhance and maintain changes

# Thank you

- Prof Jessica Grisham UNSW for her ongoing support and supervision of the Lifeline H2H Hoarding Treatment Program.
- Leaders and participants of the forum for their ongoing commitment to attend and their willingness to complete questionnaires!
- Wendy Carver CEO Lifeline H2H for her support and encouragement.