

# Overwhelmed by too much stuff?

Do you have a large number of things in your home?

Do you have difficulty organizing your things or deciding what to throw away?

Does the volume of things in your home make it difficult to do everyday activities or affect your quality of life?



If you answered YES to these questions, you may have hoarding behaviors.

You are not alone.

As many as 4 million people in the U.S. have hoarding behaviors.

Often older adults encounter more difficulties related to their hoarding behaviors because they have other health issues or live alone.

A research study is taking place at the University of California, San Francisco to learn more about hoarding behaviors in older adults.

**If you are 65 years old or older and think you may have hoarding behaviors, we invite you to participate in this important study.**

By participating you will:

- Take part in a 90-minute private interview with a nurse researcher
- Receive \$20 as a thank you for your time
- Help nurses, social workers, therapists and others better understand hoarding behaviors and how they affect older adults

If you would like to learn more about this study, we would like to hear from you!

Please call **Monika Eckfield, RN, PhD(c)** at **(650) 219-0555**.