

If THINGS have taken over your life, do you ever think...

No one could ever understand how I feel

Nobody else could have as much stuff; my house is too far gone.

I'm going to "get to it" someday and I can fix this mess myself; I don't want help.

Things are all my responsibility, and it's my job to see to it that nothing gets wasted.

I have to save things "just in case;" I worry about not having enough.

I worry that if I throw away a document or article, I won't remember the information it contained

I can't get rid of something that may be needed by SOMEone, SOMEday; I have to find the perfect recipient for each discarded item.

Throwing away an object that someone has given me is like throwing away the person.

Throwing away an object is like throwing away a piece of myself.

*If you sacrifice
YOUR living space for these
reasons, you are not alone!*

Compassion and Understanding

Do you feel overwhelmed by the **Things** you've collected through the years? Do you need help getting it all under control? American Hoarders Cleaning Service *understands how you feel*. We have worked with many people who were ready to take positive steps in getting their home cleaned and organized. If you are ready to take the next step and get the assistance that we offer, we can surely help.

Get Ready for a Fresh New Start, we are only a phone call away!

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CAN'T LET ANYONE IN YOUR HOUSE?

MAYBE YOU KNOW SOMEONE WHO WON'T LET YOU IN, AND YOU SUSPECT SOMETHING IS WRONG?



A Hoarder's Kitchen-Americanhoarders©

It's not that they are lazy or enjoy living in a cluttered home. They have a serious condition called:

HOARDING

More than 4 Million homes in the United States alone are like this.

Freedom from Things is possible.

OCD-HOARDING IS NOT ABOUT BEING LAZY!

What is Hoarding?

It is estimated that over 4 million homes in the U.S are hoarder's homes. Hoarding does not result from laziness or harmless "packrat" habits. It is a condition that has been addressed in research as a type of obsessive compulsive disorder (OCD).

Hoarding is defined by specific behaviors: acquiring a large assortment of items and failing to discard what seems to be useless or of little value. Living spaces become so cluttered that they cannot be used for their intended purposes.

A few of the reasons people hoard include emotional attachments to objects, intense decision-making difficulties, and a profound fear of making mistakes.

These homes fall into a serious state of disrepair because maintenance or repair people cannot enter the home. In the case of animal hoarding, animal waste may be present throughout the home.

However, hoarding has only recently become a subject of research. A great deal of work remains to be done to further describe and pinpoint the medical cause(s) of this condition.

Other Health and Safety issues can accompany hoarding

People who hoard can face health risks from trips and falls, mold/ dust/ mildew allergen exposure, and fire hazards in their dangerously cluttered homes.

People who hoard might also suffer from depression and/or perfectionism. Research shows that many hoarders suffer a combination of disorders. Hoarding may be a symptom of more than one illness.

Hoarding is more common among the elderly, but they are not the only age group to suffer from it.

Freedom is possible

Hoarders are often highly functional individuals outside of their homes and express the wish to make changes alone, without help. Working alone, however, usually results in frustration and "churning," which is the relocation of items without an actual reduction in quantity.

But, freedom from **Things** is possible with the right help and support from someone who understands. With cognitive behavioral therapy, hoarders have been able to stop saving memories and start making them!

Recent studies have revealed specific brain-activity patterns that are different in hoarders when compared to non-hoarders. Hopefully, these biological differences will be clues to treatment.

If you or someone you know suffers from hoarding... we encourage you to take the following quiz:

1. I often retain the following items.
 - a. Junk Mail (y or n)
 - b. Old newspapers or catalogs (y or n)
 - c. Things that may be useful for arts and crafts (y or n)
 - d. Things you think you might want to give to others as gifts (although you never actually give them (y or n)
 - e. Cloths that you think you might want to wear someday (but you don't actually wear them) (y or n)
 - f. Broken things that you think you might want to fix someday (y or n)
 - g. Anything "free that you decide to pick up (y or n)

2. My home or parts of my home, are so cluttered that I Can no longer use those parts of the home for their intended purpose. For example, I have:
 - a. A bed I cannot sleep in (y or n)
 - b. A kitchen I cannot cook in (y or n)
 - c. A bathroom I cannot use (y or n)
 - d. Tables I cannot use for dining (y or n).
 - e. Chairs or sofas I cannot sit on (y or n)
3. The clutter is significantly impairing my ability to enjoy life (y or n)
 - a. I cannot and have not had friends or family over to visit in a significant period of time (y or n)
 - b. I cannot have maintenance or repair people in to fix broken appliances, the heater, air conditioning, etc. (y or n)
 - c. I keep the shades drawn so nobody can see inside my home (y or n)
 - d. I have frequent arguments with other family members about the clutter (y or n)
 - e. There is infestation of rodents, insects, or other pests (y or n)
 - f. I have been threatened with eviction (y or n)
 - g. I feel depressed about the clutter (y or n)
 - h. I have many more pets than the average pet owner, and I am unable to properly care for them (y or n)

If you have answered yes to more than a few of these questions, we encourage you to speak to us about how we can help you get your home and life back in order. We guarantee we will go above and beyond what we will do for you. We have all had times in our lives that we have needed Help, there is nothing wrong with getting the help you may need.

Your next step is only a phone call away!

AMERICANHOARDERS® helps people each and every day, our clients rate us a solid 10 and above. We are not finished with a job until you are completely and overwhelmingly satisfied. You will be amazed at the dramatic changes that will take place. We get more hugs than you could imagine. We are very pleased to offer such a rewarding and personal service to our clients each and every time. Why not give us a call today! You will be very happy you did.

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