



PRESS RELEASE

Westmont Living of Brentwood Joins MOW Diablo Region to Address Hoarding

Westmont Living of Brentwood has joined Meals on Wheels Diablo Region as a gold sponsor of the virtual workshop *Hoarding: How to Help Your Loved One*. This free workshop will take place on **Thursday, June 17th from 6:00-7:00pm** and will provide an overview of the mental and psychological reasons for hoarding, especially in the elderly. It will also feature information from a professional organizer who works with people who hoard and a public safety officer. The event is open to the public.

Living with or having a parent who hoards can be stressful, but it is also tremendously isolating for the senior. Caitlin Sly, Executive Director of Meals on Wheels Diablo Region, explains this workshop addresses concerns that so many adult children of aging parents have. “We get calls every day from clients’ children concerned about what to do with parents who are hoarding. The solution isn’t as simple as telling them to clean up, it is a much deeper issue. Because MOW Diablo Region provides wraparound services that address the social needs of our clients, we felt this workshop was helpful for the community we serve.”

According to the Mayo Clinic, someone who hoards is different from a collector. Individuals who hoard have difficulty discarding a large number of random possessions because they think they need to save them. People accumulate huge amounts of items, regardless of actual value. Hoarding disorder can also cause related concerns like risk of falls, family conflicts, loneliness, and social isolation, health risks, fire hazards, and legal issues, such as eviction.

Kyle Ruth-Islas, Executive Director of Westmont Living in Brentwood, says they became a sponsor because they know the issues seniors and adult children have around the issue of hoarding. “Adult children don’t always know where to turn or don’t understand their parent’s hoarding and what to do. Westmont Living is proud to sponsor such an important and meaningful workshop.”

Helping a Hoarder is sponsored by Travis Credit Union, Westmont Living of Brentwood, Boomer Insurance Group, Fremont Bank, and Grandson’s Estate Sales. To register in advance for this workshop go to: https://us02web.zoom.us/meeting/register/tZAsdOGhpzMiE9H_yWQL-pHntNA8yWI-XqDr

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Meals on Wheels Diablo Region is an independent non-profit and the only meals on wheels in the county to deliver both meals and life-improving services that include, Fall Prevention, Care Management, Health & Wellness, Friendly Visitors, and Friendly Callers.