

Supporting a Loved One Through Hoarding Cleanup

A Simple Guide for Families in Rochester, NY

You're Not Alone

Hoarding affects thousands of families in Western New York. It can feel overwhelming, but there are local resources and compassionate professionals who can help. It's not just about junk—it's about restoring safety, health, and dignity to a home and the people who live there.

What You Can Do

- Start by talking without judgment or pressure
- Focus on health and safety, not "cleanliness"
- Offer help sorting items, not just tossing them
- Set small, manageable goals together
- Consider bringing in a trained cleanup crew who understands the emotional side of hoarding

Who Can Help

Labor Gods Junk Removal & Demolition – Rochester-based, respectful and discreet hoarding cleanout specialists. (585) 340-7417

Monroe County Office for the Aging – Referrals for senior services: (585) 753-6280

NAMI Rochester – Mental health advocacy and support groups: www.namiroc.org

Lifespan Rochester – Support for older adults and families: www.lifespan-roch.org

A Note From Labor Gods

We approach every hoarding cleanup job with compassion, privacy, and professionalism. Whether you're taking the first step or ready to move forward, we're here to help—without judgment.

Call (585) 340-7417 for a confidential, no-obligation estimate.