

**ARE YOU
(OR SOMEONE CLOSE TO YOU) BEING
BURIED ALIVE BY STUFF?**



**Information & Resource Guide
About Hoarding
for Individuals
and Families**

Produced by members of the
Los Gatos Senior Consortium

2009

THE LOS GATOS SENIOR CONSORTIUM

The Los Gatos Senior Consortium was formed for the purpose of bringing together diverse local non-profit organizations that serve the needs of seniors. By sharing ideas, concerns, and programs, we hope to expand our effectiveness in the community.

Consortium members include:

LGS Recreation's 55+ Program
The Town of Los Gatos Senior Center
Live Oak Adult Day Care Program
Good Samaritan Hospital's
Health, Happiness, You (H2U) Program
Good Samaritan Hospital's
Inpatient Rehabilitation
Heart of the Valley
Jewish Family Service
Second Harvest "Brown Bag Program"
Senior Care Commission
Senior Housing Solutions (formerly Project Match)
The Health Trust "Meals on Wheels" Program
The Terraces of Los Gatos
Los Gatos Meadows
Campbell Senior Center Community Services
Liaison from the Town to the Council on Aging
Saracare of Campbell
Julie Groves

For more information or to contact the Senior Consortium, please call the Senior Center of Los Gatos at (408) 354-1514, Monday through Friday.

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Overwhelmed by Too Much Stuff?

Most of us like to keep possessions that bring us comfort or appear to have value. When one's daily activities and quality of life are compromised by these possessions, then a person might have a problem with compulsive hoarding.

Is This A Compulsive Hoarding and Cluttering Problem?

- Does the individual think they have too much stuff?
- Do friends and family think they have too much stuff?
- Do they have rooms they cannot use because of clutter?
- Do they have to move stuff off the furniture/bed in order to use it?
- Do they often lose things in their clutter?
- Are they reluctant to have people over because of the clutter?
- Do they have trouble getting to their windows, fire escape and doors?
- Have they fallen over their clutter?
- Do they get anxious when they think someone might take, rearrange or throw away their things?
- Do they bring things home even though their place is already cluttered?
- Are they afraid they will get in trouble with their landlord or have they already gotten into trouble because of clutter ?

*A "yes" answer to any of these questions, may indicate a problem with compulsive hoarding. If it is a problem for you or the hoarding individual, some helpful tips may be found by googling **Children of Hoarders** and **San Francisco Mental Health / Hoarding**.*

Why Do People Keep So Many Things?

Clutter is oftentimes caused or aggravated by increasing age, physical disabilities and symptoms of several mental disabilities, including obsessive-compulsive disorder (OCD), attention deficit disorder (ADD), major depression and head trauma. Sometimes, significant life changes, such as divorce, death of a loved one, unemployment, severe illness or the birth of a new child can affect one's ability to discard household items.

- **They might get rid of something they will need later.** They would rather keep things in case they should ever need them in the future.

- **They don't want to waste things.**

They do not want to be wasteful by discarding anything that could still be used. They feel responsible for items and want to make sure that they are used properly or given to those who may need them.

- **They have attachments to their things and do not want to get rid of them.**

Each of their items mean something to them. Some things can be used in the future, some have an emotional meaning, and some are too valuable for them to get rid of.

- **They could forget an occasion/date/meaning.**

Many of their items remind them of things and help to keep them up to date with the current happenings (such as newspapers, magazines, etc.). If they were to get rid of them, they might forget things.

- **They are not able to clean up by themselves.**

It is difficult for them to clean up without outside help, so things tend to pile up.

- **They can't decide which things to get rid of.**

They have a difficult time deciding which things to keep and which things to throw away.

The preceding was excerpted with permission from the
San Francisco Mental Health Association

Goals to Help with Decluttering

1. Focus on fall prevention.

Create pathways free of debris, loose cords or slippery rugs. Some frail individuals hold onto furniture or other items while moving through the home; ask how the individual gets around and preserve their "props" until other assistive devices (canes, walkers) can be introduced.

2. Focus on fire prevention.

Make sure the individual has a smoke alarm and test it monthly. Red flags include newspapers stored on top of or inside a gas stove or near working radiators. Help relocate their belongings from a hazardous area to a safe place.

3. Motivate the individual by helping them be realistic.

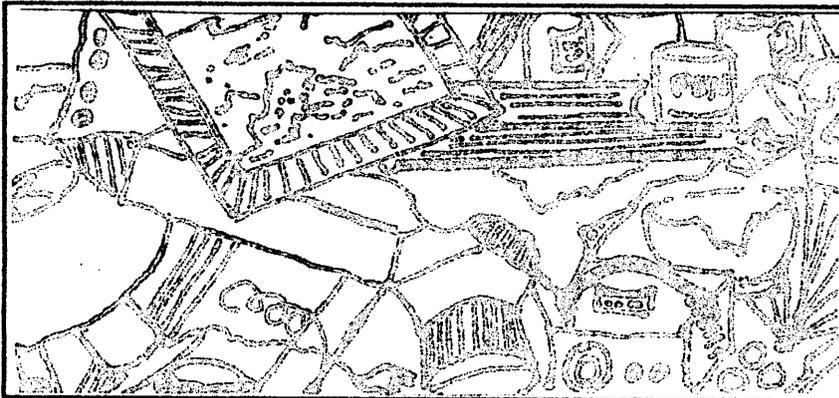
Some individuals will declutter only if told they face eviction or cannot be discharged home after hospitalization. Gentle but firm pressure is appropriate if the individual's home or health are at stake.

4. Plan for on-going maintenance and supervision to maintain a decluttered environment.

Excerpted from Cornell University

Joan and Stanford I. Weill, Medical College

See: http://www.environmentalgeriatrics.com/home_safety/decluttering.html



Communicating with the Chronically Disorganized*

Living or working with a chronically-disorganized person can be extremely challenging for someone who is not disorganized. Among the strategies used to help the person, effective communication is at the top!

- Be aware of and acknowledge your own feelings and recognize that you will probably go through various stages of dealing with the other person's disorganization.

Stage 1 – Offering encouragement

Stage 2 – Being disappointed by failures and
backsliding

Stage 3 – Irritation with the rate of progress

Stage 4 – Withdrawing to avoid expressing anger

If you get angry:

- Tell the individual directly.
- Let the person know that they are more important to you than their disorganization.
- Know what your own bottom line is and be clear about it.
- Don't say: "Just do it!"
- Don't act like a watchdog.
- Never ridicule.
- Don't exaggerate consequences.
- Eliminate phrases such as: "I told you so".
- Listen from an accepting point of view.
- Listen without judgment.
- Give your full attention to the person when he/she is speaking.
- Focus your attention on their good qualities
- Draw out their best instead of finding fault with them.
- Recognize and acknowledge incremental progress.

* Excerpted from NSGCD Fact Sheet – 007 © 2004 NSGCD

Questions That Family Members or Other Interested Individuals May Have

Where did the hoarding problem come from?

- Being overwhelmed by “stuff” happens to many people, especially after an illness or depression or loss. So consider the circumstances that may have led to the collection of things. Address the underlying problem if you can, talk about it. **What can I do to help?**
- Continue to care, stay involved.
- Don't feel guilty that you aren't able to “fix” or “solve” the problem
- Provide support to others impacted by the hoarder (other family members, landlords, support staff)
- Accept that the problem will most likely not be “solved”, it will be managed.

What approach do I take?

- First you need the hoarder to agree they want to change (and determine what to do if the hoarder doesn't see a problem)
- Your second goal may be to learn how to maintain a relationship with the individual without letting the hoarding behavior interfere.
- Consider your own resources (time, money, emotions, space, energy....)
- Involve as many people as possible that understand the problem and who are consistent in their approach (family, friends, legal and regulatory agencies, landlords...)
- Determine reasonable boundaries or limits or goals: Safety, clear pathways, good care for pets, space for other individuals living in the home and not losing the home or apartment due to the clutter.....
- You will need to protect yourself: for instance build a support group for yourself, get separate financial status if possible, know the hoarder's passwords and account numbers, keep separate copies of things you might not be able to find.

- You may need to revisit these goals repeatedly, but that does not mean you have not been successful.
- Hoarders tend to have little insight into their symptoms
- Regardless of where it comes from, or the extent of the problem, hoarders are still people with feelings, needs and rights. They deserve the same respect and care as you would want for yourself.

Where to Get Help?

Legal Assistance

If faced with eviction or other legal issues, the person may want to research organizations that help people with eviction matters.

Mental Health Support

It will be important for the person to start cleaning and getting rid of some things, but this may be a difficult, exhausting process. Many people have trouble deciding what to part with and have emotional attachments to their things. It is helpful to find emotional support during this time. The person can find help through support groups, individual therapy or other health treatment options suggestions.

- **See Professional and Non-Professional Support and Therapy**

Clean-Up Help

There are organizations and services that may be useful to the person in assisting with the de-cluttering process. Some local agencies will pick up donated items and distribute them to people who are in need. Other organizations offer a helper if physical help is needed in getting rid of items. The following are resources to help people overwhelmed by their possessions *:

- **Helpful Legal and Community Resources**
- **Where to Donate Stuff**
- **Help from a Professional Organizer**
- **How Long Documents Need to be Kept**
- **Getting Rid of Telemarketers**
- **Stopping Junk Mail**
- **Collection and Recycling Information**
- **Resources Regarding Individuals Who Hoard Animals**

* For details, go to www.town.los-gatos.ca.us.
Follow directions from front of this booklet.

Professional and Non-Professional Support and Therapy

NOTE: The following mental health information is for individuals (and their friends and family) who appear to have hoarding and cluttering problems. Resources for dealing with obsessive-compulsive behaviors are also included because they share many of the same symptoms and use many of the same treatment modalities.

Finding a Psychotherapist or Psychotherapist Led Support Group Specializing in Hoarding Disorders

Santa Clara County Psychological Association

(408) 757-7720

<http://www.sccpa.org> (press FIND HELP in the blue bar near top of page)

Doctors and clinics that treat Obsessive-Compulsive Behaviors

www.geonius.com/ocd/doctors.html

www.instituteofliving.org/ADC/compulsive_hoarding.htm

Psychotherapist Led Support Groups

Kaiser, Santa Teresa Department of Psychiatry

5755 Cottle Road., Bldg. 4

San Jose, CA 95123

(408) 972-3095

www.KPsantateresa.org

Kaiser, Santa Clara Department of Psychiatry

19000 Homestead Road, Bldg. 2, Second Floor

Cupertino, CA 95014

(408) 366-4400

www.KPsantaclara.org

also

Kaiser in Santa Clara - First Saturday of the month

10a.m. to Noon

900 Kaiser Blvd. Bldg. B Conference Room

Santa Clara, CA.

Peer Led Support Groups

Clutterers Anonymous

In Los Altos (Meets on a Monday once a month)

7:00 - 8:30 PM

Los Altos Town Crier (2nd floor)

138 Main Street (rear entrance on State St)

(call 650-330-1729 for details)

In Palo Alto (Meets on a Monday once a month)

7:00 - 8:30 PM

Call for details (650) 330-1729

Information on Starting a Hoarders/Clutterers Support Group

Call (310) 281-6064 or go to clawso@hotmail.com

You can order a Starter Kit from them for a \$15 donation.

Online Support Groups

Clutterers Anonymous

www.clutterersanonymous.net

<http://www.clutterersanonymous.net/meetings/meetings-by-region.txt>

Messiness and Hoarding Support Group

<http://health.groups.yahoo.com/group/messiness-and-hoarding>

Squalor Survivors

<http://www.squalorsurvivors.com/index.shtml>

For Children And Family Members

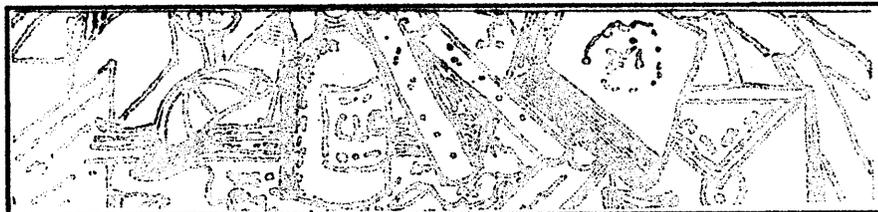
<http://www.childrenofhoarders.com>

childrenofhoarders-subscribe@yahoogroups.com

<http://health.groups.yahoo.com/group/H-C/>

<http://groups.yahoo.com/group/OCDSupportGroups/links>

<http://health.groups.yahoo.com/group/Messiness-and-Hoarding/>



**Some Common Conditions That Can Lead To
Hoarding With Resources For More Information**

Obsessive-Compulsive Foundation of SF Bay Area

Mr. Scott Granet, President

P.O. Box 3313

Redwood City, CA 94064-3313

(415) 273-7273

Website: www.ocd-bayarea.com

Email: ocdsfbayarea@yahoo.com

The Obsessive-Compulsive Foundation has information about local Bay Area support groups, most of them being for Obsessive-Compulsive Disorder in general (not hoarding specific.) Check their listing of on-line support groups by going here:

<http://www.ocfoundation.org/support-groups.html>

http://www.ocfoundation.org/1005/m150a_001.htm

http://www.ocfoundation.org/1005/m150a_002.htm

Alzheimers Association of Northern California

1-800-272-3900

(650) 962-8111

http://www.age-matters.org/alzheimers_disease.htm#hoarding

Their web site provides information and on-line support for caregivers.

Anxiety Disorder Association of America

8730 Georgia Ave., Suite 600

Silver Spring, MD 20910

Phone: 240-485-1001 Fax: 240-485-1035

www.adaa.org/gettingHelp/AnxietyDisorders/OCD.asp

Their website provides information about this disorder and resources for finding therapists and support groups.

Helpful Legal & Community Resources

Project Sentinel

1055 Sunnyvale-Saratoga Road, #3
Sunnyvale, CA 94087
(408) 720-9888 www.housing.org
email: mediate4cb@sbcglobal.net

Provides information and counseling on tenant/landlord rights for residents of Santa Clara County (except San Jose). Conciliation and mediation services are available depending on the city in question.

Legal Services (Council on Aging)

2115 The Alameda
San Jose, CA
(408) 296-8290 (408) 510-2020 Fax: (408) 249-8918

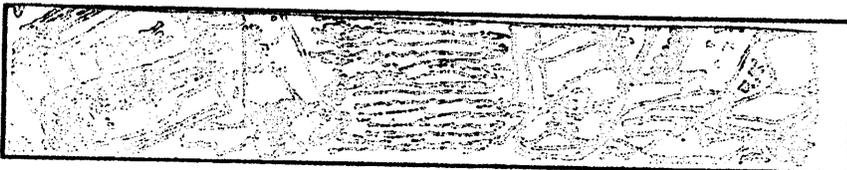
This service is for seniors who need legal services to resolve public benefits disputes (SSI, Medi-Cal, housing problems, long-term care issues, consumer protection, elder abuse and other problems)

Department of Aging And Adult Services

Santa Clara County Social Services Agency
(408) 928-3860 Toll Free: 1-800-414-2002

- Investigates reports of elder or dependent abuse
- Responds to emergencies when the victim needs medical attention, medications, shelter, food, housekeeping, electricity and heat and, for short-term immediate help.

They work with Public Guardian office, District Attorney, County Counsel and local enforcement to decide if a case should be filed after a crisis. Culturally competent staff with bilingual services in Spanish, Vietnamese, Mandarin, Cantonese, Farsi and Korean.



Ombudsman. Long-Term Care

2625 Zanker Road, Suite 200

San Jose, CA 95134-2107

(408) 944-0567

The Ombudsman Program involved trained volunteers to act in an advocacy role for seniors in the investigation, resolution of complaints by, or, on behalf of seniors who live in residential care facilities. Complaints may include those issues which adversely affect the health, safety, welfare and rights of the resident.

Adult Protective Services

Santa Clara County Adult Protective Services (APS) investigates incidents of elder and dependent adult abuse. All APS social workers are specially trained in working with abuse and neglect victims. APS staff may specialize in emergency response, financial abuse investigations and working with diverse populations. **Please Note:** APS workers cannot enter a client's residence if refused admittance by client at the front door.

To make a report of abuse and/or neglect, or discuss your concerns, call:

(408) 975-4900 or 1-800-4142002

APS Features:

- Highly trained staff to document and evaluate each report received.
- Short-term case management for abuse victims to ensure safety and to reduce risk.
- Ability to respond to crisis situations immediately.
- Close coordination and collaboration with the Public Guardian/Conservator, District Attorney's office, the County Counsel and local law enforcement.
- Ability to provide tangible support services for victims of abuse and/or neglect, such as food, shelter and maintenance of utility services.
- Culturally competent staff with bilingual services in Spanish, Vietnamese, Mandarin, Cantonese, Farsi and Korean.

Where to Donate Stuff

NON-PROFIT ORGANIZATIONS

Support Network for Battered Women

Donate: cell phones, cars

Website: www.snbw.org

Phone: (408) 541-6100

1257 Tasman Drive #C, Sunnyvale, CA 94089

Profits: Shelters women and children

EHC Lifebuilders

Donate: toiletries, bedding and bath

Website: www.ehclifebuilders.org

Phone: (408) 539-2100

2011 Little Orchard St, San Jose, CA. 95125 (main shelter)

Profits: Homeless emergency services

Heart of the Valley

Donate: assistive devices, computers, vehicles

Website: www.servicesforseniors.org

Phone: (408) 241-1571

Phone: (408) 605-3838 (vehicles)

Profits: Seniors 59 yrs/older who need support

School Health Clinics

Donate: school supplies, toiletries

Website: www.schoolhealthclinics.org

Phone: (408) 284-2280

5671 Santa Theresa Blvd, Ste #105, San Jose, CA 95123

Profits: Low-income children and adolescents

Second Harvest Food Banks

Donate: non-perishable food

Website: www.secondharvestfood.org

Phone: (408) 266-8866

750 Curtner Ave, San Jose, CA. 95125

Profits: Food to low-income households

Silicon Valley Independent Living Center

Donate: computers, household items, toiletries

Website: www.svilc.org

Phone: (408) 894-9041

2306 Zanker Road, San Jose, CA. 95131

Profits: Services for individuals with disabilities

NON-PROFIT THRIFT SHOPS

American Cancer Society

Donate: clothing, furniture, collectibles

Website: www.cancer.org

Phone: 800-227-2345

Los Gatos Phone: (408) 354-5917

San Jose Phone: (408) 265-5535

Profits: Cancer research

Echo Shop of St. Andrews

Donate: clothing, collectibles

Website: www.st-andrews-saratoga.org

Phone: (408) 867-3995

1477 Big Basin Way, Saratoga, CA. 95070

Profits: Outreach to families in need

Goodwill of Silicon Valley

Donate: clothing, furniture, appliances, vehicles

Website: www.goodwillsv.org.donate

Phone: (408) 998-5789

Phone: 1-877-241-8758 (vehicles)

Profits: People with disabilities

Happy Dragon

245 W. Main Street

Los Gatos, CA 95030

Phone: (408) 354-4072

Profits: Children and Family Services

Donate: clothing, appliances, collectibles

Website: www.emq.org

Miscellany

Need help from a Professional Organizer?

go to: www.findmyorganizer.org

This easy to navigate site provides free professional on-line advice on organizing that list professionals in a specific area with website information.

How Long Documents Need to be Kept A GUIDELINE

Note: Because rules and guidelines change, for extra assurance and business records, consult your accountant before getting rid of any financial paperwork, or consult your attorney before getting rid of any legal paperwork
Content provided by Online Organizing

Personal Records (KEEP FOREVER)

- income tax returns
- income tax payment checks
- investment trade confirmations
- important correspondence
- legal records
- retirement and pension records
- CPA audit reports

Personal Records (KEEP SIX YEARS)

- supporting documents for tax returns
- accident reports and claims
- medical bills (if tax-related)
- property records / improvement receipts (if tax-related)
- sales receipts (if tax-related)
- utility records (if tax-related)

Personal Records (KEEP THREE YEARS)

- credit card statements
- medical bills (in case of insurance disputes)
- utility records (for internal use)
- expired insurance policies

Special Circumstances

- car records (keep until the car is sold)
- credit card receipts (keep until verified on your statement)
- insurance policies (keep for the life of the policy)
- mortgages / deeds / leases (keep 6 years beyond the agreement)
- pay stubs (keep until reconciled with your W-2)
- property records / improvement receipts (keep until property sold)
- sales receipts (keep for life of the warranty)
- stock and bond records (keep for 6 years beyond selling)
- warranties and instructions (keep for the life of the product)
- other bills (keep until payment is verified on the next bill)

Say No to More! How to Get Rid of Telephone Solicitors

The National Do Not Call Registry

The National Do Not Call Registry puts consumers in charge of the telemarketing calls they get at home. By placing your name on the registry, you can stop most, but not all, telemarketing calls. You can register by calling toll-free 1-888-382-1222 (TTY 1-866-290-4236) or on-line at www.donotcall.gov.

You can check to see that your phone number is on the registry in two ways:

- Call 1-888-382-1222 (TTY 1866-290-4236) from the phone number you wish to verify
- Email at www.DONOTCALL.GOV (click on "Verify a Registration) and follow the prompts.

If, after registering, you are still getting unwanted calls, you can file a complaint with the Federal Trade Commission by calling 1-888-382-1222 (TTY 1866-290-4236) or visit at www.DONOTCALL.GOV. T

Stopping Junk Mail

To substantially reduce junk mail, always list all variations of your name (such as John Doe, John T. Doe, J. Doe, Jonathan Doe).

1. Call or send a letter to the following to request your name to be taken off their list:

- **Direct Marketing Association (DMA)**

Send a letter, which takes about 90 days, or fill out their online form. There is a \$1 fee to use the form online.

DMA Mail Preference Service

P O Box 282, Carmel, NY 10512

- **Equifax / Trans Union / Novus / Experian**

Credit bureaus send out most of the unsolicited credit offers.

Give your name, address and social security number to locate all variations of your name that appear on their mailing lists.

Call every two years: 1-888-567-8688 (1-888-5-OPTOUT)

Through www.OptOutPrescreen, request to Opt-Out from receiving Firm Offers for *five years or permanently*.

- **ADVO**

ADVO is the marketing company behind the ShopWise and Missing Children ads, and the largest private customer of the US Postal Service. Send a letter or call toll free to get off their list.

Valassis Direct Mail, Inc

Consumer Assistance

P. O. Box 249, Windsor, CT 06095

1-888-241-6760

- **Harte Hanks Communications**

Harte Hank sends coupons and ads throughout the country, including Penny Savers. Send a letter to remove your name.

Harte Hanks Direct Marketing, Circulation Dept.

C/O Pennysaver

2830 Orbiter Street, Brea, CA 92821

- **Val-Pak**

Mailings of coupons. Go online, call, or send a letter.

Val-Pak Coupons

8605 Largo Lakes Dr., Largo, FL 33773

1-800-237-6266

- **Catalogs**

Remove your name from catalog lists free at CatalogChoice.org.

Give your name, middle initial, current address and, if you just moved, your previous address at optout@abacus-us.com or by mail to:

Abacus, Inc.

P.O. Box 1478, Broomfield, CO 80038

2. Call the number on your catalog and tell them you want to be taken off their list or write a letter — preferably with an exact copy of your address label— stating you want your name removed.
3. When you buy from catalogs over the phone or online, let the company know: **“DO NOT SELL MY NAME and DO NOT SEND ME PROMOTIONAL MATERIAL!”**
4. Write on the bottom of checks and mail orders **“DO NOT SELL MY NAME.”**

The following activities lead to increases in your junk mail:

- Entering sweepstakes or contests
- Filling out warranty cards
- Donating to charity organizations
- Ordering from a catalog
- Signing up for a service (car insurance, health care, etc.)
- Having a credit card



Practice preventative junk mail care and make the following a part of your routine:

- When you sign up for a service or order from a catalog, tell them not to sell your name or send promotional materials.
- If you do want to receive a particular catalog, but not so frequently, request to receive it less often.
- On the bottom of checks made out to magazines, catalogs or charity organizations, write "DO NOT SELL MY NAME".
- Do not give out your address unless it is necessary. *The U.S. Postal Service makes money by selling the information from change of address cards to private businesses.* Send out your own postcards announcing your new address to those whose mail you wish to receive.

AND two ways that *won't* help you reduce junk mail:

1. Refusing unsolicited mail.
2. Returning unsolicited mail postage due.

Collection and Recycling Information

Services for Single-Family Residents only:

- **FREE oil jugs and oil filter bags** 408.283.9250
- **Drop-off facility for TVs, computers, household batteries, motor oil & H2O-based paint.** Call for appointment. 408.283.9250
- **Large Items.** Large items such as sofas and refrigerators can be collected at your curb for a small fee. Call to schedule an appointment. 408.283.9250
- **Extra Garbage Pick Up.** Residents may request extra garbage pick up by calling customer service at least one day before their collection day. Additional 32-gallon garbage bag(s) must be placed at the curb next to your WVC&R carts. There is a \$5 charge per bag removed. Please call customer service at (408) 283-9250
- **For safe disposal of other automotive fluids, contact the Santa Clara Countywide Household Hazardous Waste (HHW) Program** at (408) 299-7300 or visit www.hhw.org to schedule a free appointment.
- **Information Resources.** Resources for more information about your recycling, green waste, garbage pickup and other services. **West Valley Collection & Recycling, LLC** 1333 Oakland Road, San Jose CA 95112-9894 408.283.9250
www.westvalleyrecycles.com
or customerservice@westvalleyrecycles.com
- **Santa Clara County Recycling Hotline**
(408) 924-5453 or toll free 1-800-533-8414
recyclestuff.org
Spanish/ Vietnamese (408) 924-5359
Research line (408) 924-5596

Animal Services

Removal of Animals:

If you come across a situation involving animal hoarding, neglect, abuse or having more animals than your city allows, you must call and leave a name and telephone number so the officials can investigate and make a report. If you don't do this, they can not follow-through and investigate the situation.

Who to call:

If you live in Los Gatos, the City of San Jose, Saratoga, Milpitas and Cupertino you would call the **City of San Jose Animal Care and Services** at **(408)578-7297**

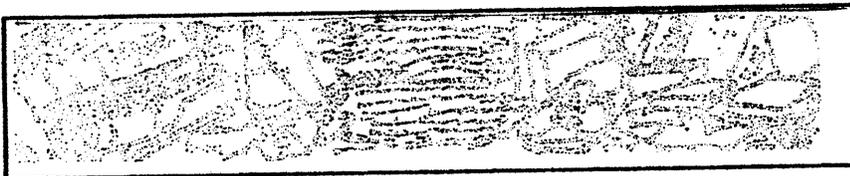
If you live in Monte Sereno, Campbell and Santa Clara or the unincorporated areas of these cities you would call **Silicon Valley Animal Control Authority** at **408-764-0344**

If you live in unincorporated areas of Santa Clara County you would call **Santa Clara County Animal Control** in Morgan Hill at **(408) 465-2920** or toll free at **1-800-215-2555**. You will get a recording giving you a menu or choices, push "0".

If you live in Sunnyvale you would call the **Sunnyvale Department of Public Safety** at **(408) 730-7100**, to reach the **Sunnyvale Animal Control Unit Animal Services** press **3**, then follow prompts.

If you live in Gilroy you would call the non-emergency phone number at the Police Department at **(408) 846-0350**.

If you live in Morgan Hill you would call the non-emergency phone number at the Police Department, **Animal Control Division** at **(408) 776-7300**.



Animal Rescue and Adoption Resources:

When contacting Rescue Groups/Shelters, provide as much information as possible such as situation, timeframe/urgency, history, color, sex, age & personality of animal, reason for placement, medical work, etc.—Taken from website

Companion Animal Rescue Effort—South Bay dog & cat rescue
(408) 227-CARE or (408) 227-2273

www.carepets.org

Nike Animal Rescue Foundation—South Bay dog & cat rescue
(408) 946-2291 for cats
(408) 224-6273 for dogs

www.narfrescue.org

Pet Network—South Bay small (20 pounds or under) dog rescue and placement

(408) 450-2452

www.petnetwk.org

Safe Haven Animal Sanctuary—South Bay dog & cat rescue, feral advocates

(408) 420-7233

www.safehavenanimalsanctuary.org

Unconditional Love—South Bay dog & cat rescue

(408) 529-4945

www.ul-rescue.org

Humane Society Silicon Valley—Santa Clara shelter

(408) 727-3383

www.hssv.org

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