Moving On. Transitioning from homelessness into a sustained tenancy

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Background

• Cyclical nature of homelessness\textsuperscript{1,2}
• Complex pattern of movement\textsuperscript{3}

• Multiple exclusion homelessness\textsuperscript{4}
• Suitable accommodation with appropriate support\textsuperscript{5}

\textsuperscript{1}Aubry, Klowdawsky & Coulombe (2012); \textsuperscript{2}Caton et al (2005); \textsuperscript{3}Mayock, O'Sullivan & Corr (2011); \textsuperscript{4}Fitzpatrick, Johnsen & White (2011); \textsuperscript{5}Wilson & Barton (2016)
Studies to date

- Facilitators include positive support\(^1,2\), ‘turning points’\(^3\), personal factors\(^4\)
- Barriers include social isolation\(^5\), substance misuse\(^6\), familiarity with life\(^7\)
- Housing models\(^8,9\) and interventions\(^10\)
- Occupational therapy interventions\(^11,12\)
- Limited research on the maintenance of a settled home following homelessness\(^13\)

\(^1\)Roy et al. (2016); \(^2\)Somerville (2013); \(^3\)Morgan (2011); \(^4\)Cone and Artinian (2009); \(^5\)McNaughton (2008); \(^6\)Aubry, Klowdawsky & Coulombe (2012); \(^7\)Farrell (2010); \(^8\)Tsemberis (1999); \(^9\)Rog et al. (2014); \(^10\)Chen (2014); \(^11\)Helfrich and Fogg (2007); \(^12\)Gutman and Raphael-Greenfield (2017); \(^13\)Sabatelli Iaquinta (2016)
PhD study

Moving On

Transitioning from homelessness into a sustained tenancy: what enables a successful tenancy?

- What are the experiences of people who face multiple exclusion homelessness moving from homelessness services to their own homes?
- What enables successful tenancy sustainment following homelessness?
- What is the role of occupation in facilitating this transition and how this increased understanding of transition will inform occupational therapy practice?
PhD study

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Transitioning from homelessness into a sustained tenancy: what enables a successful tenancy?

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Methodology

• Constructivist grounded theory study\textsuperscript{1}
• Reflexive photography\textsuperscript{2}
• Purposive & theoretical sampling using gatekeepers

• 29 individuals with experience of homelessness – 17 in hostels, 12 in flats
• 6 staff members

\textsuperscript{1}\textit{Charmaz (2014); \textsuperscript{2}\textit{Lapenta (2011)}}
Making a home following homelessness

Moving in

Feeling at home

Hang on - Unmaking

Navigating homeless system

Taking control over activities

Strategies: Putting your stamp on it
Seeing a new self
Living the life

Belonging

Having connections

Making the most of it

Fitting in

Resisting

Getting stuck
Navigating the homeless system
Fitting in
...then
if you were a
good boy [laughs]
Living with rules

Roxy, 42
Richard, 25
Amy, 20
William, 38

Making the most of it

But I didn't intend
to be here that long...
Getting stuck

NAVIGATING HOMELESS SYSTEM
Making the most of it
Fitting in
Getting stuck
Resisting

Fitting in
Resisting
Moving in
Making a home

Strategies: Putting your stamp on it
Seeing a new self
Living the life
Putting your stamp on it

Bernice, 42

Seeing a new self

Timothy, 20

Living the life

Lily, 62

Strategies

MAKING A HOME
Feeling at home

Navigating Homeless System:
- Making the most of it
- Fitting in
- Resisting
- Getting stuck

Moving In

Making a Home
- Strategies: Putting your stamp on it
- Seeing a new self
- Living the life

Hanging on - Unmaking

Taking control over activities

Belonging

Having connections
"It's my neighbourhood"  
Xenophon, 41

"That's the real me"  
Timothy, 20

"Friends in college"  
Bernice, 42

"Meet more people through the flowers"  
Joe, 54
Hanging on – unmaking
Taking control
Making a home following homelessness

MOVING IN
FEELING AT HOME
HANGING ON - UNMAKING
NAVIGATING HOMELESS SYSTEM

- Taking control over activities
- Strategies: Putting your stamp on it
  Seeing a new self
  Living the life

- Belonging
- Having connections

- Making the most of it
- Fitting in
- Resisting
- Getting stuck

- Making a home
Discussion

- Home is not static – it is a process that is made and unmade
- Key strategies for ‘making a home’
- Taking control is the change mechanism
- Being a service recipient is part of the process of transition from homelessness
- Broaden measure of tenancy sustainment beyond time alone
- Foundation of an occupational therapy intervention for tenancy sustainment following homelessness
Concluding thought

If taking control is the mechanism of change for tenancy sustainment:

• What opportunities are available within services and teams to enable people develop a sense of control as well as the strategies to make a home?

• How are we facilitating a sense of control?
Thank you for listening

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Morgan, W. J. (2011) *Escaping from homelessness.* University of Warwick


