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Celebrating 40 Years

Mission
Delivering innovative and accessible health and social solutions

Vision
A community of healthy individuals

Today's Session

Part A:

From Surviving to Thriving:

Supporting Chronically Homeless Individuals Transition into Housing

Part B:

Way Too Young To Be Old

Exploring the Premature Aging Process of Formerly Homeless Individuals

Pathways to Housing

From Surviving to Thriving:

Supporting Chronically Homeless Individuals Transition into Housing

Pathways To Housing
Calgary, Alberta, Canada

Kimberly Sikora, BA, MSc, R. Psych. (Program Manager)

Who We Are

Pathways to Housing – The Alex
Calgary, Alberta, Canada

Guiding Principles:

1. Housing First
2. Assertive Community Treatment (ACT)

Our client population:

- 200 individuals across 3 ACT and 2 CM teams
- Criteria: minimum of 6 months homeless and major mental illness
- Ages 18 and older
- Scattered site housing leased by Pathways

Learning Objectives

Goal:

Identify challenges and solutions related to housing chronically homeless clients with significant mental illness.

Learning Objectives:

(1) Discuss factors that impact the transition from chronic homelessness into housing.

(2) Identify and explore interventions within the context of Housing First.

What We Have Noticed

A subgroup of Housing First clients experience significant challenges when transitioning from chronic homelessness to housing.

Street Survival Skills ≠ Good Neighbour

Housing First

There are a number of factors which influence a client's ability to transition from homelessness to independent living.

Long Term Institutionalization

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Mental Illness

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Trauma

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Addiction

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Relational Skills

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Loneliness

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Sense of Ownership

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Interventions

Set A Client Up For Success

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Develop Independent Living Skills

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Address Mental Health and Addictions

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David

Model and Practice Relational Skills

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Create Safety

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Gordon

Fulfillment in Daily Activities

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Client-Centered Engagement Strategies

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Glen

Collaborate with Services

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Dangle a Carrot

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Make a House a Home

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Be Mindful of Staff Burnout

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Pathways to Housing

Way Too Young To Be Old

Exploring the Premature Aging Process of Formerly Homeless Individuals

Pathways To Housing
Calgary, Alberta, Canada

Jennifer Eyford, BSc, MSc, BN, RN

Learning Objectives

Goal

To explore the challenges of housing formerly homeless individuals who experience premature aging.

Learning Objectives:

(1) Provide context for the premature aging process
(2) Identify challenges
(3) Identify and explore interventions

Premature Aging

What have we noticed?

A significant number of Housing First clients experience health challenges usually associated with old age.

Social Determinants of Health

Poverty as primary determinant of health and mental health outcomes

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Physical Health

- Diabetes
- Dental problems
- High BP
- Hepatitis
- Weight issues
- Chronic wounds
- Addiction

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Addiction

- High rates of substance abuse
- Addiction causes physical decline

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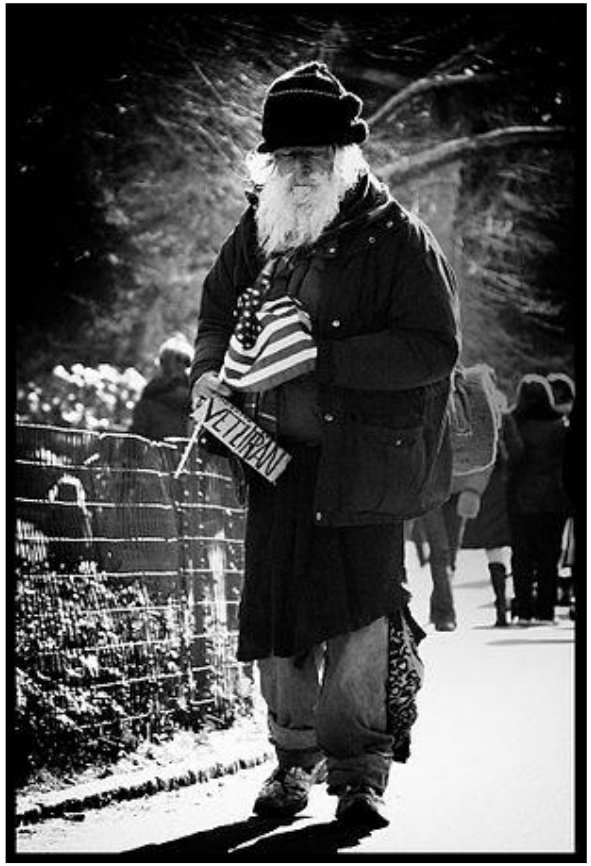
Mental Illness

- Schizophrenia
- Schizoaffective Dx
- Bipolar Dx



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Triple *Whammy*

- Homelessness causes pre-mature aging
- Addiction causes physical decline
- Mental health decreases life expectancy

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Jim

- Gambling
- Childhood neglect/hoarding
- Autism Spectrum Disorder
- Diabetes
- Legally blind
- Poor ILS

Alvin

- Mobility issues
- Extreme alcoholism
- Multiple falls/injuries
- Uses walker/cane

Wes

- Diabetes, multiple amputations
- Slept in truck sitting up – blood pooling in feet
- Homeless many years
- Wheelchair
- Diet poor – bar fridge in car was for insulin

Doug

- Mental illness
- Pronounced delusions
- Query early onset dementia
- Lacks safety skills
- Aggression

Peter

- Mobility issues
- Addiction
- Schizoaffective disorder
- Strong mood component

But nursing care…

- Is very limited or unavailable for younger individuals
- Long waitlist for what is available
- Lack of tolerance for substance use

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Challenges

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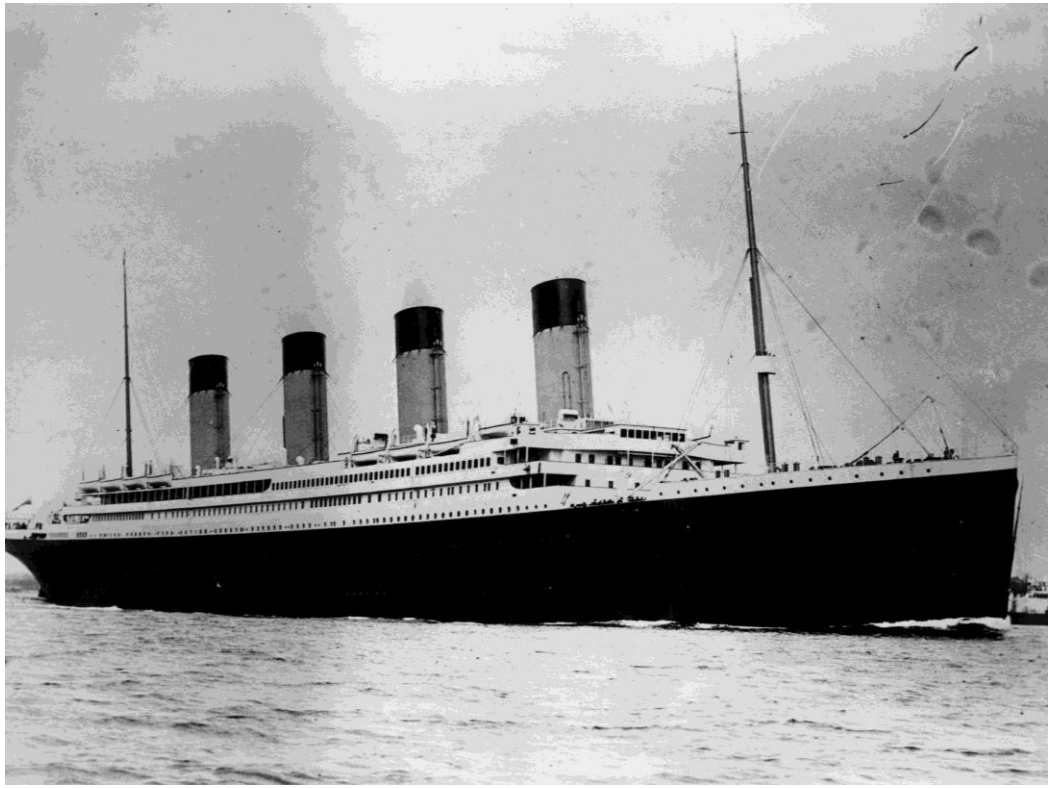
Who is the captain of the ship?



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When Housing First is not enough.

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Interventions

Collaboration

- MOW
- Homecare
- Aids to Daily Living
- Cleaners
- Assessments

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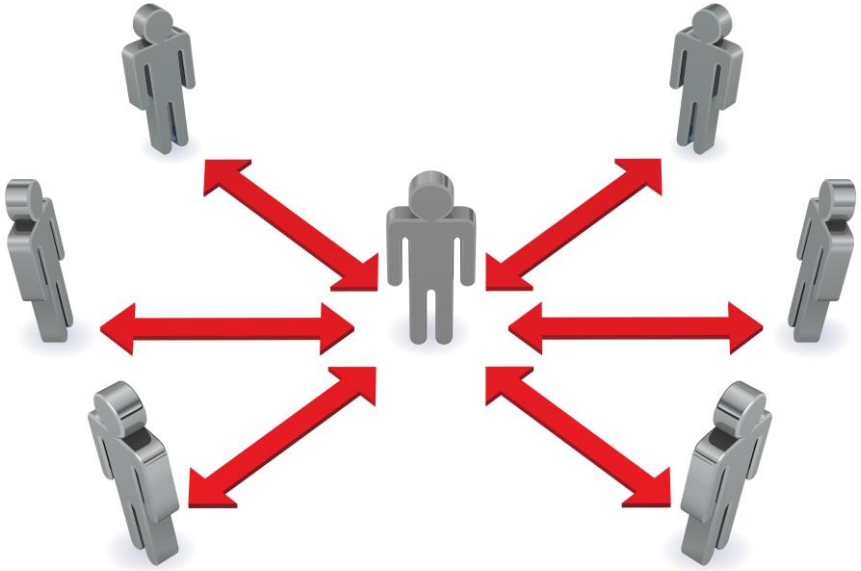
Assessing Client Care Needs



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Finding more suitable housing

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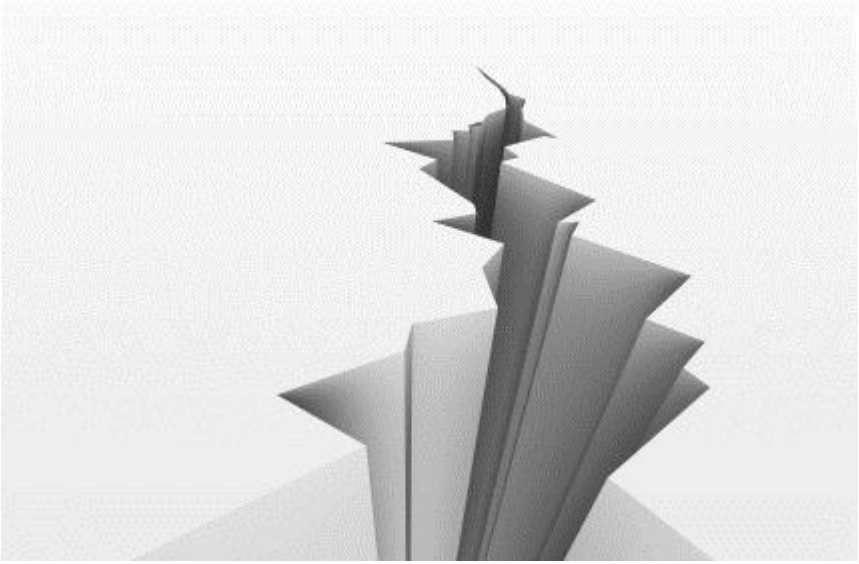
What if clients don't want help?



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What if staff can't cope?

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Recognizing Limitations

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Hope

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Recommendations

What have we learned along the way?

- Be client centered
- Ongoing assessment
- Be open to collaboration
- Support your staff
- Celebrate success

Questions, Comments?

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