The Homelessness Research Programme and the Rebuilding Lives study

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Presentation

- Homelessness Research Programme
- Rebuilding Lives study
Homelessness Research Programme

Aims

 Contribute to theory development about transitions into, through and out of homelessness

 Improve understanding of the needs of homeless and formerly homeless people

 Influence the development of policies and services for homeless and formerly homeless people
Examples of our studies

- Delivering primary health care to homeless people
- Longitudinal study over five years of the outcomes for homeless people who are resettled (rehoused)
- Evaluations of services for homeless people
- Three-nation study of the causes of homelessness among older people, with partners in Boston, and in Melbourne (Australia)
The Rebuilding Lives study
Rebuilding Lives study

Funded by NIHR School for Social Care Research

The views expressed in this presentation are those of the authors, and not necessarily those of the NIHR School for Social Care Research, the Department of Health, NIHR or NHS
Aims of the study

- To examine the longer-term outcomes for formerly homeless people who were resettled into independent housing
- To identify the characteristics of those who receive or need longer-term support
- To explore the roles of different workers / practitioners in providing this support
Study design

- Longitudinal study built on FOR-HOME study
- RL sample: 297 participants who were housed at 18 months
- Interviews with potential participants FIVE YEARS post-resettlement
- Interviews with workers providing housing-related support to participants
Collaborating homelessness sector organisations

- Centrepoint
- Framework
- St. Anne's Community Services
- St Mungo's Broadway
- Thames Reach
Profiles of the sample (N = 297)

- 215 men / 82 women
- 23% aged 20-29; 51% aged 30-49; 26% aged 50+
- Problems: 63% mental health; 37% alcohol; 57% drugs
- 33% homeless more than 5 years
- Interviews completed with 237 participants
Housing outcomes over five years
Circumstances at 60 months (N = 265)

- 89% were housed
- 6% were homeless
- 4% had died
- 1% in prison
Housing stability over 5 years

- Many had settled: 55% still in original accommodation, 34% in another tenancy
- 47 people (19%) – housing instability and moving from place to place
- 16% homeless at some time in 5 years
- Young people and those who had been homeless >10 years more likely to have become homeless again
Episode of homelessness since resettlement

<table>
<thead>
<tr>
<th>Age at 60 months</th>
<th>Percentage of participants</th>
</tr>
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<tbody>
<tr>
<td>20-24</td>
<td>37</td>
</tr>
<tr>
<td>25-29</td>
<td>17</td>
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<tr>
<td>30-39</td>
<td>15</td>
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<tr>
<td>40-49</td>
<td>12</td>
</tr>
<tr>
<td>50-59</td>
<td>14</td>
</tr>
<tr>
<td>60+</td>
<td>12</td>
</tr>
</tbody>
</table>
Examples of housing instability

<table>
<thead>
<tr>
<th>Case 1: aged 17-19</th>
<th>Case 2: aged 50-59 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instability partly due to employment / unemployment</td>
<td>Instability due to mental health problems/changing support needs</td>
</tr>
<tr>
<td>12 months - tenancy 1</td>
<td>4 months - tenancy 1</td>
</tr>
<tr>
<td>7 months - tenancy 2</td>
<td>2 months - hospital</td>
</tr>
<tr>
<td>12 months - tenancy 3</td>
<td>9 months - tenancy 2</td>
</tr>
<tr>
<td>4 months – homeless</td>
<td>9 months - tenancy 3</td>
</tr>
<tr>
<td>24 months - tenancy 4</td>
<td>19 months - tenancy 4</td>
</tr>
<tr>
<td>7 months - tenancy 5</td>
<td>3 months - hospital</td>
</tr>
<tr>
<td>1 month - homeless (interviewed)</td>
<td>5 months - homeless</td>
</tr>
<tr>
<td>2 months - tenancy 5</td>
<td>11 months - tenancy 6 (interviewed)</td>
</tr>
</tbody>
</table>
Experiences of those housed at 60 months
Housing conditions and coping

- Three-quarters created a ‘home’ and looking after accommodation.
- One-quarter struggling to cope – dirty living conditions or hoarding.
- 35% in housing in serious disrepair
Income and finances

- Most on low incomes / struggling financially.
- Financial problems exacerbated by:
  a. Social security benefits suspended / stopped
  b. Employed casually / ‘zero-hours’ contract
- Increase over time in debts, esp. among young people.
Debts of £1,000+ (not student loans)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>When resettled</th>
<th>60 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-24</td>
<td>5</td>
<td>55</td>
</tr>
<tr>
<td>25-29</td>
<td>21</td>
<td>37</td>
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<tr>
<td>30-39</td>
<td>23</td>
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<tr>
<td>40-49</td>
<td>18</td>
<td>23</td>
</tr>
<tr>
<td>50-59</td>
<td>10</td>
<td>26</td>
</tr>
<tr>
<td>60+</td>
<td>7</td>
<td>7</td>
</tr>
</tbody>
</table>

Legend:
- Blue: 60 months
- Light Blue: When resettled
Employment over time

- 27% employed at 60 months
- Increase over time in % of young people employed
- Few people aged 40-59 in employment
- Many not working due to health / substance misuse problems
Family and social relationships

- Many people had renewed / strengthened relations with family members.
- They received help from, and gave help to, their relatives and friends.
- Some had started a family since being resettled.
- Some had ended negative / abusive relationships with partners / friends.
Housing-related support

- 32% receiving support at 60 months
- People receiving support more likely to have health / substance misuse problems and long histories of homelessness
- Young people less likely to have support from services
Housing-related support from services at 60 months by age
The success of resettlement
Conclusion

Resettlement for homeless people works. However, many who are resettled face various problems in the first few years that could affect its success.
The keys to the success of resettlement are the availability of workers who can:

- identify people who are having difficulties but may not seek help
- respond to unmet needs in order to help people sustain their accommodation and prevent further homelessness
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FOR-HOME final report available at:
www.kcl.ac.uk/scwru/res/hrp/past/for-home.aspx