Rebuilding Lives: Longer-Term Outcomes for Homeless People who are Resettled

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Dissemination event, 10 March 2015
# rehoused
Presentation

- Design of the Rebuilding Lives study

- Selected pre-review findings from the study
  - housing outcomes over five years
  - experiences of independent living
  - housing-related support

- Implications for practice
Rebuilding Lives study

Funded by NIHR School for Social Care Research

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Details of presentation from Summary of Findings and Implications for Practice: Pre-Review Version
Study’s aims

- To examine the longer-term outcomes for formerly homeless people who were resettled
- To identify the characteristics of those who receive or need longer-term support
- To explore the roles of different 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
### Rebuilding Lives sample

<table>
<thead>
<tr>
<th>Contact at 60 months</th>
<th>Number</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interviewed</td>
<td>237</td>
<td>79.8</td>
</tr>
<tr>
<td>Contacted / not interviewed</td>
<td>17</td>
<td>5.7</td>
</tr>
<tr>
<td>Died or in prison</td>
<td>14</td>
<td>4.7</td>
</tr>
<tr>
<td>Lost contact</td>
<td>29</td>
<td>9.8</td>
</tr>
<tr>
<td>Total sample</td>
<td>297</td>
<td>100</td>
</tr>
</tbody>
</table>
Housing outcomes over five years
Circumstances at 60 months

Details for 265 people:

- 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 (4+ tenancies or homeless episode)
- 16% homeless at some time in 5 years
- Young people more likely to have become homeless
Episode of homelessness since resettlement

<table>
<thead>
<tr>
<th>Age at 60 months</th>
<th>Percentage of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-24</td>
<td>37</td>
</tr>
<tr>
<td>25-29</td>
<td>17</td>
</tr>
<tr>
<td>30-39</td>
<td>15</td>
</tr>
<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>
People who moved into private-rented sector

- Poorer housing outcomes
- 13% moved 4+ times
- 36% became homeless again
- Problems: high rents; conflicts with landlord / other tenants; ending of fixed-term tenancy agreements
Experiences of independent living
Profiles of housed participants

- 159 men and 65 women
- 22% aged 20-29; 51% aged 30-49; 26% aged 50+
- Problems: 63% physical health; 60% mental health; 32% alcohol; 47% drugs
- 34% homeless more than 5 years
Current housing situation

- 45% local authority; 42% housing association; 12% private-rented
- 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.
- More likely than general population to be in accommodation that is damp.
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>
</tr>
<tr>
<td>30-39</td>
<td>23</td>
<td>39</td>
</tr>
<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>
Education, training, employment (ETE)

- 43% involved in ETE at 60 months:
  a. education / vocational courses
  b. volunteering programmes
  c. welfare-to-work programmes
  d. employment

- 27% employed at 60 months – 14% full-time; 5% part-time; 8% casually or on ‘zero-hours’ contracts
Employment over time

- Increase over time in % of young people employed
- Few people aged 40-59 in employment
- Many not working due to health / substance misuse problems
- Some aged 50+ required to attend Work Programme just 1-2 times per month – little prospect of gaining employment
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 from practitioners in different services
Housing-related support

- 32% receiving support at 60 months
- Support mainly from tenancy / housing support workers, but also others
- People receiving support more likely to have health / substance misuse problems and long histories of homelessness
- Less likely to have support: young people, those in PRS, and those outside London
Housing-related support from services at 60 months by age

Percentage of participants

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<tr>
<td>50-59</td>
<td>37</td>
</tr>
<tr>
<td>60+</td>
<td>69</td>
</tr>
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Implications for practice
Housing

- Planned resettlement for homeless people works and should be encouraged

- Workers should link with local housing advice services that can advocate on behalf of tenants living in homes in disrepair

- Public health practitioners should help tackle poor housing

- Personalised support plans for people self-neglecting, in squalor or who are hoarders
Many homeless people are vulnerable and require support in the long-term either regularly or at times of difficulties.

Workers should be in a position to offer tenancy support services to young people and those resettled in the PRS.

Ways of providing help to formerly homeless people resettled in the PRS whose fixed-term tenancy agreement is ending should also be considered.
Finances

- More advice and coaching on managing finances and avoiding debts should be available to homeless people both before and after they are resettled.

- Those with large debts should be assisted to access specialist debt advice services.
Welfare benefits

- Assistance should be given by DWP advisers and other practitioners to people in vulnerable situations when benefits, such as ESA, change or stop.

- The risks of suspending social security benefits in the case of formerly homeless people who are highly vulnerable and whose tenancies and wellbeing could be at risk should be assessed and managed.
Education, training, employment

- Ways need to be developed to encourage formerly homeless people to participate in ETE
- Assistance by Jobcentre staff / other workers to help formerly homeless people access regular jobs, rather than relying on casual work
- Explore role of specialist job-skills training and job placement services in preparing for entry into mainstream employment
- Debates should be held about older people on Work Programme with enduring / complex problems
Conclusion

Resettlement for homeless people works. However, many who are resettled face various problems in the first few years that could affect its success.

In such instances, the keys to its success 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 enable tenancy sustainment and prevent further homelessness
Our warm thanks to …

The study participants who have been involved throughout the five years, and have willingly invited us into their homes and shared their experiences.

The tenancy support workers and other staff who participated in Rebuilding Lives. Also members of the Advisory Group and Experts by Experience.

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FOR-HOME final report available at:
www.kcl.ac.uk/scwru/res/hrp/past/for-home.aspx