

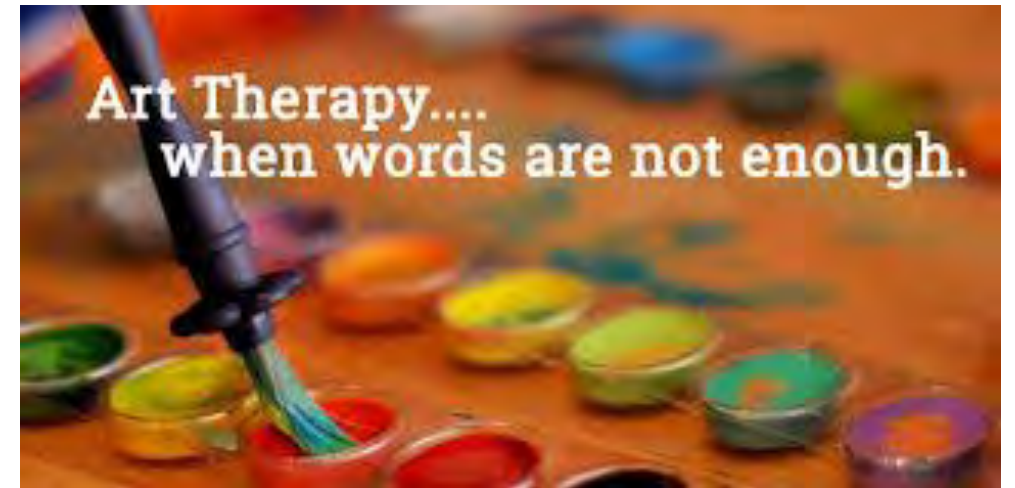
Establishing the views of homeless individuals on homelessness and healthcare services through art.

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RCN WALES STUDENT NURSE OF THE YEAR 2016

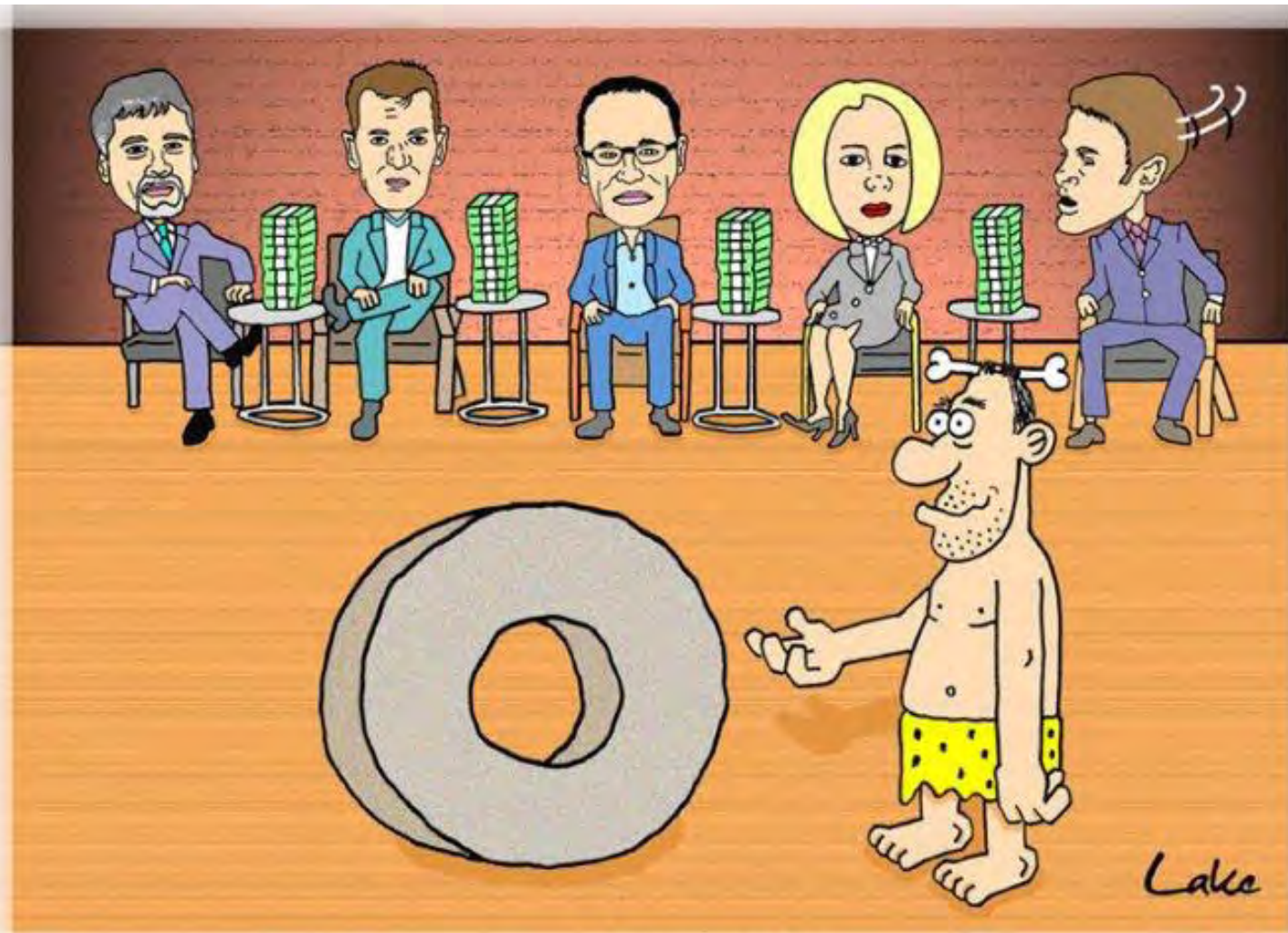
Background

- ❖ Student nurse
- ❖ Interests in homeless health.
- ❖ Experience with therapeutic art.
- ❖ Facilitating art workshops at local homeless drop-in centre.



What the Evidence says...

- Homelessness in Wales is on the increase.
- Mental Health Issues: 80%
- Long term health conditions: 41%
- Lack of Nursing knowledge.
- Stigma attached to homelessness.
- Feelings of discrimination.



"I'm out!"

Health4Homeless

Homeless Health Matters

ESTABLISHING THE VIEWS OF
HOMELESS INDIVIDUALS ON
HOMELESSNESS & HEALTHCARE
SERVICES THROUGH ART.



@HHMatters



Aims...

- Gain first-hand knowledge of homelessness based on the views and experiences of the homeless and health through art workshops at a local homeless drop-in centre.
- Facilitate service users in expressing their views through creativity and art, with the aim of improving their well-being and reflect on their experiences.
- Use the data collected to make positive changes to healthcare practice.
- Create a sustainable workshop and safe environment for the service users to access and produce art through self expression.

Findings...

Total homeless participants: 15

Ages: 18-67

01/03/16- 27/07/16 Over 25weeks

• 15 Case studies

- Causes of homelessness.
- Experiences of homelessness.
- Difficulties of homelessness.
- Health difficulties.
- Experiences of health services.

Participant statistics:

Street Homeless or Night Shelter: 87%

Accommodated during 25 weeks: 31%

Experienced more than one stage of homelessness: 73%

Homeless for more than 6 months: 73%

Mental Health Conditions: 87%

Health conditions- non mental: 27%

Addictions: 67%

Criminal Conviction or Jail: 73%

Long stay in hospital: 47%

Discharged to streets: 73%

Access to Health Services in area: 93%



Causes of homelessness:

Failed discharge following lengthy stay in hospital and loss of accommodation- no help with housing.

Homelessness following prison.

Falling behind with rent and deemed “intentionally homeless”.

Moving to a new area.

Relationship breakdown.

“Intentionally homeless” as not looked after council property.

From the travelling community.

Domestic abuse and placed in a refuge.

The Homeless Experience:

Cold.

People set fire to your things.

Being urinated on whilst on streets.

Being treated unfairly.

Feeling unsafe in night shelter.

Being stole from.

Feeling scared.

Paranoia.

Lack of trust in others.

Being viewed as scum.

Discrimination.

Lack of help with housing.

No cooking facilities.

No bank account so nowhere safe to put money.

Health problems as a result of street living.

Poor Hygiene or access to showers and washing clothes.

No Services to access on a Sunday.

Feeling Judged by healthcare staff.

Lots of noise in night shelter.

Poor quality of life.

Prison is easier than street life.

Nothing better to do so end up taking more drugs.

No motivation to get clean.

Healthcare considerations:

Being moved onto different wards during one stay.

Being discharged to the streets.

Being told to make own way to housing office on discharge with no transport provided.

Poor treatment from health services.

Missing health appointments due to lack of transport to and from health care services.

Poor access to health services.

Difficulties with storing medication such as insulin.

Unable to receive essential equipment for mobility needs due to lack of charging facilities.

How the art is used:

- ❖ Themes provided.
- ❖ Participants interpret.
- ❖ Client led art and discussion throughout session.
- ❖ Participants discuss meaning of art after.
- ❖ Key words used and stories documented.
- ❖ Key words attached to art analyzed along side diaries.
- ❖ Coding method.

What does a 'Healthy you' look like?

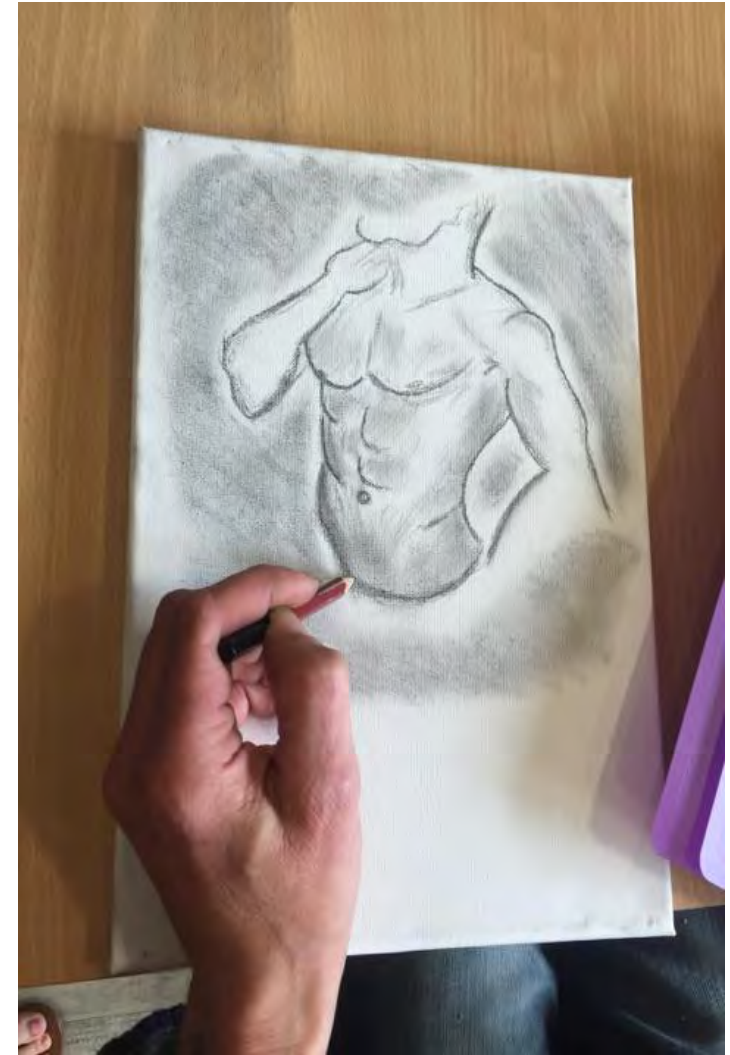
Drug Free

Fit

Happy mind

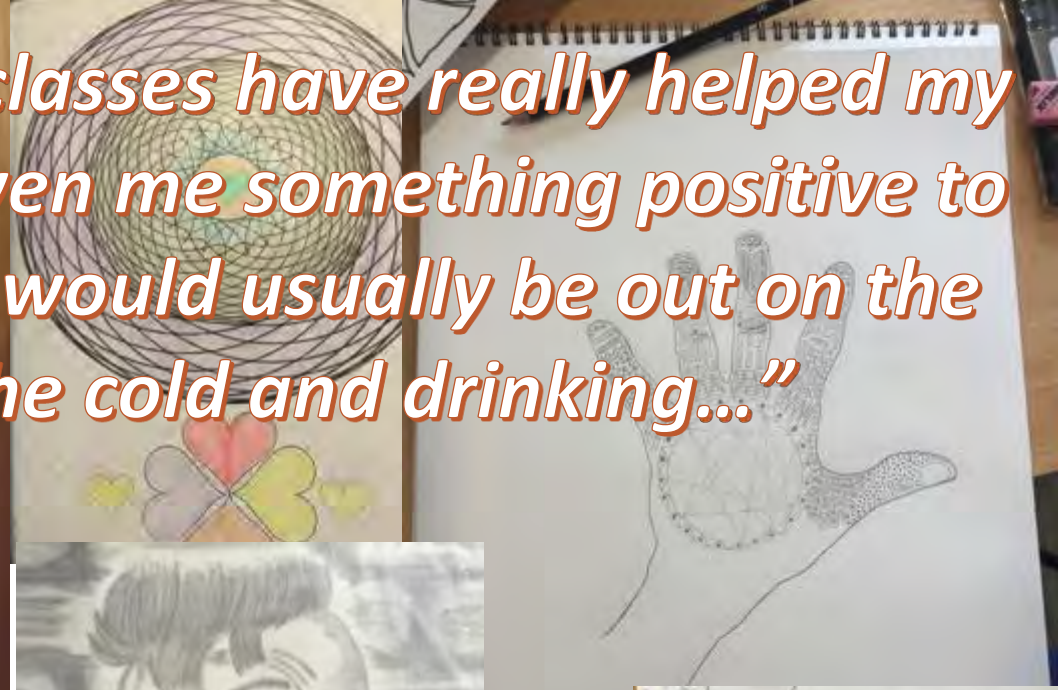
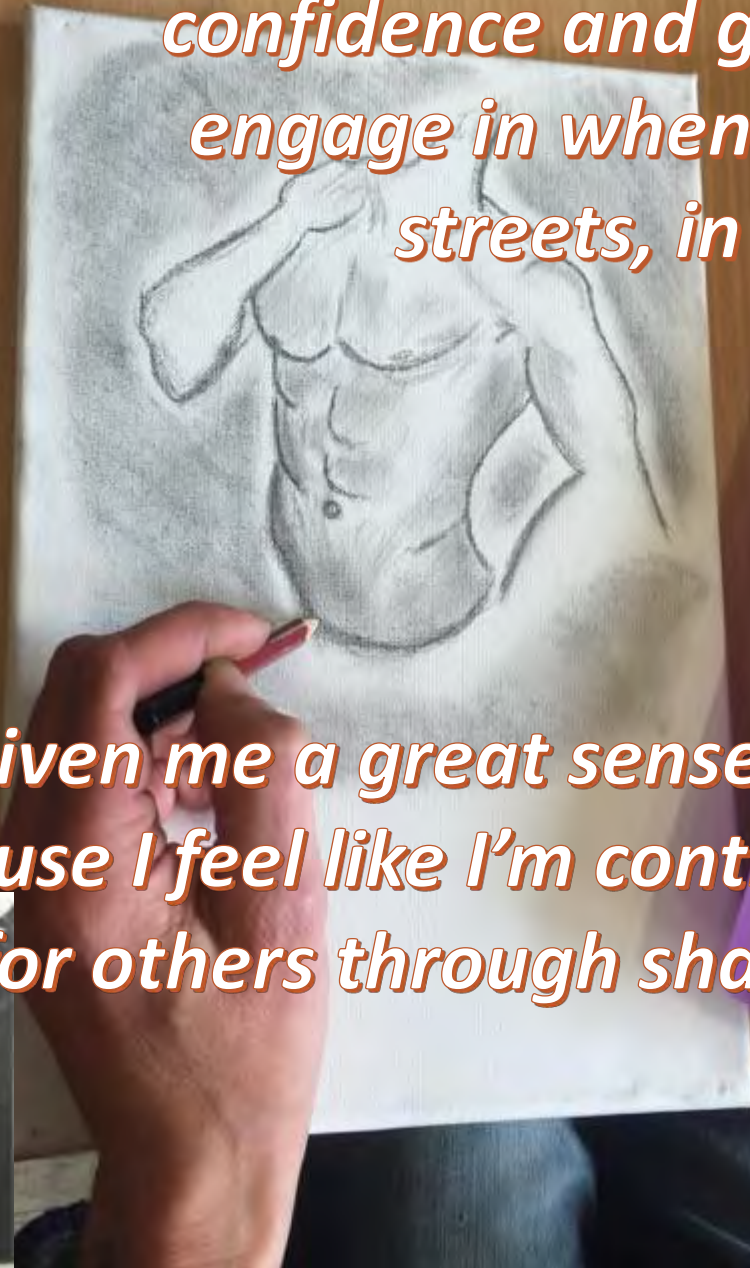
No Depression

3 meals a day

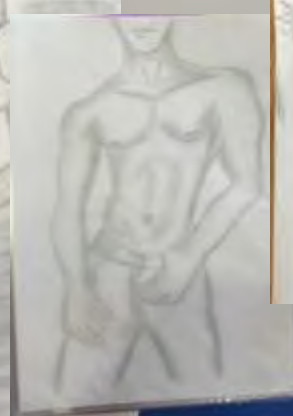




“The Art Therapy classes have really helped my confidence and given me something positive to engage in when I would usually be out on the streets, in the cold and drinking...”



“The project has given me a great sense of achievement because I feel like I’m contributing to improving things for others through sharing my experiences...”



What Next?

Knowledge and art work obtained will be used for:

- Health Promotion Projects.
- Co-production of improvement projects which are inclusive of the views and needs of homeless service users.
- Educating Healthcare Professionals.
- Shared through presentations/conferences.
- Art Displays.
- **Continue to keep the service users at the heart of the project!**



What have I learnt from this?



Don't be afraid to be different...