

Mental health and housing resources: the double bind to better understand the lived experiences of adults who have experienced homelessness

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"I have nothing left. Everything was stolen from me. I lost everything. It's as if I'd been in a fire. No pictures left. Nothing at all there. Not even a fork, a knife, there."

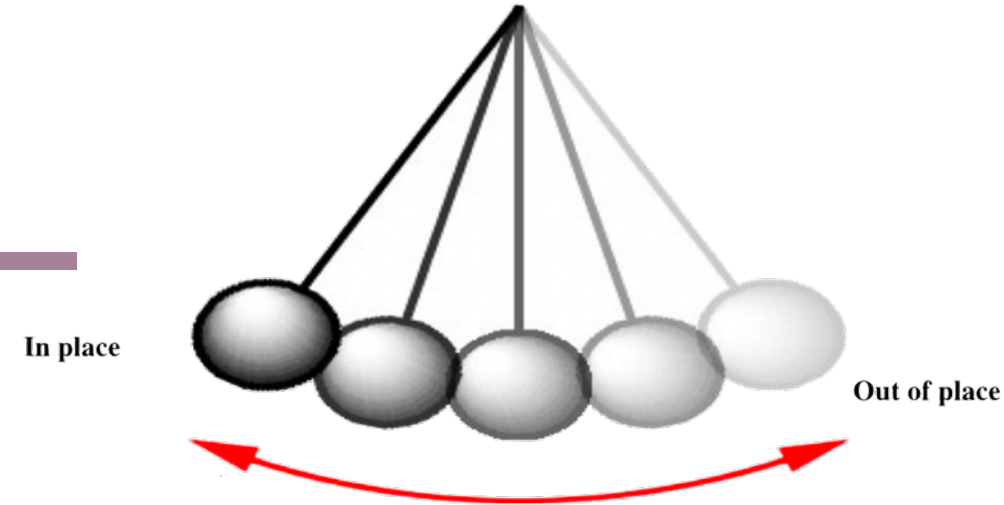
-Jeff

Mental health, later-life homelessness and grief

Theoretical background

- Mental health
- Grief
- Later life homelessness

Oscillation



Oscillating in and out of place
(Burns, 2016)



Mental health as the alternation between moments of balance and moments of imbalance
(Talpin, 2013)



Dual process of coping with bereavement
(Stroebe & Schut, 2010)

Research questions

- How older persons who have experienced homelessness currently housed in a semi-permanent community housing resource experience these oscillations ?
- What in the housing resources allow for movement or compromise it ?

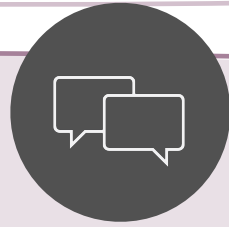
Context

Aging in the Right Place

Building capacity for promising practices that support older people experiencing homelessness in Montréal, Calgary, and Vancouver.



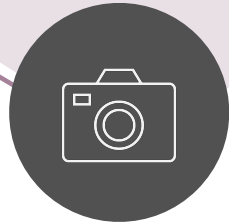
Document review



**Provider interview
n=5**



**Environmental
audit**



**Resident
photovoice
n=9**

**Secondary
analysis**

**Grounded
Theory**

(Charmaz, 1996)



Calmness, Sergio

Aging in an housing resource, what does it mean ?

" The living is just very **peaceful** here. In other words, **I don't get stressed out** or well, disturbed. In other words, everything is very peaceful here. "

Alan

"I **feel very relaxed**. I **feel good**. Because it's quiet... **it's quiet** because where I was before, oh lala the horror is there. " Sergio

"Here it helps me a lot **to regain control over my life**, to **recover**, it helps me a lot the **tranquility**. "

Jean

The price of calmness: restrictions

"It's the same as in prison. It's prison beds. You know you're in line to eat, uh, you don't decide anything. You're vegetating! As soon as you raise your hand, bam, what's your problem? In the office. It's always the same! Now I have two reprimands and I don't need a third one because I'm out here. "

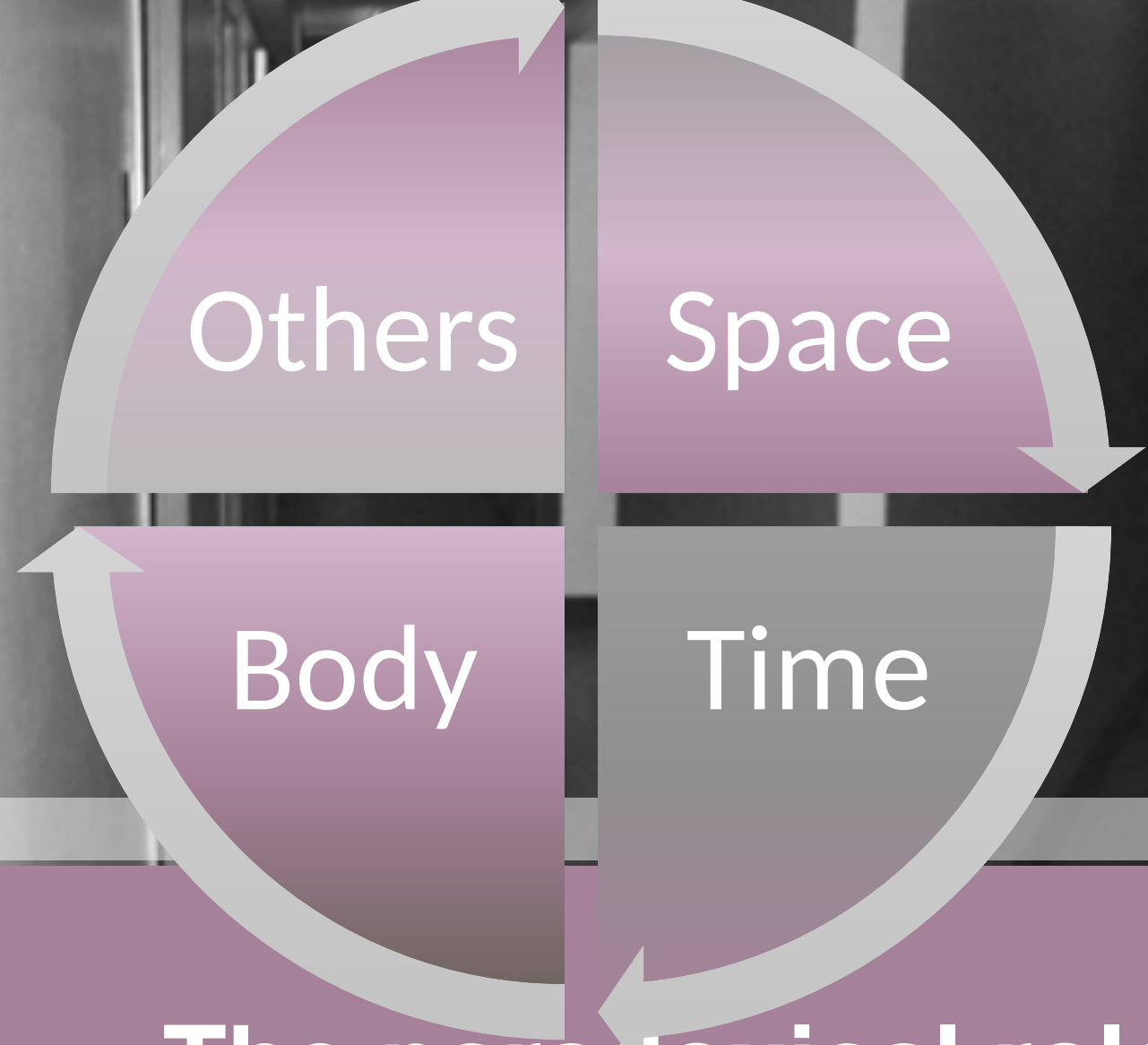
Jeff



They want us to feel good, Sergio



It's getting dark, Frank



Calmness, Sergio

The paradoxical role of the housing resource

(Van Manen, 2016)

Time

Routine and repetition

" It's the passage of time. Fast or too slow. You know, it seemed to me that I didn't see the time passing before. Here it's completely different. Time is not important at all. Whether it's 7 o'clock in the morning or 10 o'clock in the evening, if there was the same light it would be the same, the same. It never changes. [...] It's very difficult because you're not, I'm not used to that. I've been dealing with business all the time and then you wait, you wait. And then at 5 o'clock you have to go get something to eat. I don't feel like it. I'm not hungry at 5:00."

Jeff



The Clock, Alan

Space

Here and there

- *Exploration*
- *Evasion*
- *Restriction*



My atmosphere, Michel



La fresque, Jean



Nature, Robert



Relaxation, Claude

Others

Alone together

"It's important to find good people who are going to help you, because if you don't know anyone in your community, there's no one who's going to help you [...] Here, it's called a community resource, but there's no community. [...] I go to my room like I know that there is someone next to an animal. The same as an animal. Like the wolf. No one to talk to. Alone."

-Sergio
-Paul



Community, Paul



Solitude, Paul

Body

Autonomy vs dependence

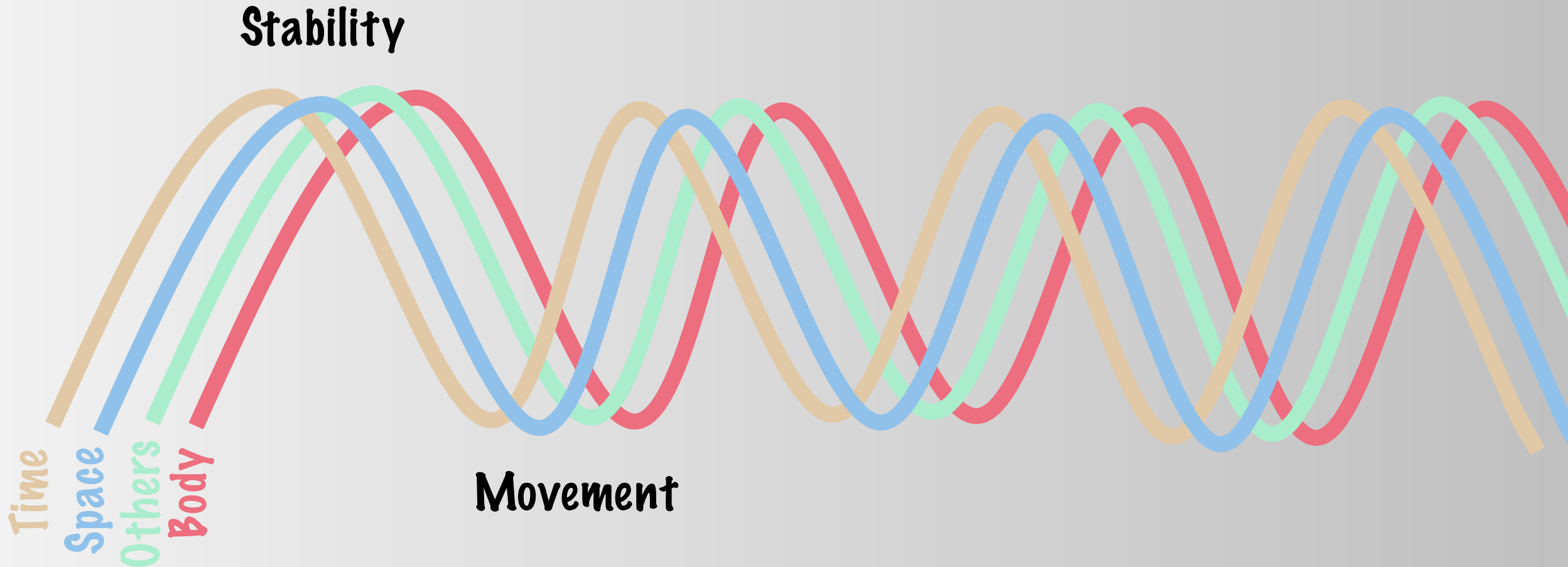
“My counsellor says "it's been two or three times that we've talked about you and you're autonomous. Well, we can see that you're intelligent, you're able to manage your stuff, you can move out to an apartment." I have nothing. I have no strength left. I'm not able to go anywhere now. Let me at least manage my eyes, my teeth. Then fix my little injuries.”

-Frank



A bed to sleep in peace, Sergio

Aging in the Right Place as an oscillation

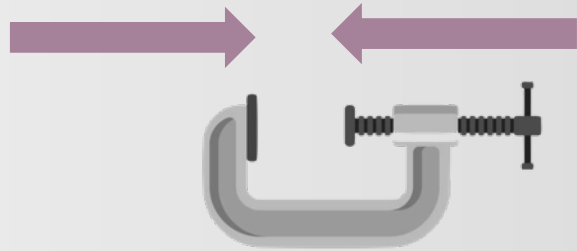


Aging in the Right Place as an oscillation that can be hindered by...

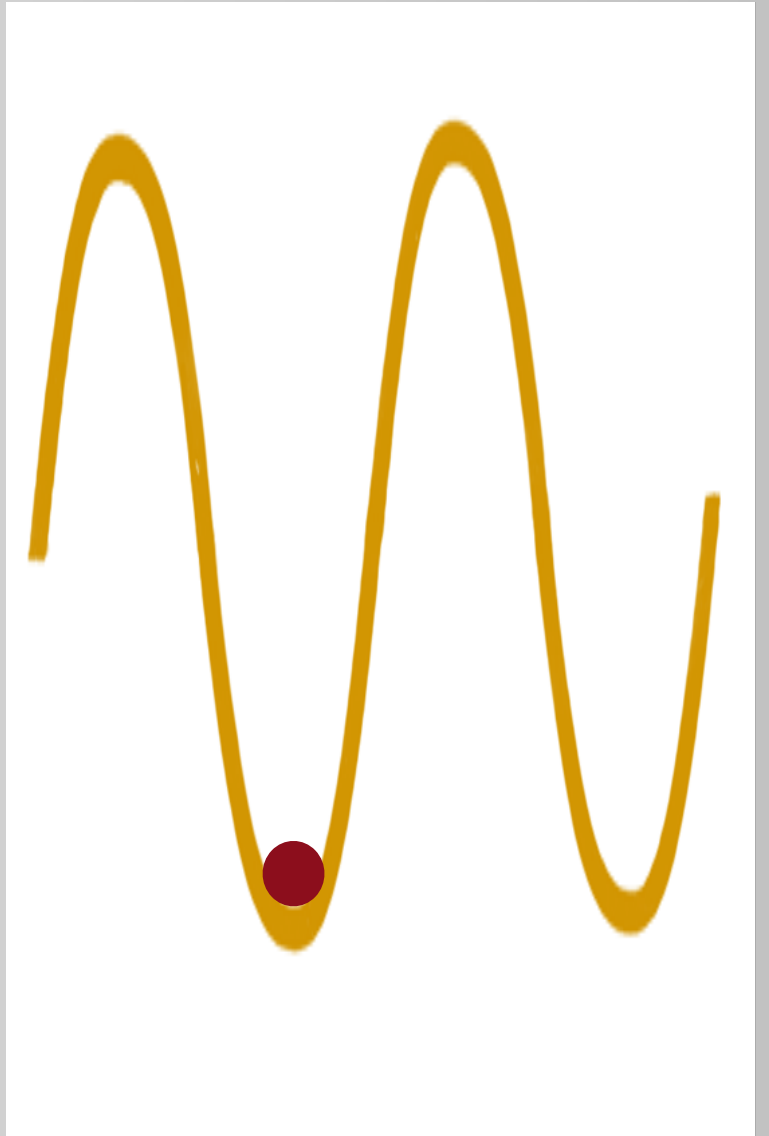
Tension between stability and movement



Aging in the Right Place as an oscillation that can be hindered by...



Pressure to stabilise in order to
move

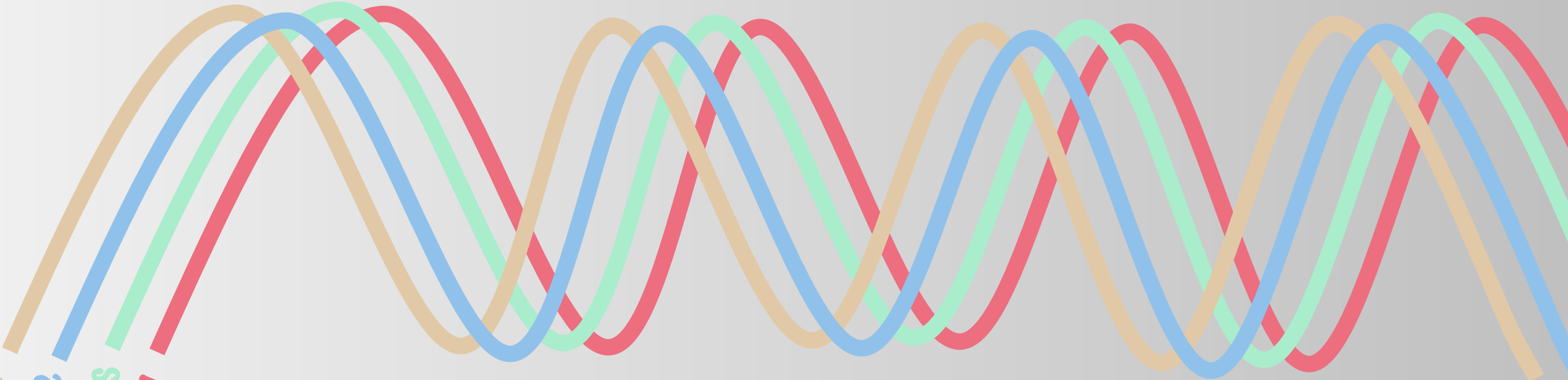


Implications for housing resources

Stability

Time
Space
Others
Body

Movement



Thank you!



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