

Women's housing unit

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Housing first based living

- 28 apartment for women who have experienced homelessness
- Lease to their apartment
- Individual support for daily activities (cleaning, cooking etc.)
- 3 practical nurses, 1 nurse and 1 social counsellour visits once a week
- Independent living but women gather together for breakfast and afternoon coffee
- Some women move to more independent living, but for some women it is their home for rest of their lives



Women's backgrounds

- Repetitive homelessness
- Traumatic history
- Multiple challenges
- Kids has been taking into care
- Prison backgrounds
- A lot of substance abuse
- Low income,
- difficulties to take care their economic









Health issues

- **Schizophrenia, depression, bipolar disorder**
- **Alcoholism, drug addiction**
- **ADHD, ADD, autism, mild mental disabilities, learning difficulties, obsessive-compulsive disorder**

- **Diabetes, cardiovascular diseases**
- **Hepatitis, liver cirrhosis**
- **Dental problems**
- **Needs of aid, like rollator**



Working with women

- It takes time to build trust
- Women has lot of emotional needs
- Women come close both mentally and physically way
- Aggressive behavior
- Routines are important
- Stability of employees
- Workers must hold on the common working methods



Kiitos!

Thank you!



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