

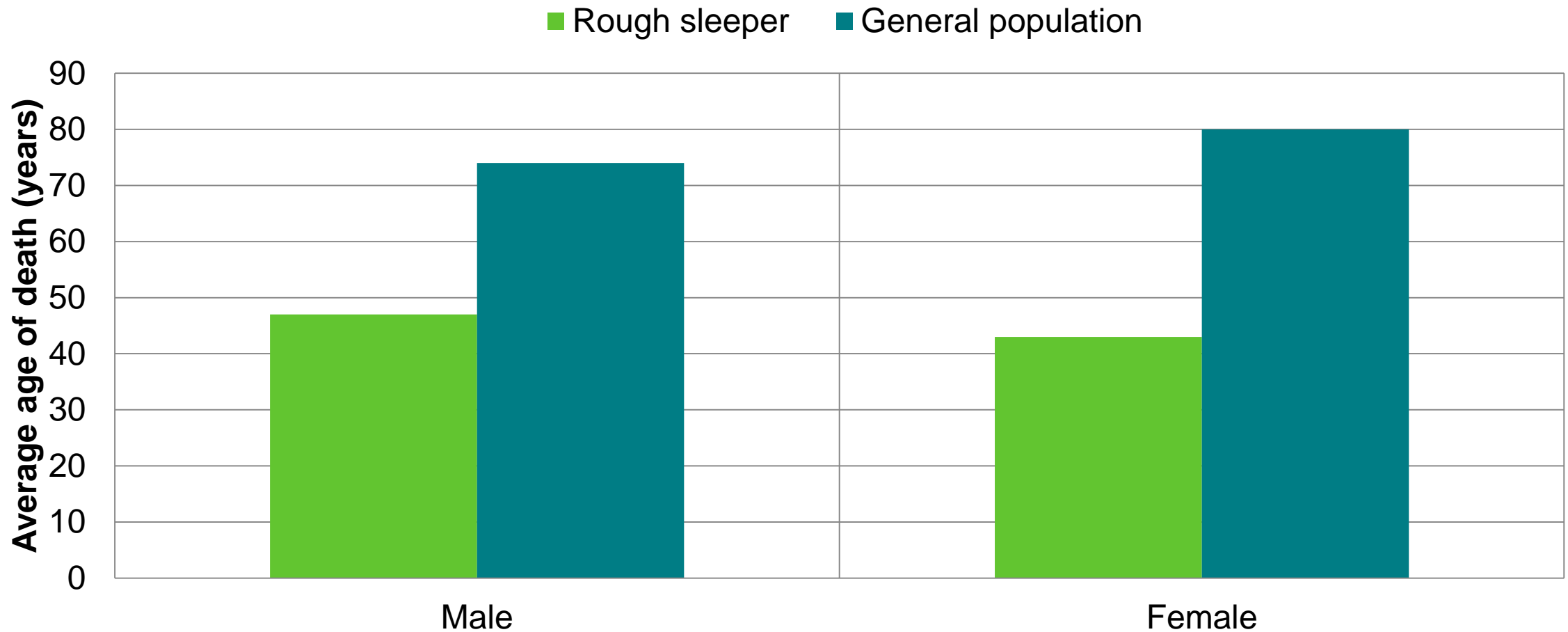
Homelessness and health: improving the health and wellbeing of those without safe and stable housing in Milton Keynes



Homelessness in Milton Keynes

- There are many forms of homelessness, some hidden
- All types of homelessness have increased in Milton Keynes over the last 10 years
- Cost of homelessness is high - both to the individual and society
- Current MKC work on homelessness prevention having an impact on homelessness levels, especially on rough sleeping
- Ill health can be both a consequence and cause of homelessness

The impact of homelessness on health is considerable

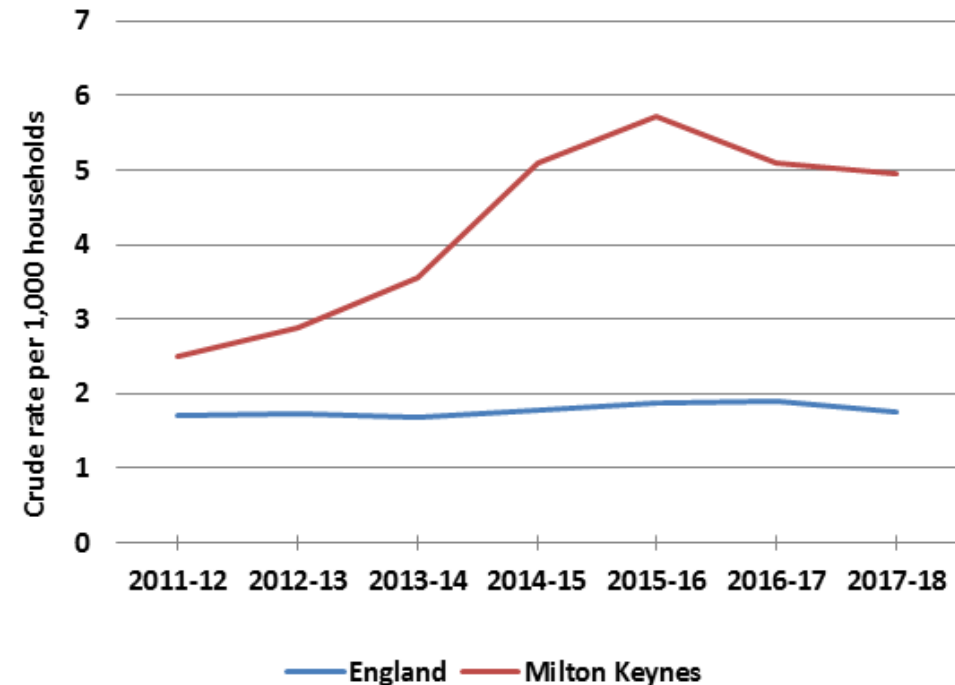


Thomas 2012

High impact on families

- Children's life chances strongly influenced by quality of housing in early life
- Homeless children (including those living in temporary accommodation) are at greater risk of issues such as
 - Premature birth, failure to thrive
 - Respiratory infections and exacerbations of asthma
 - Poor access to health care (e.g. vaccinations)
 - Poor mental health
 - Lower educational attainment
 - Future offending behaviour
 - Diminished employment prospects

Figure: Family homelessness in Milton Keynes, 2010 – 2017 (Source: Ministry of Housing, Communities & Local Government)



Complex issues and overlapping health needs

- There is considerable overlap between homelessness, poor mental health, substance misuse and offending behaviour
- Poor health will impact ability to remain in stable housing, unstable housing worsens health
- Those with complex needs:
 - Have difficulty accessing and engaging with services, especially mental health
 - Are more likely to present late to services
 - Have higher use of emergency services

Many Year One priorities of HWB impacted by homelessness

Starting Well

- SW2 Help children and young people to better mental health
- SW3 Prevent smaller problems from escalating and needing specialist social care and health services

Living Well

- LW2 Improve the lives of everyone living with mental illness through raised awareness and more effective support services
- LW4 Tackle the number of rough sleepers and the rise of households in temporary accommodation and reduce low quality housing
- LW5 Improve the detection and management of long term conditions

Ageing Well

- AW3 Develop high quality out of hospital services to reduce the need for hospital admission and get people home safely and quickly
- AW6 Promote positive mental health and reduce social isolation through strengthening social support and social network

Recommendations and next steps

- Propose that the HWB agree and support the recommendations
- Next steps:
 - Link with existing partnership groups to implement the recommendations
 - Provide HWB with an update on progress in 6 months (February 2019)