Exploring change-readiness among homeless people: perspectives of homelessness services staff

People who are homeless face multiple complex barriers to achieving the changes facilitated by homelessness services and the welfare system.

Implications for support provision staff

Need to understand behaviours as coping mechanisms and support the development of alternative coping.

Development and use of the awareness of the concept of “readiness to change” to inform day-to-day practice.

Importance of building quality relationships with service users and delivering person-centered support.

Further research to understand and address systemic and structural changes.

Homelessness services staff need to understand the emotional and social needs of people who are homeless better to help them overcome the barriers of change-readiness.

Change readiness in individuals experiencing homelessness and multiple complex needs

Lord et al. (2021) DOI: 10.1108/HCS-11-2020-0017

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