



# Enhancing Housing and Health

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# Homelessness and Health

Housing as a medicine or remedy

Housing as a poison, a cause of social and health problems

Worldwide 1.6 billion lack adequate housing

150 million people in homelessness

15 million being forcibly evicted each year

Life expectancy for homeless men in Australia 45-47 y

# Homelessness and Health

Mortality rates were raised across all types of homeless experience. This included squatting and sofa-surfing that have not previously been reported. Studies that have omitted the less severe, but more prevalent, use of low-cost hotels and sofa-surfing may have underestimated the impacts of homelessness on mortality.

Mortality among rough sleepers, squatters, residents of homeless shelters or hotels and sofa-surfers: a pooled analysis of UK birth cohorts

James White, Meg Fluharty, Rosa de Groot, Steven Bell, G David Batty

International Journal of Epidemiology, Volume 51, Issue 3, June 2022, Pages 839–846,  
<https://doi.org/10.1093/ije/dyab253>

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# Homelessness and Health

A large study compiling research results from six high-income countries – Australia, Canada, Japan, South Korea, the UK and the US – found that 53% of homeless people had suffered a traumatic brain injury (TBI). This, estimate the authors, could be 2.3 to four times the rate for the population as a whole.

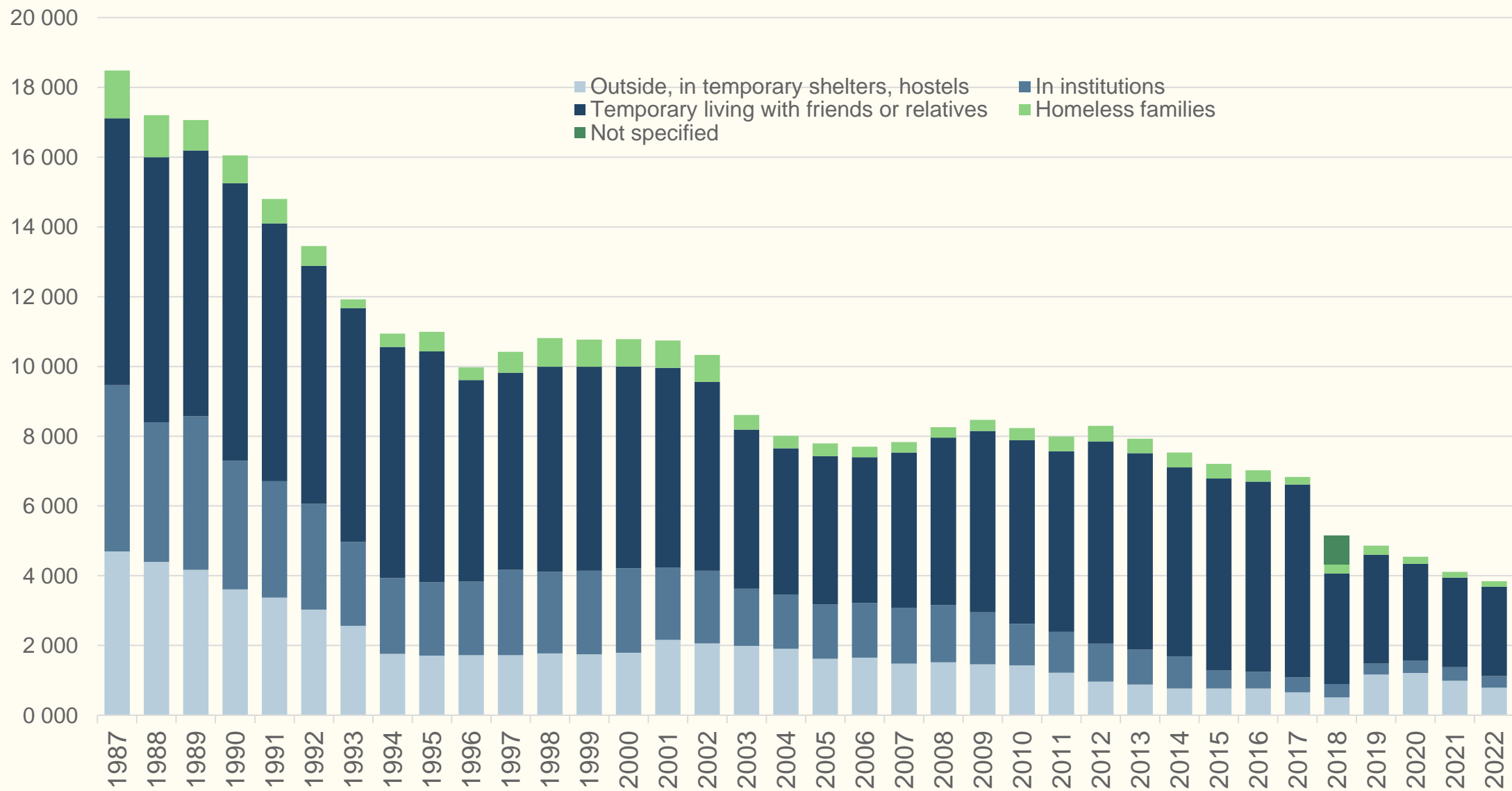
“The relationship between homelessness and TBI could function both ways – TBI could increase the risk of homelessness, and homelessness could increase the risk of TBI,”

Traumatic brain injury in homeless and marginally housed individuals: a systematic review and meta-analysis

[https://doi.org/10.1016/S2468-2667\(19\)30188-4](https://doi.org/10.1016/S2468-2667(19)30188-4)

The Guardian 2.12.2019

# Homelessness in Finland 1987-2022



# Housing First in Finland

- Housing as a **basic human and social right**
- Housing in normal surroundings/**permanent homes**
- Own **independent** rental apartment either in scattered housing or in a supported housing unit
- Own **rental contract** (normally for unlimited time)
- Adequate **support** if needed and wanted
- Autonomy/ **unconditionality**
- Normality
- Principles of Housing First Europe Guide

# The Core of Housing First

- The key of Housing First is the psychological/moral aspect:
- the client is no longer a client or patient, but a normal person, with
- control over his or her private apartment, and
- control over the normal, everyday aspects of life
- Housing First is not a static, ideologically fixed concept. It is a way of delivering housing to clients that is normal, kind and common sense

## Shelter renovation: Why we wanted to get rid of shelters and hostels – and what made it possible?

- Living in a hostel or a shelter is always a temporary solution
- A person living in a hostel is still homeless
- No privacy and very limited professional help in your problems
- Hostels sustain a culture of irresponsibility, a “prison-like” subculture
- Renovation of hostels has increased public safety





A photograph of a light-colored wooden door. On the left side, there is a silver door handle with a black grip. To the right of the handle is a silver lock with a black keyhole. Below the lock is a silver mail slot with a black interior. The text is overlaid on the door.

You can't have Housing First  
without having housing ...  
first.



# VÄINÖLÄ HOUSING UNIT ESPOO



- Completed in 2014
- 33 rental flats
- The Salvation Army as service provider.



