

## Living Stable Lives

The aim of this service is to support people that have experienced a crisis such as homelessness or substance abuse and need support beyond the point of crisis to stabilise their lives. The service will develop a pathway of support to stabilise people's lives and give them the tools to Live Stable Lives in future.

Move on accommodation and maintaining a tenancy can prove difficult for people who have experienced homelessness and/ or substance misuse. Difficulties can arise with health, finances and relationships and additional support maybe needed beyond the point of crisis.

Crisis research looking at people's turning points into homelessness in the UK, found that reasons most often cited by male participants were relationship breakdown, substance misuse, and leaving an institution (prison, care, hospital etc.). For homeless women, the most common causes were physical or mental health problems and escaping a violent relationship.

<http://www.crisis.org.uk/pages/causes-consequences.html>

A way of improving people's life chances is to reduce their likelihood of re-using drugs and alcohol, preventing homelessness and improving social inclusion.

The following outcomes are suggested for shaping this service.

Service Outcomes	Suggested Indicators
<i>Desired outcomes of the service</i>	<i>General indicators we would be looking for</i>
People are secure in their housing	Number and (%) of people that went on to sustain tenancies e.g. 3 months, 6 months, 1 year Number and (%) of people that leave move on accommodation with housing secured
People have positive support networks	Number and (%) of people that feel they have someone to contact when in difficulty Number and (%) of people that feel their peers have a positive influence on their decision making Number and (%) of people encouraged to access other services
People are able to meet their basic needs	Number and (%) of people that feel able to manage their money Number and (%) of people that feel they have enough to eat daily Number and (%) of people that have a bed to sleep in Number and (%) of people that have improved hygiene

<p>People live as healthy lives as possible</p>	<p>Number and (%) of people that remain clean after detox e.g. 3 months, 6 months, 1 year</p> <p>Number and (%) of people that experience a positive change in their mental health and wellbeing e.g. anxiety, stress, depression, sleep patterns</p> <p>Number and (%) of people that access medical help when needed</p> <p>Evidence of promoting the benefits of physical activity and maintaining stable lives</p>
<p>People are able to resolve issues in future</p>	<p>Number and (%) of people that that are better equipped to deal with problems in the future/ make better informed decisions</p> <p>Number and (%) of people that feel more able to recognise issues and seek out support before reaching crisis point e.g. financial advice</p>
<p>People have access to additional support services following interaction with the service</p>	<p>Number and (%) of people who are identified as needing support from another organisation</p> <p>Number and (%) of people who are referred to another organisation</p> <p>Number and (%) of people who receive support from the organisation they have been referred too</p>
<p>People have developed life skills</p>	<p>Breakdown of people engaging in activities to develop skills</p> <p>Number and (%) of people that have an increased confidence in living independently</p> <p>Number and (%) of people that feel able to manage their finances</p> <p>Number and (%) of people that enrol in a course / training</p> <p>Number and (%) of people that went on to employment / volunteering</p>