

Part 1: Homelessness is not (just) poverty

Quiz:

1) We're all just one paycheck away from being homeless.

a. True

b. False

2) Homelessness could happen to anyone.

a. True

b. False

Don't confuse being _____ with being _____.

You can be _____ without being _____.

Types of Poverty (there are more than two):

1) **Financial Poverty** – Lacking _____ to purchase necessities.

2) **Relational Poverty** – Lacking _____ or _____ who can share necessities.

Financial Poverty + Relational Poverty = _____

Two basic definitions of homelessness in the United States:

a) *HUD* = Shelter, Street or Abandoned Building

b) *Department of Education* = Shelter, Street or Abandoned Building or _____

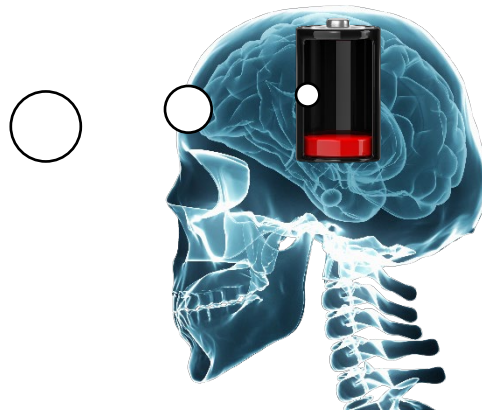
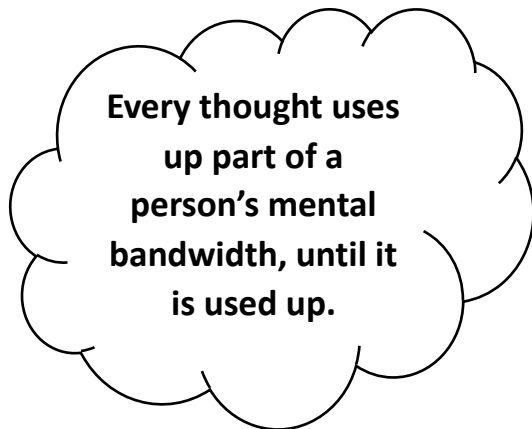
If you are working with chronically homeless individuals and you don't factor in their

_____, you are setting them up to _____.

Part 2: Poverty and the brain

Poverty Lowers Mental “Bandwidth”

“Bandwidth” = The amount of spare _____ capacity a person’s brain has to think, remember, etc.



People living in poverty are starting every day with _____ mental bandwidth.

Thus, they run out _____ and _____.

Warning!! Warning!!

Ryan is NOT saying that poor people are born defective. Anyone falling into poverty would lose mental bandwidth.

Even me, Bill Gates!



Bandwidth is Needed for Some VERY Important Mental Processes

“Cognitive Capacity” = Problem solving, information _____ and _____ reasoning.

“Executive Functioning” = _____, attention, starting/stopping action, and _____ control.

Reduced mental bandwidth, lowers cognitive capacity and executive functioning, which:

- Reduces ability to _____
- Reduces _____
- _____ Planning
- Reduces _____
- _____ Sleep
- Reduces _____
- _____ Dedication
- Increases _____
- _____ Borrowing
- Decreases _____

Poverty and IQ

Poverty lowers IQ by _____ to _____ points.

This is the equivalent of skipping an entire night's _____.



Warning!! Warning!!

Ryan is NOT saying that poor people are inherently stupid. Anyone falling into poverty would have their IQ lowered for the duration of their poverty.

Even me, Bill Gates!

Thus, Lowering Bandwidth Makes a Person Less Effective

Lowering mental bandwidth affects all areas of a person's life:

<p>Employee</p> <p>_____ Mistakes</p> <p>_____ Absences</p>	<p>Patient</p> <p>_____ Medication Adherence</p> <p>_____ Exercise & Diet</p>
<p>Student</p> <p>Learn _____</p> <p>_____ Grades</p>	<p>Patron</p> <p>_____ Rules</p> <p>Lose _____</p>
<p>Client</p> <p>_____ Behavior</p> <p>Miss _____ Appts.</p>	<p>Parent</p> <p>_____ Punishments</p> <p>Miss _____ Activities</p>

Study: Air Traffic Controllers are _____ parents after days where there was a lot of air traffic.

Study: Students from poor families get in trouble more often at the end of the month because _____ run out.

Poverty lowers a person's effectiveness as an employee, patient, student, patron, client and parent... trapping them (and their family) in poverty.

What you can do to help:

1) Build systems for limited bandwidth.

Tool

Assume last minute decision-making
(because not enough mental
bandwidth for future planning).

Specifically:

- 1) Signing up for things.
- 2) Completing tasks.

Tool

Assume that there will be "hiccups."
Build systems that can handle them.

2) Don't unnecessarily tax bandwidth.

Tool

Make everything as simple as
possible.

Especially:

- Forms
- Rules
- Processes

Tool

Limit choices.

Tool

When explaining steps in a process, don't overload a person with too many.

Focus on the next step.

Tool

Eliminate "unnecessary" education:

- Can the person use this information right now?
- Can I teach quick 'rules of thumb' and leave out some of the complexity?

3) Use deadlines appropriately.

Tool

Multiple small deadlines are better than one big deadline.

4) Provide direct assistance with bandwidth-heavy tasks.

Tool

Sometimes instead of teaching a person to fish, you just need to give them a fish.

5) Circumvent bandwidth entirely

Tool

Reminders reduce the need for bandwidth, especially:

- Appointments
- Deadlines
- Locations
- Hours
- "The Next Step"

Poor people are at a _____ disadvantage
and should be treated as such.

Part 3: Homelessness and autism

Disclaimer:

This is not meant to provide a general training on autism.
We only researched the connection between autism and homelessness intensively.

Quick Explanation of Autism:

1) Difficulty with _____ interaction.

Difficulty _____ people, especially non-verbal cues.

Tendency to take what people say _____.

2) Repetitive _____ and routines.

Prefer daily _____

Difficulty taking a _____ approach.

Not comfortable with _____.

3) Sensory _____.

Increased (or _____) senses.

Certain sounds, touches, tastes, smells, lights, temperatures, etc. can cause

_____, even _____.

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Autism is way more prevalent in homeless populations:

General Population = _____%

Homeless Population = _____%

What you can do:

- 1) Use a _____ tool.
- 2) Get the Toolkit. Link provided at www.HomelessTraining.com/Autism
- 3) Do what the Toolkit says:
 - a. Adapt how you build _____.
 - b. Be _____ in approach.
 - c. Slow _____.
 - d. Reduce _____ and minimize demands.

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- e. Make communication _____ and use images.

- f. Be aware of differences in sensory sensitivity and take steps to make the person more comfortable.

- g. Use strengths-based approaches.

**For links to more resources on
homelessness and autism:**

www.HomelessTraining.com/Autism

Part 4: Next Month's Webinar

Tough Conversations: Body Odor

Thursday, March 5, 2020

(11am Pacific) (noon Mountain) (1pm Central) (2pm Eastern)

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