

Dimensions of Homelessness

Learn about the lived experience of homelessness



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<https://collaborating4inclusion.org/homelessness-and-disaster/lived-experience-of-homelessness/>



Jasmen's Story



"In my experience of being on the streets, there's no such thing as safety, because there's nowhere safe to sleep."



Jasmen has dreams and goals. She wants to work and have her own house one day. In this video, Jasmen shares her experience of growing up on the streets.



Jasmen shares her story of homelessness, everyday risk, and disasters. She offers safety and preparedness tips. Her messages to emergency personnel centre on education and awareness of the lived experience and the power of listening as the first step in knowing how to help.

Grant's Story



"I haven't just stuffed up my whole life, things have happened to me."



Grant shares his experience of living in a men's shelter and reflects on his everyday management and resilience strategies.



Grant shares his perspective on people with mental health support needs and the impact this will have on service providers in the context of providing emergency information disaster response and recovery support. Grant, Alison and Robert invite patience and listening as key to responding to the support needs of people experiencing homelessness.

Rob's Story



"I didn't know who I could talk to, who could I trust?"



Robert has lived experience of disability and was homeless for over 12 years. Robert shares how he managed every day and explains the challenges for people with disability in accessing emergency information, who to trust, and what preparedness actions to take. He also describes what worked for him and why.



The 5 dimensions give insight into the support needs of people experiencing homelessness.



"No warm bed to sleep in. Can't get a shower...You lose everything - health, stability, learning...How often should I shower? How can I cook? [Some people] haven't had these facilities for so long in their lives. They don't know how to take back control over their own lives." **Debbie**



"Being homeless means **lack of privacy; lack of control over own space**; sharing spaces with others; **doing things in public.**" **Working Group 1**



"Feeling like you are **worthwhile and worthy**; feeling connected to family, friends and community."

"Being homeless can mean **not feeling connected**; lack of connection to the world; lack of "groundedness"; unstable living environment; there's no place to call 'home' and no sense of belonging. Needing connection to family and friends."

Working Group 1



"Safety's also a **psychological thing**. It's a physical thing. Like the sense that you're not going to be hurt or harmed. But it's a psychological thing as well... **it's the fear of what might happen**" **Grant**

"You can't do it by yourself; you need groups to help... advocates to help and guide and help you through." **Debbie**



"Because **despair is one of the most destructive things** you can possibly imagine. When that's not there, feeling love, feeling joyful, feeling not being afraid, confidence, being secure, living a meaningful life, being in meaningful relationships, feeling, ah, feeling hopeful is there! Yeah, I think it's really key." **Grant**

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