

„System deficits in everyday life“  
on the situation of people living in homelessness and with  
psychiatric illness and mental disorder in Budapest, and their  
support systems



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Hungarian Charity Service of the Order of Malta

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## Partners

- Semmelweis University, Faculty of Medicine, Department of Psychiatry and Psychotherapy, Budapest
- DocRoom, the Healtscare Centre of the Hungarian Charity Service of the Order of Malta
- Social Professionals' Support Network in Budapest, , Hungarian Charity Service of the Order of Malta
  
- Cogito Foundation
- Baptist Integration Centre, Budapest
- the Shelter House Foundation



## **Our aim was...**

- Screening the health status (focusing on the mental problems and on the internal medicine)
- Research the accessibility to health and social care services of the homeless persons
- Identify the different barriers faced by the homeless people
- Focusing on development

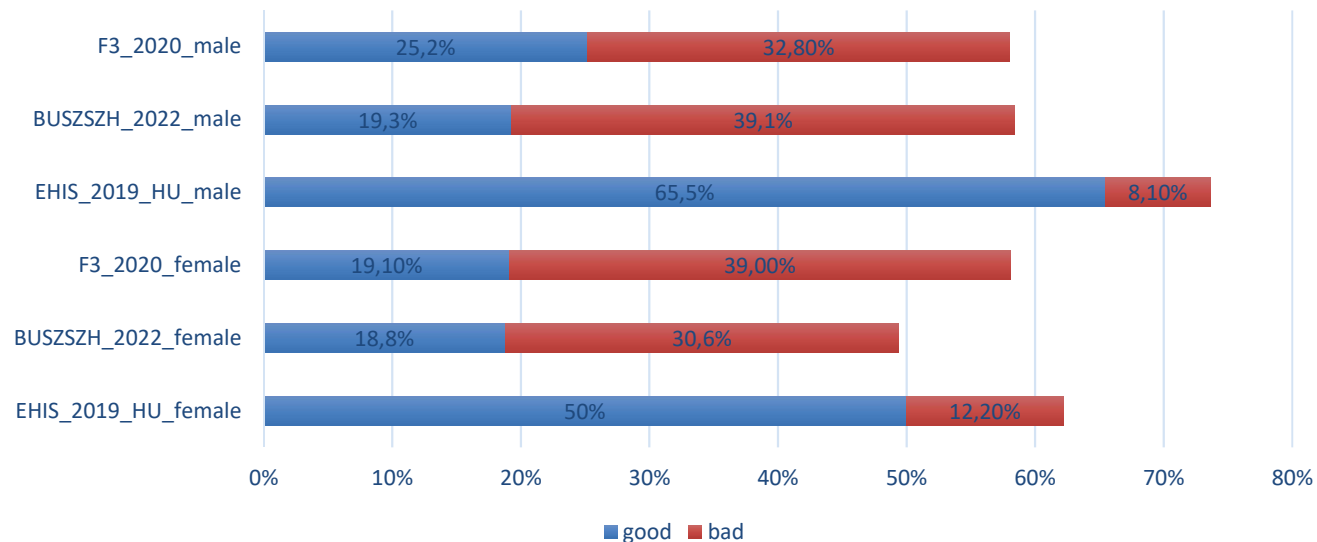
## **Methodology**

- Self-completing questionnaire (sample: 540 homeless people – people use one of a kind of social care services dedicated to the homeless people in Budapest) between 5th of Oct – 05th of Nov, 2022)
- Compare our dataset with the F3 (2022) dataset (which is the most extended country-wide survey of the homeless people in Hungary)
- 2 focus-group (participants from the health and social care professionals conducted in March, 2023)

## Findings

- The average homeless people getting older (3 out of 4 aged 50+)
- Very low education (40% has equal or less then the primary school)
- More than 1/3 (37%) of the responders have 10 or more years of homeless career...
- 69% express barriers in community participation, employment or housing beacause of health problem or disability (at least one of)
- 38 % (207 people out of 540) consider themselves as disabled person

Self-reported overall health status



## Mental problems with diagnoses

- They are younger
- The females have more barrier
- 80 % need regular medication, out of them:
  - 40% reported different kind of problem of medication
  - 23% mentioning financial reason
- 1 in 4 (25%) have NO consultation with any health doctor
- 15% have consultation (only 9 with general practitioners (GP))
- More than half of them (56%) had consultation with psychiatrist

(Relatively) new phenomena:

- Dementia (under 50 ys)
- Attention deficit hyperactivity disorder, ADHD)

Mental illnesses	N=539	
None	73.28%	395
Depression	15.77%	85
Distress	12.62%	68
Panic illness	10.20%	55
Mood disorder	10.02%	54
Schizophrenia	3.53%	19
Bipolar disorder	2.23%	12
OCD (obsessive-compulsive disorder)	0.74%	4

Associated diseases:

- Depression + distress (N= 43)
- Depression + mood disorder (N = 31)
- Distress + mood disorder (N = 26)



## Recommendations

At national level (renew the frame):

- Disseminate the Lisbon Declaration on the European Platform on Combatting Homelessness
- Apply UN CRPD rights based approaches
- Rely on the Common European Guidelines on the Transition from Institutional to Community-based Care

At service level:

- Strengthen the community-based care' capacity
- (Better) Social housing programmes especially for the homelesses with mental illness (Housing first is OK, but...)
- Very low education (40% has equal or less than the primary school)
- More than 1/3 (37%) of the responders have 10 or more years of homeless career...
- Much stronger cooperation between the health and social care (they are two (totally) different system)
- Cooperation amongst the different social services



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- Much stronger cooperation between the health and social care (they are two (totally) different system
- Cooperation amongst the different social services
- Use the recovery model (the appropriate legislation AND knowledge is missing)



# Thank You!



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