

# Care for Each Other. Stimulating Fellow Care in sheltered housing for homeless people.

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<b>Ethische beoordeling</b>	Niet van toepassing
<b>Status</b>	Werving nog niet gestart
<b>Type aandoening</b>	-
<b>Onderzoekstype</b>	Interventie onderzoek

## Samenvatting

### ID

NL-OMON26695

### Bron

NTR

### Verkorte titel

PROZE (Project Zorg voor Elkaar)

### Aandoening

Homeless\_Persons; Self\_Care\_(rehabilitation); Peer\_Group; Social\_reinforcement;  
Social\_Behavior;  
Social\_support; Social\_Control; Group\_Mediated\_Social\_Control; Peer\_Driven\_Intervention.

## Ondersteuning

**Primaire sponsor:** CVO-Addiction Research Center

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**Overige ondersteuning:** ZonMw programma Maatschappelijke Opvang.

## Onderzoeksproduct en/of interventie

### Uitkomstmaten

#### Primaire uitkomstmaten

1. Percentage of participants reaching the 'Uitstroomtafel' and moving towards a more independent housing situation;<br>
2. Percentage of participants moving into independent (regular) housing;<br>
3. The time between the 'Instroomtafel' and the 'Uitstroomtafel' (the time of residency in the sheltered housing (MO) facility) and the 'milestones' distinguished in the 8-step plan towards independent housing;<br>
4. Drop out rates and relapse-the percentage of participants leaving the sheltered housing facility against staff advice and the percentage of participants relapsing into homelessness after moving into independent housing.

## Toelichting onderzoek

#### Achtergrond van het onderzoek

Studies show that the continuity in the chain of services for homeless people in the Netherlands is suboptimal. Too few clients of day and night shelters make use of supplementary services, while staff hesitate to refer clients to these services. New housing and care projects are being developed but evidence-based working methodologies for working with this complex target group are largely absent.

Although not always visible in the world of homelessness, homeless often support one another in various ways. On the street you may not be friends, but mutual support and exchanges are quite common. When professional help is out of reach and at moments of crisis, the homeless have to make due with one another. Within their networks find understanding (fellow feeling), support and protection. Such 'Fellow Care' could offer an important starting point for social support, but is barely used within homeless care and shelter facilities.

The concept of fellow care (caring for each other) is central to the proposed strategic study. The goal is to develop and transfer knowledge about fellow care to homeless care workers and to involve the client population into this process. The fellow care intervention stimulates existing (latent) care intentions among the participants and will be directed towards supporting reaching (individual and collective) care and treatment targets. Towards this

objective, a Peer Driven intervention (PDI) will be implemented, based on the theory of Group Mediated Social Control, which hypothesizes that behaviour change is established not merely through one-on-one relations but also, and primarily, through social influence in peer groups. The planned PDI uses a structured system of incentives that aims to stimulate participants to support each other in reaching individual and collective care and treatment goals, with the goal of preventing/reducing drop out from the sheltered housing facility and improve the flow in the care and treatment chain.

Towards the implementation of the intervention and trial, a collaborative agreement has been established between the Utrecht Addiction Research Center (CVO), JellinekMentrum (Arkin) en HVO Querido (both in Amsterdam), the Technical University (Hogeschool) Utrecht and the Basisberaad Rijnmond (client advocacy). The PDI will be implemented by JellinekMentrum staff (ACT/bemoeizorgteams) in two sheltered housing (MO) facilities of HVO Querido. A (preliminary) project group has been established with representatives of the participating organisations.

### **Doel van het onderzoek**

Compared to standard care, Peer Driven Fellow Care combined with standard care will result in significantly less drop out and improved flow in the social rehabilitation process for homeless people, as well as in significant improvements in participant autonomy in the areas of housing, employment, health, quality of life and other treatment and care goals.

### **Onderzoeksopzet**

Five measurements:

Baseline, month 2, month 4; month 10 and month 22 after enrolment into the study.

### **Onderzoeksproduct en/of interventie**

The standard intervention includes support and care services of the participating sheltered housing facilities (HVO-Querido, Amsterdam) and Assertive Community Treatment provided by Jellinek-Mentrum.

In addition to the standard care, the experimental intervention includes participation in a peer-driven support group, working on mutual social support in triads, and the use of group-mediated incentives in support of treatment and care goals.

## **Contactpersonen**

## **Publiek**

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## **Wetenschappelijk**

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## **Deelname eisen**

### **Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)**

1. (Former) homeless or residentially housed people belonging to the target group of the 'Plan van Aanpak MO' of the city of Amsterdam;
2. 18 years or above;
3. Willing to participate in the intervention and the regular activities of the housing/care facility;
4. Registration at the municipal resident register (GBA) at the address of one of the participating housing/care facilities during the implementation of the Peer Driven Intervention;
5. Ability to provide informed consent;
6. Dutch language skills and coherence at a level required for participation in the study measurements.

### **Belangrijkste redenen om niet deel te kunnen nemen**

## (Exclusiecriteria)

Not meeting the inclusion criteria (addiction and mental health problems are no reasons for exclusion).

## Onderzoeksopzet

### Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

### Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-05-2009
Aantal proefpersonen:	206
Type:	Verwachte startdatum

## Ethische beoordeling

Niet van toepassing	
Soort:	Niet van toepassing

## Registraties

### Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

## Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

## In overige registers

Register	ID
NTR-new	NL1562
NTR-old	NTR1640
Ander register	: 101200003
ISRCTN	ISRCTN wordt niet meer aangevraagd

## Resultaten

### Samenvatting resultaten

N/A