

Maslow's hierarchy of needs — How can this be reflected on the homeless?
(#part 2-safety needs)

By Khoo Qi Xuan, Claresta

What is Maslow's Hierarchy of needs?

It is the theory of motivation which states that five categories of human needs dictate an individual's behavior.

As Safety needs are categorized under the deficiency needs, what is it all about?

Why is it so important?

According to his theory, if you fail to meet your deficiency needs, you'll experience harmful or unpleasant results. Conditions ranging from illness and starvation up through loneliness and self-doubt are the byproducts of unmet. Safety is one of our basic, evolutionary needs. Most of our decisions and actions are based on sustaining or improving our circumstances. deficiency needs.

What is Maslow's Hierarchy of needs — safety needs about?

Safety includes protection from violence and theft, emotional stability and well-being, health security and financial security.

What is considered as a safety need?

Safety needs represent the second tier in Maslow's hierarchy and these needs include the security of the body, of employment, of resources, of morality of family, and of health.

What is the severity of homelessness if there is a lack of safety?

General:

- Health Problems

Homeless people are at relatively high risk for a broad range of acute and chronic illnesses. There is a body of information indicating that homelessness is associated with a number of physical and mental problems.

Example: homeless persons experience high rates of health problems such as HIV infection, alcohol and drug abuse, mental illness, tuberculosis, and other conditions.

- **Unemployment**

Unemployment impacts on homeless persons particularly hard given that they are often facing numerous other challenges. The lack of access to employment contributes to homeless people not having sufficient and sustained income to meet basic needs; this is particularly so for those who do not receive welfare assistance.

- **Lack of affordable housing**

Studies show that poor living conditions negatively affect physical and mental health. In fact, one study found that individuals in poor housing exhibit worse mental health in 100 percent of cases. Additionally, inadequate or unsanitary living conditions can contribute to the spread of disease, which adds to health care costs, prevents individuals from working and threatens the well-being of community members.

- **Mental and substance use disorders**

Homeless individuals suffering from mental conditions are more likely to be victims of assault, further necessitating the comfort they temporarily find in harmful substances. Homeless individuals suffering difficult mental and emotional conditions may find it convenient to self-medicate with harmful substances as well, strengthening the link between homelessness and substance abuse. The combination of mental disorders and substance abuse is known as dual diagnosis or co-occurring disorders. While it may seem that difficult mental conditions can be suppressed by drug and alcohol use, this actually creates a destructive cycle of dependency.

- Lack of chances of finding a stable job
- **Poor credit score:** 29% of background checks run by employers include a credit score check. Many people experiencing homelessness have bad credit scores because they have not been financially stable, and this could be interpreted as a sign of an unreliable employee to potential employers. Gaps in employment on a resume may also be a red flag for employers.
- **Lack of interview skills and poor physical appearance:** First impressions are important in the job application process, and people experiencing homelessness may lack the knowledge and background on how to perform well in an interview setting. They may not have access to the appropriate attire for an interview. Additionally, without easy access to resources like the internet, they may lack knowledge and experience on how to perform well in an interview setting.
- **Money management:** Many people experiencing homelessness were not taught how to properly manage and sustain (saving/investing) the money they may earn from a job.
- **Poor physical and mental health:** Cheap, unhealthy, fast food and substance abuse from trying to cope with economic, social, and physical stressors can influence finding and maintaining a job. “An unhealthy mind, body, and spirit” may make it hard to transition to a 40-hour workweek

Problems faced if there is a lack of safety:

As the homeless have no jobs to support themselves, they therefore do not have money to get themselves a mobile phone. Moreover, due to the current covid-19 virus that has been ongoing for 2 years now, Hong Kong has definitely implemented safety measures to ensure the safety of their citizens. However, this

on the other hand has brought worries and inconveniences to the homeless. Hong Kong's new tougher rules on Covid-19 contact-tracing, involving the use of the official LeaveHomeSafe app to enter most government venues, went into force Monday but homeless people who cannot afford smartphones said the change made life much more inconvenient.

Additionally, with the number of covid-19 cases rising, the homeless people are among the most vulnerable group to the coronavirus. Street homeless tend to fall under the higher risk category for severe COVID-19 disease, because they are more likely to be older male smokers, with many medical comorbidities, and — under pre-COVID-19 conditions — were 10 times more likely to die than the general population

Solutions to help them out:

Firstly, it is definitely to join LTRHK to learn more about the ways we seek to help people in all walks of life, the homeless community being one of them.

Secondly, just donating clothing that is too small for you or your family will do. Just a simple act of kindness can not only bring warmth to the homeless but also prevent oneself from causing textile waste. One stone kills two birds!

Thirdly, despite all of our efforts to spread the word about shelters, it is surprising how many people are unaware of their own local shelters. Contact your local newspapers, church or synagogue bulletins, or civic group's newsletters about the possibility of running a weekly or monthly listing of area services available to the homeless. This could include each organization's particular needs for volunteers, food, and other donations.

Lastly, tutoring homeless children can definitely be something useful too! A tutor can make all the difference. Many programs exist in shelters, transitional housing programs, and schools that require interested volunteers. Or begin your own tutor volunteer corps at your local shelter. It takes nothing more than a little time. Anyone can be a tutor, just having being educated would definitely help a lot when it comes to spreading your knowledge to another.

Therefore, it only takes a little bit of one's time and heart to contribute to the homeless community and help them to be able to feel the warmth in our society. This can be done by anyone of any age.

Summary:

The fundamental problem encountered by homeless people—lack of a stable residence—has a direct and deleterious impact on health. Not only does homelessness cause health problems, it perpetuates and exacerbates poor health by seriously impeding efforts to treat disease and reduce disability.

Although the urgent need for focused health care and other prompt interventions is readily recognized, LTRHK found that the health problems of the homeless are inextricably intertwined with broad social and economic problems that require multifaceted, long-term approaches for their resolution.

Citations

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