

# Fixing the Problem of Homeless Through Empty Nesters

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# The Empty Nest Problem

**“Empty Nest Syndrome is the grief parents feel when their children leave home”**

- **Having Empty Nest syndrome is**
  - **An act of grievance**
  - **An experience of loneliness**
  - **A feeling of sadness**

**Thousands of children leave home every year**

**Source - Better Up**

# The Empty Nest Problem

## Statistics

### Statistics about Empty Nest Syndrome

Research from Unite Students has highlighted these mixed emotions that parents experience when their children leave home:

In trying to explain how it feels, further findings show that parents say empty nest syndrome feels like a mix of positive and negative emotions, including:

- A part of you is missing (20%)
- Emptiness (24%)
- A loss of purpose (19%)
- Rejection (16%)
- You've abandoned a child (18%)
- A child has abandoned you (22%)
- A realisation that life will never be the same (25%)
- A new beginning (28%)
- An opportunity to rediscover yourself (24%)
- A chance to have more time to yourself (22%)
- A chance to do things you haven't before (22%)

**Source** - Foster Wales

# **The Homelessness Problem**

**Homelessness is not an uncommon issue(Statistics next slide) in the United Kingdom. Over 300,000 people(recorded) spent Christmas homeless in 2023.**

**Many rough sleepers are not accounted for simply due to the fact that gathering their data is difficult.**

# The Homelessness Problem

## Statistics

Table 1: Estimated number of people who are homeless as at a given night in 2023, by type of homelessness, England

[1] Est. no. of people homeless and living in TA arranged by the council	[2] Est. no. of people homeless and living in TA arranged by them or homeless at home	[3] No. of people sleeping on the streets on a given night	[4] Est. no single homeless people living in hostels	[5] Est. no. people living in accommodation provided by social services	[6] Est no. of homeless children (incl. in total in [7])
England total					
279,390	5,416	3,069	20,071	1,604	139,916

**Source** - Shelter UK

**The Solution?**

**Compassion**   **Connection**   **Assimilation**

# The Goal?

Matching homeless individuals  
with compassionate hosts who  
can offer safe and supportive  
homes

## Compassion

Nurturing  
understanding and  
empathy on both sides  
and facilitating a  
supportive environment  
for the homeless youth

## Connection

Building bonds between  
hosts, young people and  
the community by  
creating a network of  
support and care

## Assimilation

Empowering homeless  
individuals to renew their  
lives with confidence and  
resilience, offering them a  
second chance at a new  
life



# Compassion

**The most important part of this journey is Compassion. At its core, this is a people problem. And it can be fixed by people.**

**How ?**

# Compassion Strategies

- **Training Programs for Hosts**
  - **Hosts will have an option to partake in a training program based on empathy and care.**
  - **They will receive resources and support to help cultivate bonds with homeless people and other hosts**

# Compassion Strategies

- **Peer Network**

- **A system will be provided through which hosts can contact other hosts.**
- **Hosts will be encouraged to attend and develop their own workshops.**
- **This will allow them to connect and learn from one another as they go through this journey.**

# Connection

**Once compassion has been built, the next step is to foster connections between all parties.**

**How ?**

# Connection

## Strategies

- **Communal Events**

- **Events such as group meals, picnics and movie nights will be arranged so hosts and the homeless can connect.**
- **This will build rapport between the two sides, encouraging deeper bonds.**

# Connection

## Strategies

- **Community Events**

- **Events such as open houses can be arranged for hosts to show their houses to the homeless.**
- **These will be done in a safe and secure manner keeping in mind safety of all those involved.**
- **This will also allow other community members to learn about Nighstop's vision, thereby raising awareness of the mission.**

# Connection Strategies

- **Host Matching Program**
  - **As connections deepen and relationships foster, a matching program will be arranged to pair hosts with the homeless.**
  - **This will be based on location, interests, support styles and previous relationship built if any.**

# Assimilation

**Through the principles of Compassion and as Connections have been formed, the final step is to assimilate the homeless into society**

**How ?**



# **Assimilation**

## **Strategies**

- **Transitional Support Mechanisms**
  - **All homeless people registered for Nightstop will be given skill workshops, employment training and cultural training programs.**

# Assimilation

## Strategies

- **Mental Health Support**
  - **All homeless people will also undergo mental health training to increase resilience and confidence as they face a new life.**

# **Assimilation**

## **Strategies**

- **House hunting support**
  - **Once the host and homeless are ready to part, house-hunting support will be provided to the homeless if they choose to move on to their own house.**
  - **This includes rental assistance, housing referrals, and general support throughout the search.**

# Assimilation

## Strategies

- **Alumni Support Network**
  - **Homeless**
    - **The homeless who have succeeded in regaining their confidence and their own housing will be a part of an alumni network of support for those currently struggling.**
  - **Hosts**
    - **Hosts who have previously invited the homeless to their house will also be part of their own network to encourage community members considering to become hosts.**

# The Community and its Role

- **Fixing the problem of homelessness is primarily a community effort.**
  - **Foundations and organizations that specialize in housing, communal events, mental health and soup kitchens will be sought after to make this a successful, and ultimately, a rewarding campaign.**

Thank you!



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