

## Occupational Transition in the Process of Becoming Housed following Chronic Homelessness

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**Introduction:** An occupational perspective offers a distinct lens on homelessness that may lead to novel strategies to address the problem. Although a number of occupational therapy and occupational science researchers have explored the occupations of homeless persons, few have investigated the ways in which occupations are experienced during the transition from chronic homelessness to being housed.

**Objectives:** To present the results of a study exploring the experience of occupational transition of adults with a history of chronic homelessness during the process of being housed.

**Method:** Interpretive phenomenology was used to guide this study. Eleven participants with a history of chronic homelessness who had been housed for 3-24 months participated in in-depth interviews. Data were analyzed using a modified version of Colaizzi's method for qualitative analysis.

**Results:** Six primary themes emerged from the data including *coping with the quiet, negotiating substance use, resuming familiar occupations, occupations to give back, occupation as social inclusion, and the meaning of spiritual occupations*. These themes emphasized the profound experience of boredom as posing a negative influence on the mental well-being of homeless persons, and the importance of an occupational perspective on the issue of homelessness.

**Conclusion:** An occupational perspective is a valuable approach in exploring the occupations of homeless persons as they transition to being housed, and may lead to novel interventions for supporting this population as they make this transition. Implications for occupational therapy practice, and occupational science will be explored.