ABSTRACT

A Study on Psychosocial Rehabilitation Facilities and Rehabilitation Outcomes of Homeless Mentally Ill in Kerala

Introduction: Homelessness related to chronic mental illness has become a major burden for most of the resource poor countries. Homeless mentally ill individuals reflect the current situation in the society of 1) the limited mental health care available in the public sector, lack of coordination of different caring groups, absence of welfare system to meet the needs of mentally ill individuals and their families. (Sheth, H.C., 2005)

Purpose: The Kerala state witnessed efforts from charity based organizations and religiously oriented families in the care and rehabilitation of the homeless mentally ill. This study explored the care and rehabilitation efforts undertaken by these facilities for the homeless mentally ill. The rehabilitation outcomes were measured using quality of life, client satisfaction, and level of functioning as outcome measures.

Material & Methods: The study used a combination of Explanatory and Quasi experimental – After only design (Post test only) evaluation design. Data were collected from three data sources viz. chief functionary of rehabilitation facilities, Persons with mental illness residing in the rehabilitation centers, and volunteer care providers. Interview schedules were used for the study of rehabilitation processes
and profile of chief functionary and care providers. The quality of life was assessed using WHO QoL scale and level of functioning using level of functioning scale and Global Assessment of Functioning Scale. The care providers’ orientation to mental illness was assessed using Orientation to Mental illness scale.

**Findings:** Forty percent of the centers displayed above average and twenty five percent had poor overall quality of patient care services. The residents showed moderate level of quality of life in the area of physical health, psychological health, social relationships and high level of quality of life in the domain of environment. The level of functioning exhibited, very low levels of functioning in the domain of community living, low levels of functioning in the domains of interpersonal relationship, psychological functioning and within normal limits of functioning in psychological functioning (dangerous behaviour) and physical functioning. The Quality of life of homeless mentally ill increased with better functioning.

**Conclusions:** The study was the first attempt to document an innovative rehabilitation model for rehabilitation of homeless mentally ill using an evaluative design. The results of this comprehensive study would throw light into findings for strengthening the care of the homeless mentally ill.

**Key Words:** Homeless mentally ill, rehabilitation process, rehabilitation outcomes, quality of life, level of functioning