

# Should I stay or should I go...

personal considerations and opportunities of people using inpatient reintegration support to move out into independent living

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## I. Background

In 2015, around 70,000 people with chronic psychiatric disorders in Germany used the services of inpatient reintegration support within the social welfare system. Against the background of current political demands for a higher degree of empowerment and participation, the services of inpatient reintegration support are becoming increasingly controversial. In fact, it is currently evident that many people remain in the residential reintegration institutions, despite their desire to live independently. In addition to aspects of disorder severity and a lack of affordable housing, personal considerations and capabilities play a crucial role.

## II. Leading Questions

- (1) What are reasons for moving into in an own apartment, which ones are against it?
- (2) What kind of support do they experience and what obstacles do they face?

## III. Methods

The study examines residential patients who moved from a reintegration assistance institution in Hanover into their own homes. A longitudinal and outreaching study design is used. The participants are interviewed by qualitative guideline-based interviews first in the institution before they moved out and second in their independent livings six weeks later. The interviews are analyzed following qualitative content analysis according to Mayring with regard to these key questions:

What are reasons for and against leaving the residential institution? How do they reflect their decisions six weeks after move out? What kind of support did they experience and what obstacles did they face?

## IV. Results (I): Sample

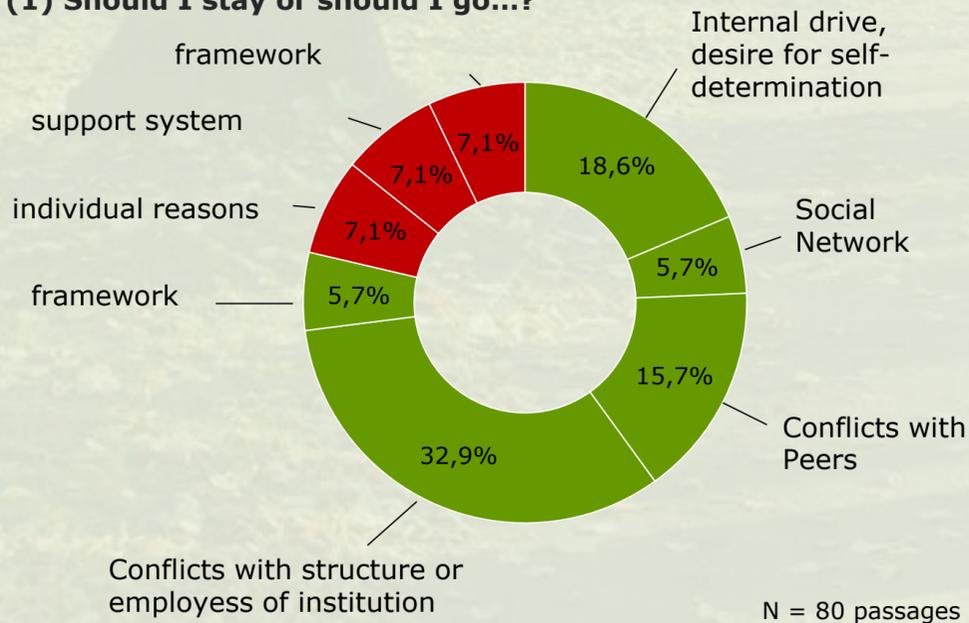
In total, interviews of 10 participants (w = 60%) were included in the analysis. On average, the participants were 40.5 years old (min = 19, max = 68) and lived at the time of departure on average 5.2 years (min = 0.3, max = 12.8) in the facility. 80% had more than one psychiatric diagnosis.

## IV. Results (II): Main-Diagnoses

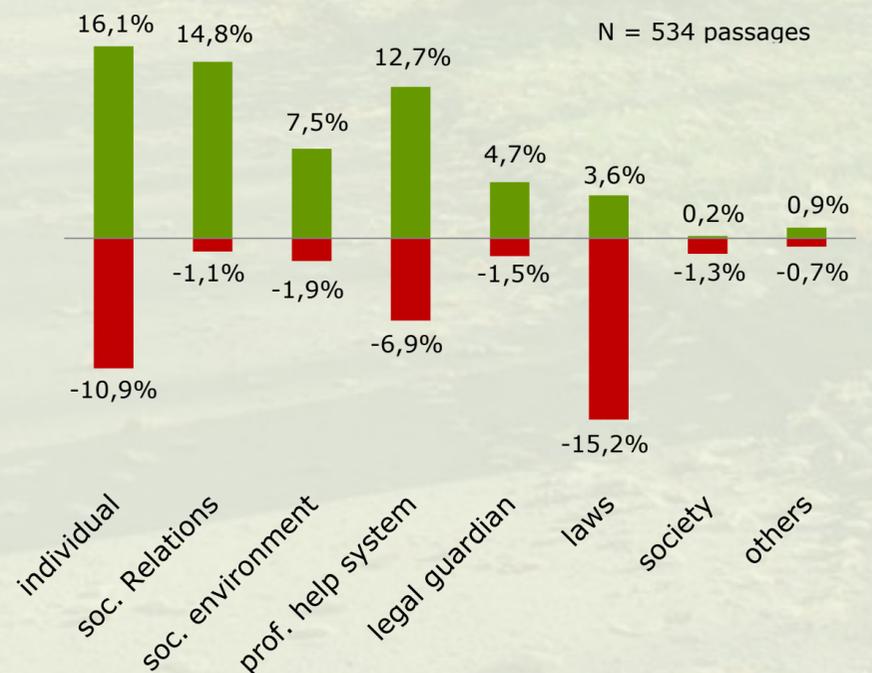
Substance Dependency (ICD-10: F10.2)	10 %
Schizophrenia / Schizoffective (ICD-10: F20.0, F25.1)	30 %
Depression (ICD 10: F33.2)	20 %
PTSD (ICD 10: F43.1, F44.81)	20 %
Personality disorders (ICD-10: F60.31, F61)	20 %

## IV. Results (III)

### (1) Should I stay or should I go...?



### (2) Supports and obstacles



## V. Conclusion and outlook

78.6% of the passages found themed reasons for moving into an own home. The focus here was on tight and inflexible structures, conflicts with roommates and workers, and the desire for greater self-determination. Maintaining reasons consist of the need for professional support, difficult external conditions and personal reasons. An extension of the analysis by the matched pairs is necessary in order to gain more information. During the relocation phase, in addition to individual, mostly disease-related aspects, in particular the legal framework conditions and their implementation were experienced as the greatest obstacle.

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### Referenzen:

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