poverty truth Ilfracombe A lived experience summary of the harmful and protective factors of poverty and inequality

Please note - This framework has been simplified for the purpose of this diagram into a linear diagram. It is noteworthy that each of the factors included are part of a complex, dynamic and interactive set of relationships, which are not all visualised in the diagram.

Wider context

Macro- level context
- Political
- Social
- Economic
- Environmental
- Cultural factors

Position in society

Social stratification
- Occupation
- Education
- Income
- Area of residence
- Age
- Disability
- Ethnicity
- Gender
- Sexuality

Individual factors

Biological
- Genetic predisposition
- Neurochemistry
- System response
- Hormonal disorder (PMDD)

Psychological
- Personality
- Temperament
- Coping skills
- Emotional regulation
- Social skills

Adverse life events
- Broken back
- Burns (fire)

Exposures to social, economic & environmental stressors

Exposures and vulnerabilities

Social
- Abuse / neglect
- Bullying
- Divorce
- Domestic Abuse
- Family circumstances
- Family death
- Family behaviour
- Education
- Childhood conditions
- parents with addiction/emotional instability
- Parenting
- Pregnancy (young)
- Prejudice
- Neighbour conflict
- Community safety
- Job loss
- Leaving home
- Lack of transport
- Negative stereotypes (intersectional)

Environmental
- Housing access / quality (conditions)
- Deprived town (lack of shops/ removal of services)

Economic
- Low wage (in work poverty)
- Unemployment
- Rely on benefits
- Retirement age change (access to pension)

Standard of living (Material factors)
- Lack basic needs (food, energy, clothing)
- Digital poverty
- Financial exclusion
- Low Income (Financial poverty)
- No personal transport
- Cannot afford holiday / respite

How we think, feel & relate (our sense of mental wellbeing)

POVERTY OF SELF / IDENTITY (INDIVIDUAL)

Harmful Psycho-social factors

Individual level:
- Adversity in childhood & adolescence
- Stress / Trauma response
- Lack of control
- Loneliness and social isolation
- Shame
- Loss of potential & hope
- Lack of respect
- Low self esteem/worth/confidence
- Self blame / critical
- Loss of meaning/purpose in life
- Intergenerational transmission (values, behaviour, trauma, violence passed down)
- Scarcity mindset - Pervasive belief that resources are limited (finance, emotional, social)

POVERTY OF COMMUNITY (SOCIAL)
- Social network unable to support (social capital)
- Damaging relationships
- Low sense of belonging (social cohesion)
- Judgement
- Limited expectations (social attitudes/norms)

Protective Psycho-social factors

Neighbourhood/Community level:
Social support (number & quality of relationships) and meaningful activity
- Connected with others (social cohesion, social capital)
- Faith groups
- Peer support groups
- Volunteering
- Social spaces
- Compassionate communication

How we experience 'the system' and services

Harmful system/service factors
- Difficult to access information and navigate services
- Doing 'to' not 'with' (lack of co-design and involvement in decision making)
- Lack of / loss of services
- Lack of join-up services (people fall through gaps)

Inhumane system:

Red tape
- Bureaucracy
- Complex forms
- Meeting criteria
- Inflexible

Attitude (staff and public)
- Judgemental
- Discriminatory
- Unrealistic expectations
- System leaders also don't feel listened to (by the system)
- Compassion fatigue / moral injury

Lack understanding
- Lack of awareness of complexity of poverty
- Lack flexibility & knowledge to support effectively (person-centred)

Protective system/service factors
- Some services understand and support complexity, are able to meet multiple needs and offer/link to extra joined-up care
- Some staff treat service users like people (human)

MATERIAL / FINANCIAL POVERTY

PHYSICAL & PSYCHOLOGICAL POVERTY

How we act and behave: helpseeking, health related lifestyle
- Smoking
- Poor diet
- Lack of activity
- Self harm / suicide
- Addiction
- Short-term planning to meet immediate needs

How our body reacts (Psychobiological processes)

Physical ill health
- Chronic and acute

Mental ill health
- Anxiety
- Depression

Psychological harm
- Think irrationally
- Poor decision-making
- decreased problem solving
- unable to manage emotions effectively

INEQUALITY
(Unfair and avoidable)

POVERTY OF OPPORTUNITY

Distribution of Health (mental and physical)
- Inequality of health and wellbeing

Distribution of opportunities & resources
- Removes / reduces choice (Inequality of opportunity) across individual, social, community & system levels