

# Rowan Alba

Helping homeless people help themselves

**Rowan Alba**

**What we do**

and how we do it



# The journey to now

- Socially isolated housebound older people
- Made so by the built environment
- Older people more than other people
- People are complex and don't fit into boxes
- And we just keep on doing it, which is why a lot of services don't help people change



# A menace to society

- 62 year old man, living in Websters Land (just off High Street, in central Edinburgh)
- 186 convictions for breach of the peace
- A man deemed by social services so aggressive he was risk assessed as being too dangerous for two people to work with
- About to be evicted for non- payment of rent and end up on street (having made himself deliberately homeless, according to the legislation)

**And now,  
12 years  
down the line**





# Not just older people

**350**

**service  
users  
annually**

**60% reduction in  
re-offending in  
Follow Me service**

**100% reduction  
in social isolation  
across all services**

**90% improvement  
in mental health  
across all services**

**50% reduction  
in alcohol abuse  
in CARDS**

# How do we do it?



- **ACCEPT, SUPPORT, INCLUDE**
- **ROWAN model**
- **Change is gradual, and has to come from the individual**

**Rowan Alba**  
**Thank**  
**you.**

