

Homeless survival and recovery steps/stress after a single sweep without detention:

1. Major change in financial status – Replace tent sleeping bag and other items lost in the sweep. Stress level score: 38
2. Major change in living conditions – Immediately find a new place to go to live and sleep. Stress level score: 25
3. Revision of personal habits – loss of clothes, manners due to anger and replacing friends and associates. Stress level score: 24
4. Troubles with the boss, i.e., police and government employees forcing people to move from the area. 23
5. Changes in residence – being forced to move from where they have been accustomed to resources and people. Stress level score: 20
6. Major change in activity – forced to spend time relocating and surviving; food, sleep, tents, sleeping bags. Stress level score: 19
7. Major change in social activities – once relocated finding new or old friends to begin interacting. Stress level score: 18
8. Major change in sleeping habits – searching for a new place to sleep according to the government rules. Stress level score: 16
9. Major change in eating habits surroundings – finding new sources for food and different times to eat. Stress level score: 15
10. Minor violations of the law – the effects of the laws and their enforcement including the sweeps. Stress level score: 11

Total stress level score: 209

The score shows a 50% chance of a major health breakdown within the next two years.

Multiple occurrences multiply the score by the number of occurrences. A score over 300 (2 sweeps = 418) raises the chance of a major health breakdown to 80%.

The average age of death in the homeless population is 53. Twenty-five years younger than housed individuals, which is driven by chronic stress.

# The Holmes-Rahe Life Stress Inventory

## The Social Readjustment Rating Scale

**INSTRUCTIONS:** Mark down the point value of each of these life events that has happened to you during the previous year. Total these associated points.

| LIFE EVENT                                                                                                                                                | MEAN VALUE |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| 1. Death of spouse                                                                                                                                        | 100        |
| 2. Divorce                                                                                                                                                | 73         |
| 3. Marital Separation from mate                                                                                                                           | 65         |
| 4. Detention in jail or other institution                                                                                                                 | 63         |
| 5. Death of a close family member                                                                                                                         | 63         |
| 6. Major personal injury or illness                                                                                                                       | 53         |
| 7. Marriage                                                                                                                                               | 50         |
| 8. Being fired at work                                                                                                                                    | 47         |
| 9. Marital reconciliation with mate                                                                                                                       | 45         |
| 10. Retirement from work                                                                                                                                  | 45         |
| 11. Major change in the health or behavior of a family member                                                                                             | 44         |
| 12. Pregnancy                                                                                                                                             | 40         |
| 13. Sexual Difficulties                                                                                                                                   | 39         |
| 14. Gaining a new family member (i.e. ... birth, adoption, older adult moving in, etc.)                                                                   | 39         |
| 15. Major business readjustment                                                                                                                           | 39         |
| 16. Major change in financial state (i.e. ... a lot worse or better off than usual)                                                                       | 38         |
| 17. Death of a close friend                                                                                                                               | 37         |
| 18. Changing to a different line of work                                                                                                                  | 36         |
| 19. Major change in the number of arguments w/spouse (i.e. ... either a lot more or a lot less than usual regarding child rearing, personal habits, etc.) | 35         |
| 20. Taking on a mortgage (for home, business, etc. ... )                                                                                                  | 31         |
| 21. Foreclosure on a mortgage or loan                                                                                                                     | 30         |
| 22. Major change in responsibilities at work (i.e. promotion, demotion, etc.)                                                                             | 29         |
| 23. Son or daughter leaving home (marriage, attending college, joined mil.)                                                                               | 29         |
| 24. In-law troubles                                                                                                                                       | 29         |
| 25. Outstanding personal achievement                                                                                                                      | 28         |
| 26. Spouse beginning or ceasing work outside the home                                                                                                     | 26         |
| 27. Beginning or ceasing formal schooling                                                                                                                 | 26         |
| 28. Major change in living condition (new home, remodeling, deterioration of neighborhood or home etc.)                                                   | 25         |
| 29. Revision of personal habits (dress manners, associations, quitting smoking)                                                                           | 24         |
| 30. Troubles with the boss                                                                                                                                | 23         |
| 31. Major changes in working hours or conditions                                                                                                          | 20         |
| 32. Changes in residence                                                                                                                                  | 20         |
| 33. Changing to a new school                                                                                                                              | 20         |
| 34. Major change in usual type and/or amount of recreation                                                                                                | 19         |
| 35. Major change in church activity (i.e. ... a lot more or less than usual)                                                                              | 19         |
| 36. Major change in social activities (clubs, movies, visiting, etc.)                                                                                     | 18         |
| 37. Taking on a loan (car, tv, freezer, etc.)                                                                                                             | 17         |
| 38. Major change in sleeping habits (a lot more or a lot less than usual)                                                                                 | 16         |
| 39. Major change in number of family get-togethers ("")                                                                                                   | 15         |
| 40. Major change in eating habits (a lot more or less food intake, or very different meal hours or surroundings)                                          | 15         |
| 41. Vacation                                                                                                                                              | 13         |
| 42. Major holidays                                                                                                                                        | 12         |
| 43. Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, etc.)                                                                 | 11         |

Now, add up all the points you have to find your score

**TOTAL**

150pts or less means a relatively low amount of life change and a low susceptibility to stress-induced health breakdown.  
 150 to 300 pts implies about a 50% chance of a major health breakdown in the next 2 years.  
 300pts or more raises the odds to about 80%, according to the Holmes-Rahe statistical prediction model.