

Poverty Simulation Insights

Instructions: Reflect on the simulation and answer all of the following questions related to struggles you might have encountered during the simulation.

1. What were your initial thoughts and emotions during the simulation, and how did they change as the activity progressed?

During the simulation, I was annoyed, honestly. I was not informed of what each “location” meant and what they did help you with. I also understood how some people live and struggle. I was a young girl with a baby in the homeless shelter, which is a hard situation to be in. Toward the end, I was able to complete all of the instructions I was given, which was rewarding. The “robber” was unnecessary, in my opinion.

2. How did the limited resources and financial constraints impact your decision-making? Were there any moments where you felt particularly overwhelmed or stressed?

I think it made me think hard on what I wanted to sell, spend my money on, and use a transportation ticket on. I felt overwhelmed by how the workers spoke to people; I don't believe that is how everyone behaved. Also, when the robber, robbed me, I felt stressed.

3. How did the simulation change your perspective on the daily struggles of individuals and families living in poverty?

I think it showed me to have empathy towards clients in that situation.

4. What challenges did you face in balancing necessities like housing, food, healthcare, and emergencies with limited income?

When to use my transportation tickets.

5. How did the stress of living in poverty affect your ability to think clearly, plan ahead, or manage crises?

A lot was going on at once, making it hard to think clearly.

6. In your future role as a healthcare provider, how might understanding the impact of poverty influence your approach to patient care?

It will help me develop empathy by caring for the patient while I try to understand their current situation, even if it is not something I understand.

7. What aspects of the simulation most surprised or impacted you? Were there situations that you had not considered prior to the exercise?

The way the people spoke to the clients of the community. Yes.

8. How do you think poverty influences a person's physical and mental health? How can healthcare professionals address these challenges?

Poverty can make the client feel depressed, especially if the client has children. If the health care professional cares holistically for the client, it can benefit the client and family. Also, finding resources.

9. What role do you think empathy plays in delivering effective healthcare to individuals facing poverty? How can you cultivate this in your practice?

Empathy is the biggest thing because being able to understand the clients situation and put yourself in their shoes, it can help you care for them more providing caring care.

10. Reflect on the limitations of the simulation itself. How does this exercise compare to real-life experiences of poverty? What additional factors might affect those living in poverty?

I have never experienced or seen someone experiencing poverty, so I feel like it doesn't have any expectations for the reality of this simulation. I think more interactions occur during poverty, which can affect the factor of living in poverty.

I have not received, knowingly given, nor tolerated the use of unauthorized aid on this work.

Signature: ___Ginaveve Jessup___

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