

# 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?**

My initial thought was that it was very stressful and overwhelming. Towards the end of the 3<sup>rd</sup>/4<sup>th</sup> week, I was feeling a little less stress but something else happened that made me feel more stressed again. It was an emotional roller coaster.

**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 was stressed and overwhelmed during the whole time. Not knowing what all the different resources could help with was stressful. I wish I knew more of what the difference resource and financial constraints had to help my family but in the real world, they will not volunteer that information.

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

Yes, it did. I had a little understanding because of how I grew up. However, we did not experience anything like that. It was very eye opening.

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

There was a lot of challenges that I face. I was a husband who recently lost his job of 20 years. We are trying to serve on one income until I found a new job. In the process, we did lose power but never got

evicted. Also, one week we did not get to the store to buy food for the family. I felt like there was not enough time get everything done.

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

I was not thinking clearly. I was so overwhelmed that I did not know what to do at times. There was no time to plan. I tried to at the start, but the weeks went on and I had no plan on what to do. It was hard to manage crises because I was starting to get angry and upset.

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

I would be able to empathy with them and try my hardest to help them get though poverty. I would give them a little grace and understand that if they are rude to me to not take it personally because they are going through so much stress that they cant control it.

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

It surprised me was that there was no guidance at the start, but after reflecting there is no guidance in the real world. It's up to yourself to find resource and help. I did not know that the social security place could have helped with home financing. I though it only had to do with a job. Also, never getting a receipt surprised me because I was so overwhelmed that I did not think about getting a receipt to prove that I paid my bill. In real life, I have all the receipt for everything but going through that, I didn't even think of that.

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

100%, I feel like poverty affects someone physically and mental health. Being under that much stress, your body is not getting the appropriate nutrition or rest to function normally. Mentally, you would be drained, and your emotion would be everywhere. Which could lead to fatigue and infections. As a healthcare worker, we have provided resources that could help them in many ways. Like getting social work involved or suggesting seeing a psychologist to talk about everything they are experiencing and try to come up with goals to meet.

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

Everyone on the care team can play a role in empathy when caring for patients. The provider needs to be understanding and listening to the patient about their currents. They need to create a plan of care that meets all the needs but that is within the limits of the patient's situation. A nurse can sit with them and listen to what they are experiencing. We can be a shoulder to cry on. Also, if we feel like or the patient feels like that are not getting the appropriate care, we can speak up for them in hopes of the patient is being heard and the provider will take a different approach in the plan.

**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 personally feel like this simulation gives a good idea of what it is like in the real world that someone might go through. Trying to get help but people are treating other with disrespect. How it could be easy to turn to drugs or try to sell anything to make quick cash. It shows how someone who is desperate to get help/money, what they would do to get some. Also, it shows the way how other will treat each other. Most of the time, it is disrespectful/angry/sad. It's a roller coaster of emotions. I went through the emotions when my power was shut off and didn't think it would happen. You never know what will happen.

**Honor Code**

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

Signature: Kaylee Andersen Date: 10/10/2024