

# 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?**

I was very stressed throughout the simulation. It was very overwhelming to have to do all those things in 15 minutes. At first, I was not stressed or nervous at all but as the simulation went on, my stress got worse.

**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 had cancer during the simulation, so I had to completely disregard my treatments to be able to afford everything else for my family. I was very overwhelmed and stressed the entire simulation.

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

It made me think more on how people live their normal day to day life. It was interesting to see how some people live their life with that much stress.

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

I was not able to get the healthcare that I needed due to putting my family first and making sure they had food because I was not able to afford healthcare. We were able to get by with finances but barely.

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

I was not able to think clearly because I had so much to do in such little time.

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

I will make sure that I can ask if I can point them to groups or get them to appointments if they do not have those resources.

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

This showed me how some people live every day and it was very eye opening to have to go through what some people have to go through on a daily basis.

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

It can cause depression in people who live in poverty, and they are at a higher risk of suicide. Healthcare workers can know the signs of depression and help these individuals get the help that they need.

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

Always being kind to a person can go a long way. I will always be kind and considerate to patients because you never know what someone is going through.

**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?**

Additional factors can be healthcare, a safe living environment, putting food on the table, etc.

**Honor Code**

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

Signature: Isabella Leevey\_\_\_\_\_ Date: \_\_10/10/2024\_\_\_\_\_