

## *A Day in the Life*

### Flowchart

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#### **Background:**

In 2015, Cleveland State University conducted a report in conjunction with data provided by the Cuyahoga Metropolitan Housing Authority, in order to better understand mobility as it pertains to Housing Choice Voucher participants<sup>1</sup>. From a collection of surveys, focus groups, and literature in the field, the researchers concluded wellness<sup>2</sup>, alongside education, and transportation, are the leading domains that greatly influence mobility - or the lack thereof.

#### **Goals:**

The main goal of this flowchart is to better illustrate mobility as it pertains to an everyday HCVP participant; in addition, we would like to use this flowchart as a model, to serve as a guide to completing other flowcharts that relate to housing mobility in Cleveland. Lastly, we aspire to use this flowchart, as a useful illustrative tool, which Hackathon participants can reference, in order to better understand our problem statements.

#### **How it Works:**

Using data from the CSU study, and an actual property listed on gosection8.com<sup>3</sup>, the flowchart is written from the perspective of a fictitious household - whereby, Ashley, a single mother, who has one child (Jake), and no car, navigates through the day. Based on the data, we opine wellness, education, transportation, and internet connectivity, will all play a factor in the decisions Ashley and Jake make throughout the day.

#### **Introduction:**

Ashley lives in the Collinwood neighborhood with her son Jake on Woodworth Road. They live in a 2 bedroom, 1 bathroom apartment. Her rent is \$650/month. In addition to taking care of her 15 year old son Jake, she works 8 am - 2pm Monday through Saturday at Jack's Casino. She also takes online classes at CSU, despite not having internet access at home. Jake attends John Marshall School of IT, because he has a

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<sup>1</sup> The Housing Choice Voucher Program (HCVP) provides rental assistance to help low income persons afford decent and safe rental housing.

<sup>2</sup> The data used the term safety; however, for this flowchart, we are coupling safety alongside access to grocery, in order to form one category of wellness.

<sup>3</sup> This is what HCVP participants use to find homes.

strong interest in technology. This flowchart highlights a day in their life. (Continue to Flowchart)

## References:

### CSU Study

- Hexter, K. W., Keating, D., Davis-Jones, M., Mikelbank, B., Veres, M., & Huang, J. (2015). *Understanding The Location Decisions of The Cuyahoga Metropolitan Housing Authority's Housing Choice Voucher Holders: Pilot Study*. CENTER FOR COMMUNITY PLANNING AND DEVELOPMENT. Retrieved January 05, 2017.

### *If Jake arrives a little later each day, he would develop a tendency of being tardy. Tardiness significantly impacts graduation rates*

- Gottfried, M. A. (2014). The achievement effects of tardy classmates: evidence in urban schools. *School Effectiveness & School Improvement*, 25(1), 3-28. doi:10.1080/09243453.2012.728135

### *This can lead to teen pregnancy.*

- D. (2012). *Monitoring Your Teen's Activities: What Parents and Families Should Know*. Center for Disease Control. Retrieved January 05, 2017

### *Although quick to prepare, copious amounts of processed foods can have long-term damaging side effects on consumers.*

- D. (2012). Get the Facts: Sodium's Role in Processed Food. Center for Disease Control. Retrieved January 05, 2017.

### *Lunch Time! Ashley's neighborhood offers little to no quality food; therefore, she often eats unhealthy meals from fast food restaurants, which potentially save on monetary costs in the short term; however, poses significant, long-term, health related side effects.*

- Nutrition Facts & Statistics. (2014). President's Council on Fitness, Sports & Nutrition. Retrieved from <https://www.fitness.gov/resource-center/facts-and-statistics/>

### *Although the library is close, it sometimes closes before Ashley can complete all of her work.*

- <http://cpl.org/locations/branches/collinwood/>

## A Day in the Life II

### Flowchart



#### Introduction:

Michael and Janet are married and receiving a voucher. A former factory worker, Michael uses a wheelchair as his way of getting around a house that lacks accessibility options. He could use internet to find jobs; however, he does not have a computer, and is intimidated by technology<sup>1</sup>. Janet has an associate's degree from Cuyahoga Community College, and works as a Shift Manager at Family Dollar. Sarah, Michael and Janet's daughter, attends John Adams High School, where she runs track & field. She could be better, but her family fears young girls are not safe to exercise within their own neighborhood. (Continue to Flowchart)

<b>Name</b>	Michael	Janet	Sarah
<b>Position</b>	Father	Mother	Daughter
<b>Age</b>	46	42	15
<b>Background</b>	former factory worker; recently lost a leg to diabetes; requires special accommodations	Works to support the family as a shift manager at Family Dollar	Student and aspiring athlete; public safety fears keep her from running in her neighborhood
<b>Education</b>	High School	Associate's Degree	10 <sup>th</sup> Grade

Figure 1

#### References:

*Janet bought an unreliable, high-mileage vehicle from a buy-here-pay-here dealership. She would go home to check on Michael, but she fears her car will break down at any moment.*

⚠ Bensinger, K. (2011, November 2). Los Angeles Times. *A vicious cycle in the used car business Sign, drive, default, repossess and resell – that's the game at Buy Here Pay Here dealerships*. Retrieved February 9, 2017, from <http://www.latimes.com/projects/la-fi-buyhere-payhere/>

*With Michael's poor physical health, and extended periods of isolation, this can have damaging effects on his mental health, leading to depression.*

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<sup>1</sup> <https://theamericangenius.com/business-news/unemployed-americans-universally-intimidated-by-job-search-resume-creation-study/>

- ⚠ Depression and pain Hurting bodies and suffering minds often require the same treatment. (2010). Harvard University Health Publications. Retrieved February 8, 2017, from [http://www.health.harvard.edu/mind-and-mood/depression\\_and\\_pain](http://www.health.harvard.edu/mind-and-mood/depression_and_pain)

*Janet could walk, or take the bus home after practice; however, amidst safety concerns she waits for her mother to get off work to take her home.*

- ⚠ Goodyear, S. (2013, June 10). *The Horrifying Inequality That Plagues Ohio Students' Routes to School*. *The Atlantic*. Retrieved February 10, 2017, from <http://www.citylab.com/commute/2013/06/why-ohios-city-kids-are-much-greater-risk-getting-hit-car/5856/>

*Michael's sedentary lifestyle combined with a high intake of fatty foods, causes weight gains, while increasing risks of heart disease.*

- ⚠ Hivert, M., Alhassan, S., Camhi, S., & Ferguson, J. (2016, August 15). *Sedentary time may raise heart disease risk - sit less, move more*. American Heart Association. Retrieved February 9, 2017, from <http://newsroom.heart.org/news/sedentary-time-may-raise-heart-disease-risk-sit-less-move-more>

*Young girls in Cleveland face an increasing risk of predation.*

- ⚠ Morris, P. (2017, February 05). *Alianna's last journey down Kinsman Road offers lessons in the dark*. *Cleveland.com*. Retrieved February 08, 2017, from [http://www.cleveland.com/morris/index.ssf/2017/02/aliannas\\_last\\_journey\\_down\\_kin.html](http://www.cleveland.com/morris/index.ssf/2017/02/aliannas_last_journey_down_kin.html)

*With limited supervision, Sarah can make unwise choices.*

- ⚠ Parker-Pope, T. (2011, February 3). *Teenagers, Friends and Bad Decisions*. *The New York Times*. Retrieved February 8, 2017, from [https://well.blogs.nytimes.com/2011/02/03/teenagers-friends-and-bad-decisions/?\\_r=0](https://well.blogs.nytimes.com/2011/02/03/teenagers-friends-and-bad-decisions/?_r=0)

*The longer Sarah waits, the less productive she will be when time to study.*

- ⚠ Richter, R. (2015). *Among Teens, Sleep Deprivation an Epidemic*. *Stanford Medicine News*. Retrieved February 6, 2017, from <https://med.stanford.edu/news/all-news/2015/10/among-teens-sleep-deprivation-an-epidemic.html>.

*Sarah eats lunch. Like the majority of her peers at John Adams, she is on a reduced lunch program.*

- ⚠ US News: John Marshall High School. (2017, January 08). Retrieved February 02, 2017, from <http://www.usnews.com/education/best-high-schools/ohio/districts/cleveland-municipal/john-adams-high-school-15165/student-body>

*Janet could reduce her carbon footprint by taking alternative measures to work, but her street has poor sidewalks and no bike lanes.*

- ⚠ Walljasper, J. (2015, January 29). *11 Reasons Why Trains, Buses, Bikes, and Walking Move Us Toward a Brighter Future*. *Project for Public Spaces*. Retrieved February 07, 2017, from <https://www.pps.org/blog/11-reasons-why-trains-buses-bikes-and-walking-move-us-toward-a-brighter-future/>