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## **Determinants of tenancy sustainment following homelessness: A systematic review**

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**Introduction:** For individuals with complex needs, the pathway of exiting homelessness can be complicated, prolonged and cyclical. Central to leaving homelessness is achieving tenancy sustainment to avoid tenure breakdown and a return to homelessness services. Occupational therapists' skills are ideally suited to supporting people to achieve tenancy sustainment.

**Objectives:** This study aimed to identify the determinants of tenancy sustainment following homelessness.

**Method:** A systematic review was conducted to collect, critically analyse and synthesise the available research. A comprehensive search strategy found published and unpublished literature. All study designs with a population of homeless or formerly homeless individuals aged 16 or over, in which tenancy sustainment was the primary outcome, were included.

**Results:** From 12,518 citations, 43 articles reporting 38 studies were included. A narrative overview of the results was conducted due to the heterogeneity of the studies. The determinants were categorised at four levels: individual, interpersonal, community and structural/system. Participation in specific programs, for example Housing First; receiving social support from family as well as support workers and being older were identified as the possible determinants of tenancy sustainment. Substance misuse was a determinant of housing instability.

**Conclusion:** The review is valuable in providing an overview of the determinants of tenancy sustainment, which can inform the development of occupational therapy interventions to support people leaving homelessness to maintain tenancies. Future research would benefit from a focus on the role of occupation in tenancy sustainment.

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