



**USING THE
BATHROOM:
THE UNSPOKEN
STRUGGLE OF
HOMELESSNESS**



Before I became Homeless I had a normal life. I worked as a Typist at a Title & Escrow company.

I am a single mother so everything I did was to give my daughter a good life. She was, and is, everything important to me. I spent most days just taking care of her.



On the few off chances I had an opportunity to go out alone, I would go out and find some live music. It was my favorite way to relax.



Before becoming Homeless, I had a normal bathroom to take care of my hygiene needs.



Every morning I would brush my teeth and hair, put on makeup, and style my outfits. Using the bathroom was a normal and regular part of my daily routine.

Every night I would shower and make sure my daughter did the same. The bathroom was core to meeting our basic needs.



Then... one day.. I got fired so the boss could hire someone new at a lower wage. This resulted in me missing rent for the first time ever and being evicted. All housing support was full. We became Homeless.



I had never before thought about how necessary a bathroom was until I didn't have access to one.

Every public bathroom we went to was filthy and so gross. It was something we had to get used to.



Finding ways for my child to safely use disgusting bathrooms became a super power... and broke my heart wide open.





Everywhere we went there were cops harassing Homeless people. I had to learn to move from place to place to use the bathroom w/out finding cops.

Using the bathroom became a problem. It went from something I never thought about to something I had to think of constantly. Where to go?

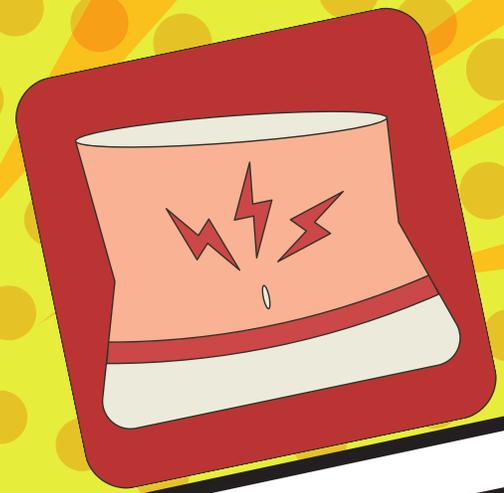


I found that even in bathroom emergencies there is no place to go. urgency means nothing when you don't have a bathroom of your own.

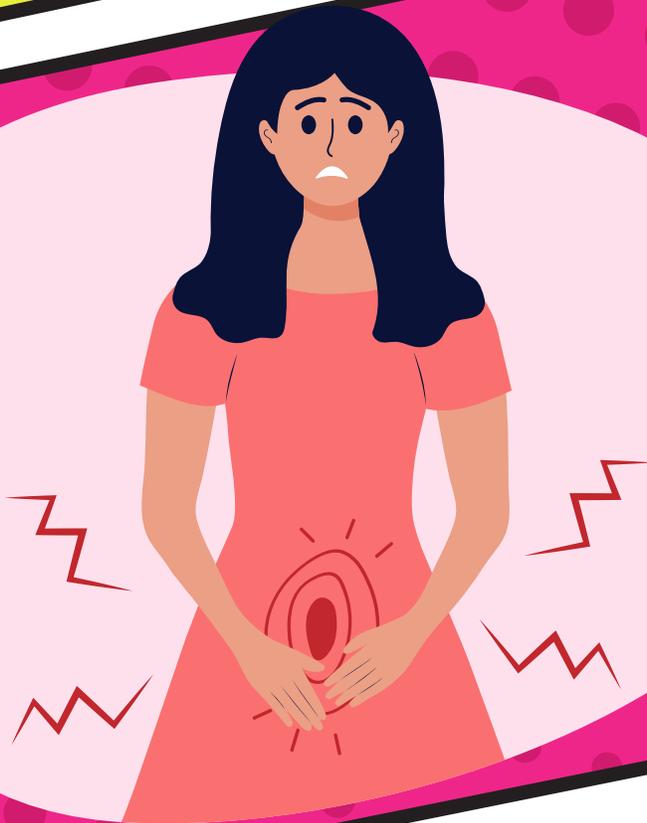
We learned to use the bathroom in places we would have NEVER thought of before becoming Homeless.



Our problems compounded. Having no bathrooms means having no hot water. In fact, all my non-medication tools for dealing with premenstrual cramping were gone.



Menstruating while Homeless is entirely miserable. You can't shower, clean up, do laundry or even pee on demand. You always have to beg for access.



Just imagine having a Period emergency in public with no place to go.





I discovered that finding public bathrooms is not an easy task. Many places require purchase or codes that they won't give to the Unhoused.



A lot of the bathrooms we do find aren't only gross but also infested with bugs. I've never seen so many bugs in my life before becoming Unhoused.

To my dismay we learned that even when we find a clean bathroom we can't use it too often without getting kicked out.



Generally speaking, the public seems to hate the Unhoused. Many times we hear angry remarks from people who don't want to see us alive.



Even scarier than that though..is going to the bathroom at night in public spaces. We've been harassed and harmed multiple times. It never gets better.



If we try to report wrongdoing we find that those in charge always side with the people who have the most money. We are never protected.



Of course, finding a bathroom to use isn't our only problem. Finding a shower is even harder. Many gyms don't allow kids and when they do they often treat you bad once they know you are Homeless.



Get a Job!

Who will hire me when I can't even find a shower?



Before becoming Homeless I rarely thought about bathrooms. Now, I know how important they are and society forces me, and my child, to suffer without.



**EVERYONE
DESERVES
A BATHROOM**

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