

*At the heart of every human relation is the desire to thrive.*

The Community Action Poverty Simulation will open your mind to truly understanding the dynamics of...

Living in poverty...  
Working, yet being poor...  
Raising a family in poverty...

For more information or to schedule a Poverty Simulation for your organization, business, church group or club, please contact:

NEK-CAP, Inc.  
PO Box 380  
Hiawatha, KS 66434  
Phone: 785-742-2222, ext. 135 or  
Toll-free: 888-904-8159, ext. 135  
Email: [lgrier@nekcaph.org](mailto:lgrier@nekcaph.org)  
Fax: 785-742-2164

#### **THE PROMISE OF COMMUNITY ACTION**

*Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other.*

#### **NEK-CAP, Inc.'s VISION**

*One by one all individuals, families and communities become self-reliant.*

NEK-CAP, Inc. is an equal opportunity provider and employer.

#### NEK-CAP, Inc. Offices:

Administrative Office (Hiawatha)  
785-742-2222 or 888-904-8159  
[www.nekcaph.org](http://www.nekcaph.org)

Atchison County (Atchison)  
Early Head Start & Outreach Office: 913-367-7114  
Head Start Center: 913-367-7848

North Brown County (Hiawatha/Sabetha)  
Early Head Start, Head Start Center & Outreach Office: 785-742-2222 x 113 or 114

South Brown County (Horton)  
Early Head Start, Head Start Center & Outreach Office: 785-486-2965

Doniphan County (Troy)  
Early Head Start & Outreach Office: 785-985-2619

Jackson County (Holton)  
Early Head Start & Head Start Center:  
785-364-2109  
Outreach Office: 785-364-4055

Jefferson County (Meriden)  
Head Start Center & Office: 785-484-3317  
Early Head Start: 913-547-1362

Leavenworth County (Lansing)  
Early Head Start, Head Start Center & Office:  
913-651-5692

Marshall County (Marysville)  
Early Head Start, Head Start Center,  
& Outreach Office: 785-562-2941

Nemaha County  
Early Head Start & Office (Sabetha): 785-300-0109  
Early Head Start, Head Start Center  
& Office (Seneca): 785-336-2927

Pottawatomie County (Westmoreland)  
Early Head Start & Outreach Office: 785-457-0122

JW, MC, OB, RP, RL, SM & WS Counties (Beloit)  
Outreach Office: 785-547-7136



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# NEK-CAP, Inc.

*We provide comprehensive education and social services to low-income community members through collaborative partnerships focused on promoting the development of individuals and families, empowerment, and economic security.*



## Community Action Poverty Simulation (CAPS)



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## Poverty -

Feeds into cycles of teen pregnancy, drug and alcohol abuse, poor health, and nutrition, violence, incarceration.

### A Month in Poverty

#### In Week One

You'll try to figure out what you have to do first, what can wait and what the consequences of your actions may be.

#### In Week Two

You'll realize how frightening it is when you don't have enough money for all your bills. The frustration of waiting in line after line begins to take its toll.

#### In Week Three

The delicate balance you have maintained begins to fall apart when such real-life events as eviction notices, child care arrangements falling through, and problems with your job begin.

#### In Week Four

You will struggle to get all of your bills paid, avoid the payday lenders, and keep your children in school, fed and safe.

**At the end, you'll be changed forever.**

*"The cry of the poor is not always just, but if you don't listen to it you will never know what justice is."* -Unknown

## POVERTY SIMULATIONS

The Community Action Poverty Simulation (CAPS) is a unique tool that community action agencies are able to use to educate everyone, from policy makers to local community leaders, about the day to day realities of life with a shortage of money and an abundance of stress. CAPS is a copyrighted tool made available by the Missouri Association for Community Action to organizations that want to promote a greater understanding of poverty.

During a simulation, participants role-play the lives of low-income families, from single parents trying to care for their children to senior citizens trying to maintain their self-sufficiency on Social Security. The task of each family is to provide food, shelter and other basic necessities during the simulation while interacting with various community resources staffed by low-income volunteers.

Although it uses "play" money and other props, fictional scenarios, and time limits, CAPS is not a game. It is a simulation tool that enables participants to view poverty from different angles in an experiential setting, while empowering low-income volunteers by allowing them an opportunity to interact with leaders from their community.

Who might participate in your poverty simulation? Local human service agency personnel; church staff, volunteers and clergy; school faculty and staff; high school and college students; community leaders and volunteers; government officials and policymakers, employers; law enforcement officials and many others.

The experience lasts from two to two and a half. It includes an introduction and briefing, the actual simulation exercise, and a debriefing period at the end of the simulation, in which participants and volunteer staffers share their feelings and experiences and talk about what they have learned about the lives of people in poverty.

### What is needed for a Poverty Simulation?

- ❖ A large room (3,000 square feet)
- ❖ Approximately 125-175 chairs and 13-15 tables (depending on your group size)
- ❖ Approximately two (2) hours to set-up for the simulation
- ❖ 15 - 20 Resource Volunteers to be at the resource tables
- ❖ 40 - 88 participants (min. number recommend is no less than 40 participants/max. is 88)
- ❖ Microphone for facilitator (preferably wireless)

*"The Community Action Poverty Simulation (CAPS) – an interactive, immersion experience – is owned by the Missouri Community Action Network. The simulation provides a glimpse into the structural barriers of poverty to transform participants' perspectives about their own communities. These transformed perspectives inspire action toward positive community change. If you are interested in learning more about the Community Action Poverty Simulation or purchasing a CAPS kit license, please visit [communityaction.org](http://communityaction.org) or [povertysimulation.net](http://povertysimulation.net)."*

