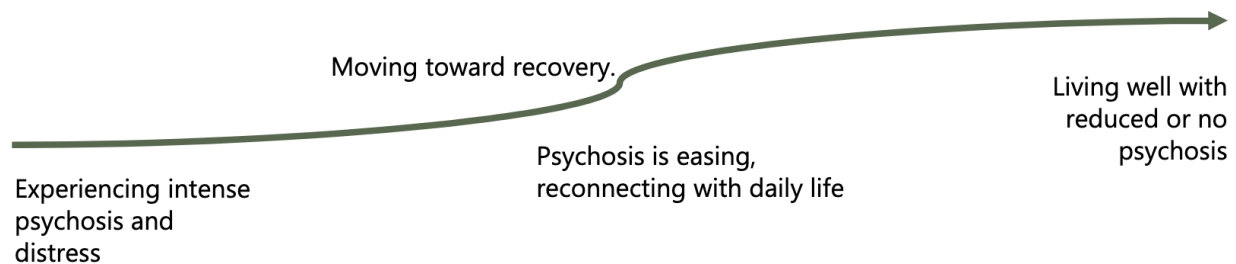




For the Caregiver: Managing Symptoms

Your loved one has a similar worksheet that allows them to reflect on their journey as they work to understand and manage their symptoms. This worksheet for caregivers enables you to record and track your feelings and observations, as well as support communication and collaboration with your loved one and their treatment team. Your continued support, empathy and understanding will be invaluable in helping your loved one manage symptoms and work toward recovery.

You can use the graphic below to reflect on your loved one's recovery journey and identify the support that might help them the most.



Part 1 of the "I'm Diagnosed. Now What?" toolkit shares some strategies on pages 14-17 that you might use to help your loved one navigate their symptoms. Depending on your loved one's stage of recovery, you may be the only one completing these worksheets. But making sure you foster a sense of safety and trust will be critical to engaging your loved one in the process.

Describing your loved one's symptoms might be triggering to them, depending on their state of recovery, so please be mindful as you explore these conversations.

These are the common types of symptoms:

Positive symptoms: Common types of "positive" symptoms include:

- Delusions: Strong, fixed beliefs that do not align with reality.
- Hallucinations: Hearing, seeing, physically feeling, smelling or tasting things that are not real.
- Thought disorganization: Difficulty organizing or expressing your thoughts.



Negative symptoms: These include challenges with motivation, social withdrawal, low emotional expression, reduced speech, a loss of interest or pleasure in daily activities and difficulties with personal hygiene.

Cognitive symptoms: Cognitive symptoms are generally related to thinking and brain processing. For example, you might find it hard to concentrate on a task, remember important details or make decisions quickly. You also may struggle to follow a conversation or forget an appointment despite setting reminders.

Other symptoms: Additional symptoms can include anosognosia (a lack of understanding that you are ill), and physical symptoms (which can be caused by medication) such as nausea, headaches, diarrhea, upset stomach, constipation, headaches or weight gain.

Note: Keep this page handy as you're using the worksheets so that you'll have the symptom definitions easily accessible. Make as many copies of this document as you need, as symptoms can change.

How to use these worksheets

This document is broken into three primary sections that correspond with the "I'm Diagnosed. Now What?" toolkit sections, and it aligns with the worksheets we've created for diagnosed individuals such as your loved one. The first section is about reflecting on your loved one's symptoms. The second section addresses symptom management, and the final section describes steps to take as you and your loved one move forward.



Section 1: Reflecting on symptoms & impact on daily life

Your loved one's symptoms

Write about what you are seeing in your loved one:

Describe symptom:

Type of symptom:

- Positive Negative Cognitive Other

How has this symptom impacted their day-to-day life?

How do I feel about this symptom and my loved one?



Section 2: Managing symptoms

How to help: Part 1 of the “I’m Diagnosed. Now What?” toolkit has some ideas for your loved one on pages 14-17 about how to manage their symptoms. This worksheet may be something they want to use frequently, as their symptoms may change over time. You can collaborate with them about the symptoms they’re recording and use this worksheet to start a conversation with them about how you can provide support.

NOTE: You may find your loved one experiencing more than one symptom. Please make as many copies of this page as you need depending on how many symptoms your loved one is navigating.

Steps to take: Ways to help support

Write down some steps you can take to support your loved one:

Describe symptom(s):

Type of symptom:

- Positive Negative Cognitive Other

How I could support:

How my loved one’s recovery team and I could help with this symptom:



Section 3: Moving forward

Part 2 of the “I’m Diagnosed. Now What?” toolkit shares some ideas on pages 15-17 for questions your loved could share with their support system and/or healthcare provider regarding their symptoms. You can use the worksheet below to help you think about how to support them.

Moving forward: Ways to engage with your loved one

Example: Your loved one says, *“I feel like my positive symptoms are getting harder to manage. Can we talk through how I could better manage them?”*

Using the above example, write your question to help them understand their concerns:

What I could do to help my loved one:

Moving forward: Ways to engage with your loved one

Your question:

What I could do to help my loved one:

