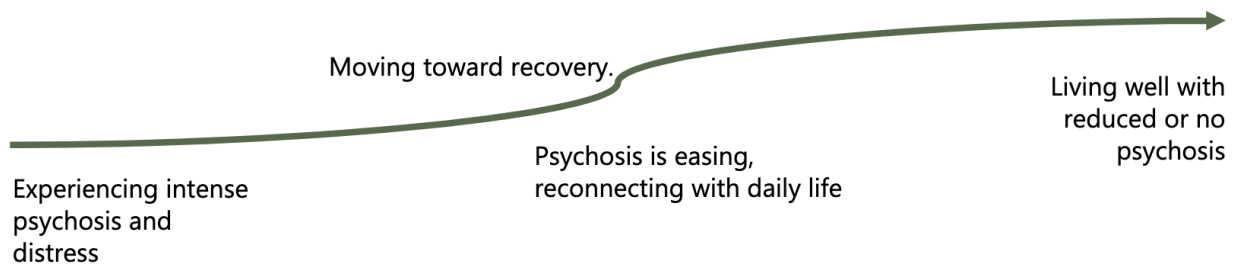




For the Caregiver: Recovery Management

Caring for a loved one with schizophrenia can feel overwhelming and uncertain at times, and it's normal to wonder what the future may hold. Recovery may look different for each person, but with the right combination of treatment, support and patience, recovery **is** possible. With your compassionate involvement, these worksheets can help you work with your loved one to manage their recovery journey.

The graphic below can help you reflect on where your loved one may be at any given time in that journey, and help you identify the support that may help them the most.





Your loved one's recovery team

Part 1 of the "I'm Diagnosed. Now What?" toolkit describes on page 8 what your loved one's recovery team could look like. How is their recovery team doing to support them?

Medication management

Who prescribes their medication? Name:

What do I like about the medication provider? What do I wish could be better? What do I wish the provider could communicate better about?

How have my loved one's symptoms changed/improved since starting medication?

Loved one's therapy

Who does talk therapy with my loved one? Name:

How is therapy working for my loved one? What do I wish could be better? What do I want to discuss that we haven't already explored?

How have my loved one's symptoms changed/improved since starting therapy?



My therapy as a caregiver

Who does talk therapy with me to support my caregiver journey?

Name:

Is therapy working for me? What do I wish could be better? What do I want to discuss that we haven't already explored?

How have I noticed changes in my capacity to support my loved one since starting therapy?

Our support system

How am I supporting my loved one getting treatment?

How could I be better in supporting? Is there something I wish could be improved?



Caregiving needs and challenges in the United States vary from state to state and in every way imaginable. Caregivers often must navigate the criminal justice system; hospitals and doctors; insurance and disability; housing; guardianship; and more. Drawing from resources in the **"I'm Diagnosed. Now What?"** toolkit, you can use this worksheet to guide your search for information and support.

What are your top priorities and/or challenges?

- | | | |
|---|---|--|
| <input type="checkbox"/> Court/legal issues | <input type="checkbox"/> Therapist | <input type="checkbox"/> Food stamps |
| <input type="checkbox"/> Police | <input type="checkbox"/> Case manager | <input type="checkbox"/> Housing |
| <input type="checkbox"/> Hospital | <input type="checkbox"/> Coordinated care | <input type="checkbox"/> Estate needs |
| <input type="checkbox"/> Medication | <input type="checkbox"/> Insurance | <input type="checkbox"/> Guardianship |
| <input type="checkbox"/> Prescriber | <input type="checkbox"/> Disability | <input type="checkbox"/> Conservatorship |
| | <input type="checkbox"/> Regular income | <input type="checkbox"/> Special education |

NOTE: You may check several boxes above. Print as many copies of this page as needed.

Recovery management: All the ways a caregiver may need to help

For the item(s) checked above:

What is the current situation?

How would I like to improve it?

Who could help me improve the situation? How can I contact them?



Additional Personal Notes
