

ROLE OF THE FAMILY

WORKSHOP FOR INFORMAL CARERS OF MH NEETS

PART I

90 minutes



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AGENDA

1. Discussion - 20 min
2. Components of the informal career's engagement - 20 min
3. Areas of support - 20 min
4. Difficulties encountered in providing support - 30 min



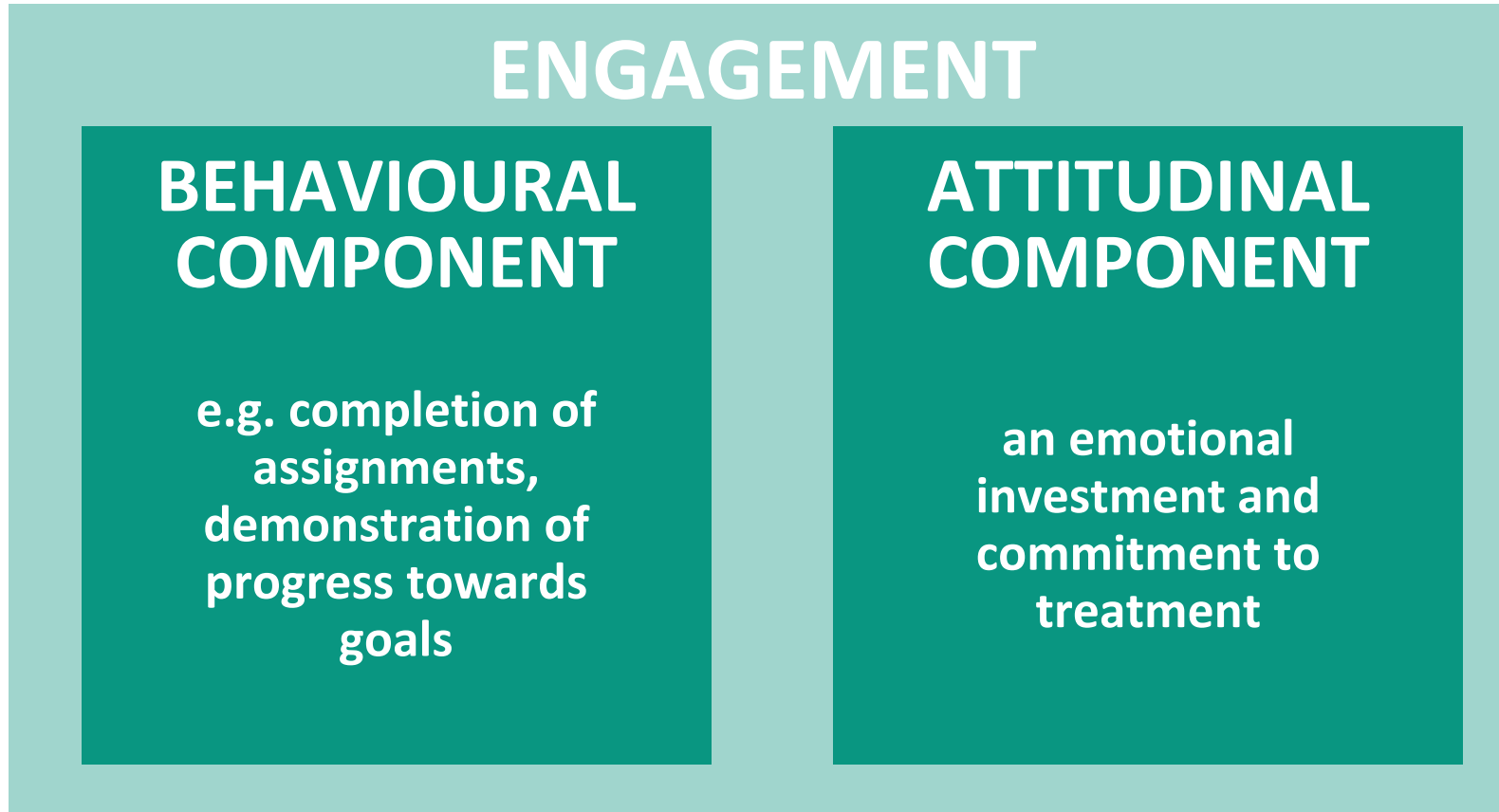


HOW CRUCIAL IS THE ROLE OF THE FAMILY IN PROVIDING SUPPORT TO MH NEETS?



DISCUSSION

ENGAGEMENT COMPONENTS





HOW DO YOU UNDERSTAND ENGAGEMENT TO YOUR LOVED ONE'S HEALING PROCESS ?



DISCUSSION



AREAS OF SUPPORT

1. Monitoring symptoms and adherence to treatment plans,
2. Providing housing,
3. Assisting with activities of daily living,
4. Maintaining records of treatments, medications or hospitalisations,
5. Encouraging and supporting actions related to education/training/employment,
6. Provide crisis intervention,
7. Advocate on behalf of the MH person in their care,
8. Provide information on the context of the MH person in their care, to assist professionals in understanding them as a whole person.



WHAT ARE THE DIFFICULTIES THAT YOU HAVE ENCOUNTERED SUPPORTING YOUR LOVED ONE?



DISCUSSION



MOST COMMON DIFFICULTIES ENCOUNTERED IN PROVIDING SUPPORT

- Suffering social pity and self-stigma,
- secluding and isolation,
- feeling overburden,
- lack of easily available knowledge,
- formed view that career means only paid work and that the person cannot have a career due to their MH condition,
- being unfamiliar with the range of careers and supports available to MH people,
- not knowing how to talk to MH person about their skills and interests and career planning, and who to talk to about support services,
- informal careers having no time and possibility to look after themselves.



SUMMARY

THANK YOU!