

# Self Reliance 😊

It is important for everyone to know certain activities to be able to live independently, such as shopping for basic needs, cooking own meals, washing own clothes, using public transport, using mobile phones, engaging in an occupation etc.

Some of these activities might require your family member with schizophrenia to learn new skills. For example, shopping for daily needs would require skills such as creating a list of items needed, calculating and managing money, deciding which product is better, negotiating the price etc.



## To gain confidence for an activity:

There might be some activities that your family member knows how to do but might not feel confident enough to perform them independently.

Tips for helping your family member perform such activities:

- Divide the activity into smaller steps or tasks. Ask him/ her to perform one step at a time. Once they are confident of doing a step independently, then they can move to the next step.
- Give positive encouragement at every step.
- Discuss the challenges faced by him/ her and help them overcome them.

## To learn a new activity:

There are some tips below on how you can try and help your family member learn a new activity:

- Help your family member select a new simple activity to learn.
- Let them observe or accompany a family member/friend while they are performing the activity.
- Help them divide the activity into subtasks or smaller steps.
- Encourage them to take up the first task or step that he/ she finds the easiest. Let him/ her learn and practice it.
- Once he/ she is confident of performing this subtask or step, move on to the next step.
- Discuss the challenges faced by your family member and help them overcome them.
- Give positive encouragement at every completed step.



# Engaging in an Occupation

People with schizophrenia can live independently. They can hold a job, get educated, build close relationships, and contribute to the household work.

An occupation can be a job of any kind or running a business. Doing household work or studying are also important occupations.

Each person has different strengths and skills. Engagement in an occupation and doing productive work, as per one's strengths and skills, is important to feel good about oneself.

There are various coping strategies that can help a person with schizophrenia sustain their engagement in the chosen occupation, such as:



- Encourage him/ her to start with the occupation that he/ she is familiar with or the one that matches with his/ her skills and strengths.
- Ensure that he/ she is taking the prescribed medicines regularly.
- If you observe any warning signs of illness or increase in symptoms, discuss with the patient.
- Discuss any change in symptoms with the psychiatrist .
- There can be days when your family member may not seem to be interested in meeting people or in completing some of the tasks. You can give them gentle reminders to complete the tasks of the day. Some days you may have to engage with them and motivate them to complete their tasks. You can read more about the negative symptoms in the module on “About Illness”.