

## Role of the Family and Friends

- ◆ Learn about schizophrenia. It is important to recognise one's own prejudice and stigma against schizophrenia within the family. Otherwise this can often manifest in over-protectiveness or a critical / negative attitude towards the loved one.
- ◆ Actively participate in the treatment of schizophrenia collaboratively with your loved one and the treating team from the earliest stages.
- ◆ Once the treatment plan has been agreed on, follow up on the agreed plan and continuously discuss ongoing issues / concerns with the treating team
- ◆ Participate in all aspects of treatment ranging from monitoring of medication to rehabilitation
- ◆ Clarify treatment goals every step of the way
- ◆ Support the loved one in maintaining regular daily routines to abate the apathy and decreased motivation that occurs as part of the illness
- ◆ Praise and affirm positive changes in your loved one's life to foster self-confidence
- ◆ It can be counterproductive to collude with your loved one when he/she is ill. Therefore say 'no' when it is appropriate to do so but with clear explanation of the reasons
- ◆ It is important to manage your own stress from caring for your loved one. Be open to accepting necessary support and assistance.



[www.saewoomtor.org.nz](http://www.saewoomtor.org.nz)



## Schizophrenia

Schizophrenia affects one's speech, behaviours, emotions and cognitions, which can then manifest as symptoms of disordered thoughts, delusion, hallucination, loss of touch with reality, or bizarre behaviour. It can occur at any time in life but most often starts around the age of 20 and may have a genetic component. Most people with schizophrenia can function adequately as a member of the family and society with appropriate medication treatment, social rehabilitation, and family and social support.

### Symptoms

People may hear voices, see, feel, smell or taste things that are nonexistent. Thoughts can be disordered or irrational. At the same time they may be less emotionally involved, have fewer thought processes, and look after themselves poorly e.g. unkempt or poor hygiene, and withdrawal from family, friends and society in general.

### Treatment

- ◆ **Medication:** This is the backbone of treatment and targets the imbalance of chemicals in the brain to prevent relapses of symptoms and to help your loved one to return to their normal state of functioning.
- ◆ **Psychological Therapy:** This is targeted at improving understanding of the illness as well as enhancing one's strengths to improve their social and interpersonal functioning.
- ◆ **Rehabilitative Therapy:** Social and occupational rehabilitative therapy assists in regaining independence in the community, which also helps to prevent further relapses alongside treatment with medication



**Sae Woom Tor** is a charitable trust set up in 2009 to support and help Korean individuals and/or their families who suffer from mental illness and to give them hope for the future. The members are bilingual mental health and addiction professionals, including psychiatrists, social workers, nurses and counselors. **Sae Woom Tor** refers to a place where new sprouts burst open in spring; it is a symbol of hope for the future.

Sae Woom Tor aims at promoting the mental health and wellbeing of all people in the Korean community by providing information, education and workshops as well as advocacy to the appropriate mental health services.

**Sae Woom Tor** provides workshops for professionals sharing culturally appropriate service regarding Korean mental health.

For further information please visit our website

[www.saewoomtor.org.nz](http://www.saewoomtor.org.nz)

If you have any questions please feel free to contact us by email; [admin@saewoomtor.org.nz](mailto:admin@saewoomtor.org.nz)

**Sae Woom Tor guarantees strict confidentiality**

This brochure is intended to help you better understand mental health. Please consult your doctor for accurate diagnosis and treatment. (Updated June 2017)