



Caring Card



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You went out for a pleasant walk with an ill family member or friend. **Remove two pieces from another players' cup.**

FACT: People who are recovering from psychosis symptoms do better with quiet activities, one-on-one, with people they know.

You went to a class or group to learn more about psychosis or mental illness. **Remove a piece from another players' cup.**

BONUS: Any player who has been to a class about mental illness like Strengthening Families Together can remove one piece from their cup

You got respite care (help that gives you a break from caregiving) for your family member. **Remove two pieces from your cup and one from another players' cup.**

FACT: Getting the help you need helps everyone, prevents family members from burning out, and helps keep a positive and calm environment for recovery.

You gently reminded and encouraged your ill family member to bathe and brush their teeth. **Remove two pieces from another players' cup.** **FACT:** Persons who are ill with or recovering from psychosis sometimes have a hard time getting motivated to look after their body. Friendly encouragement can help.

You worked with your ill family member and the rest of your family to create a family action plan for what to do if your family member has a relapse of their illness. **Remove two pieces from another player's cup.**

You sat down with your ill family member or friend and wrote down the signs they showed when they were becoming ill.

Remove two game pieces from another player's cup **BONUS:** If you have already done this task in real life, remove one more piece from their cup.

You went to a family support group.

Remove two pieces from your cup and two pieces from another players' cup.

FACT: Family support groups help family members deal with their own feelings about the illness.

You were patient about waiting for answers from your ill family member to your questions. **Remove two pieces from another players' cup.** **FACT:** When the brain mechanism for thinking is not working as it should, answers may take a long time. Patience is helpful.

You hosted or attended a small quiet family gathering. **Remove two pieces from another players' cup.** **FACT:** Low key, positive gatherings with familiar people allow a person in recovery from psychosis to be social in a comfortable way.

If there has been a relapse, when your family member is feeling better, you took time to review your illness management plan together and see if any changes are needed – What worked? What could have been done differently? **Remove two pieces from your cup and one other players' cup.**

Your young son broke something really valuable. Rather than yelling, you sat down and discussed with him what happened. **Remove two pieces from another players' cup.** FACT: Maintaining peace and calm around a person healing from psychosis is helpful to their recovery.

Your ill/recovering family member seems anxious and agitated. You put on some calm, soothing music. **Remove two pieces from another player's cup.** FACT: Maintaining a calm, pleasant environment is helpful.

You found something positive your ill or recovering family member has done and complimented them on it. **Remove two pieces from another player's cup.**

You went to a family education program for families of persons with a mental illness and learned problem-solving skills. **Remove two pieces from your cup and another player's cup.**

You noticed some early warning signs of relapse and encouraged family member to get in touch with mental health provider. **Remove two pieces from another player's cup.**

Your family member is convinced the police are spying on the house. Rather than arguing with them, you said you were so sorry that they were feeling afraid, that that must be terrible. **Remove two pieces from another player's cup.** FACT: Avoid arguing with people who are having delusions. Instead, empathize with what they are feeling, without agreeing with their belief.

You are being patient with your family member about the length of time it takes to recover. **Remove two pieces from another player's cup.** FACT: Even when hallucinations or delusions are under control, and the person is taking a helpful medication as prescribed, can take awhile for the brain to heal.

Your family member came downstairs and did the dishes. You thanked them and said how much you appreciated it. **Remove two pieces from another player's cup.**

You learned some communications skills to help you be more effective in speaking with your family member. **Remove two pieces from your cup and another player's cup.**

You took your son or daughter (who does not have psychosis) out for some enjoyable one on one time with you. **Remove two pieces from another player's cup.**

You have been needing a break. You ask one of your relatives to take care of your family member so you can take a recreational class. **Remove 3 pieces from your cup.**

You've been needing a break. You contact a respite program and get your ill family member hooked up with some activities outside the house. **Remove two pieces from your cup.**

You start attending a support group for families of persons with mental illness through the BC Schizophrenia Society or another organization. **Remove 3 pieces from your cup.**

Your family member has been complaining about side effects from their medication. You encourage them to make an appointment with their doctor to get their medication adjusted. **Remove three pieces from another player's cup.**

Your family member believes something that you know to be false, but is very upset about it. You avoid arguing with them or agreeing with them about their delusion but are sympathetic about how they are feeling about it. **Remove two pieces from another player's cup**

You are looking for more information on how to cope with your family members' illness . You visit the www.bcscs.org website and the www.earlypsychosis.ca website **Remove two pieces from your cup and another player's cup.**

Your family member is very worried that the FBI is watching the house, something you know to be false. You sit beside them and let them know you understand how they feel, given the things they are thinking. **Remove two pieces from another player's cup.** Fact: Sitting beside a person instead of facing them helps a person experiencing paranoia to feel you are on their side.

You are with your recovering family member and helping them make lunch. You provide clear, simple step-by-step instructions. **Remove two pieces from another player's cup.** Fact: Person's recovering from psychosis often think more slowly while their brain is healing. To avoid frustration, it is best to be patient, and offer clear simple instructions, repeating them if needed.

Your recovering family member is taking a long time to answer your questions. You patiently wait for them to answer, knowing that that it is normal for them right now. **Remove two pieces from another player's cup.**

Your recovering family member isn't showing their feelings very much, they seem 'flat' emotionally. You realize this is a symptom of their illness and that it doesn't mean they aren't experiencing feelings. **Remove two pieces from another player's cup.**