



Supporting Families and Carers

Families and carers of people experiencing their first episode of psychosis, or when there is a suspicion of psychosis, often have many questions they need to ask.

Common questions are:-

- “Why has this happened?”
- “Will this happen again?”
- “What about my other children?”
- “What can I do to help?”

As a carer it is important that you have the opportunity to ask these questions and receive support in working through the emotional impact of caring for a loved one with psychosis or a suspicion of psychosis.

All Care Coordinators will endeavour to provide such information and support, however should you and the case manager feel that you need more structured help, the please speak to your Care Coordinator who can help you to meet these needs.

Families and friends also play an important role in helping loved ones stay well. The Care Coordinator can provide you with information about local family and friends groups and can also provide details of the local programme.

What if your loved one does not consent to you being given information about their care / illness?

Particularly in the acute stages of psychosis, it is not uncommon for people to refuse to allow information about them to be discussed with their relatives / carers / friends. However, as they begin to recover and gain more insight this situation may resolve itself.

As health professionals the team must respect the service users request for confidentiality, which means we cannot discuss issues with the family if they do not agree that we can. The exception is emergency cases, where there is deemed to be a danger to them or others.

However, as a carer you have a right to ask for an assessment in your own right. You can discuss your feelings and concerns with the Care Coordinator who will support you, but specific information about the service user would not be discussed.

For further information on the Lancashire Early Intervention Service please visit our website:-

www.hope-health-recovery.org.uk

Email: info@hope-health-recovery.org.uk