

Schizophrenia

My Priorities for Schizophrenia Care

Adults | 10 to 15 minutes

Schizophrenia can affect perception, thinking, motivation, and functioning in different ways. A diagnosis does not erase strengths, preferences, or the possibility of a meaningful life. This page supports a conversation about care and practical goals; it is not a diagnostic test or medication plan.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Choose a life priority

A goal might involve education, work, stable housing, relationships, or feeling more able to manage a day. Describe what gets in the way and which supports already help. Small practical changes can matter alongside clinical treatment.

Make care easier to coordinate

Ask who handles medication questions, therapy, physical health, practical services, and urgent concerns. Discuss side effects or barriers with the responsible clinician rather than changing treatment independently. A support person can participate with your permission.

1. What personally meaningful part of life would you like care to support?**2. What symptoms, practical barriers, or treatment burdens interfere with that goal?****3. What question should your care team address about treatment, side effects, or physical health?****4. Who can help coordinate the next step, and what involvement do you consent to?****Clinical use and adaptation**

Use recovery-oriented language and assess cognition, communication, medical needs, and access barriers. Do not equate schizophrenia with violence or multiple personalities. Address urgent psychosis or safety concerns through appropriate care, and involve supports with informed consent and applicable duties.

Original educational resource. Adapt with a clinician; not a validated assessment or complete treatment protocol.

Conceptual references: E06, E05, E23. Full sources are in the online preview and collection appendix.

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