

Family and carers roles in treatment and care of loved ones with a mental illness...

[Sociology](#)



Family and Carers Roles in Treatment and Care Of Loved Ones with Mental Illness

Family and Carers Roles in Treatment and Care Of Loved Ones with Mental Illness

Families of individuals suffering from mental illness require support to cope with the condition of their loved ones. Carers of the patients with mental illness play an imperative role in a client's care to lessen the distress that their families may suffer (Lefley & Johnson 2010, p. 201). It is fundamental for carers to have a comprehensive understanding of mental illness, which helps in lowering stress levels among affected families. In addition, carers help boost the self-esteem of this group of families if they have a perfect understanding of mental illness. A positive response is achievable if families of persons with mental illness take part in treatment after getting encouragement, support and relevant information on mental illness (Lloyd 2012, p. 76).

Mental illness is identifiable at its early stages, which is evident by the emergence of psychosis symptoms. Recognizing the psychosis symptoms at their onset is crucial in encouraging families to seek medical assistance. Conversely, families must have adequate information on how to detect the aforementioned symptoms at earlier stage. Key among effective guidelines to treatment is psychosocial mediation to inform families on the causal factors and treatment methods (Chui & Wilson 2009, p. 96). In addition, psychosocial education enlightens families on coping plans and community resources available for mental illness. Recovery from mental illness additionally needs a supportive family and the environment, which is social. Families can delimit their roles in instances of mental illness based on

concepts of maturation, individualization, independence and maximal functioning.

Risk factors increase the chances of mental illness while protective factors minimize probabilities of its occurrence. A correlation exists between these two factors and individual's biology, personal attributes or the environment of interaction, and may provide a deeper understanding on recognizing symptoms at early stage (Watkins & Watkins 2009 p. 83). Carers can devote their time to enhance attentiveness in discharging their duties if they feel appreciated for their roles.

Bibliography

Chui, W & Wilson, J 2009, Social Work and Human Services Best Practice, Federation Press, Leichardt.

Lefley, H & Johnson, D 2010, Family Interventions in Mental Illness: International Perspectives, Praeger, Westport, Conn.

Lloyd, M 2012, Practical Care Planning For Personalized Mental Health Care. Open University Press, Maidenhead, England.

Watkins, P & Watkins, P 2009, Mental Health Practice: A Guide to Compassionate Care, Edinburgh, Elsevier/Butterworth-Heinemann.