

Coping with Difficult Behaviour: Do's and Don'ts¹

Not taking prescribed medication

- ✿ If the problem is forgetting, gently remind them when it is time to take it and find a daily routine when tablet-taking can become a habit (e.g. breakfast, toothbrushing).
- ✿ Remind them calmly that it helps to keep them well (refer to treatment of schizophrenia medication).
- ✿ Ask if she/he is having any side effects.
- ✿ Discuss with the doctor.
- ✿ If they continue refusing to take it, let the doctor know if symptoms reappear or get worse.

¹Schizophrenia: A Self-Help Guide for Relatives and Carers by Olga Piatkowska and Maria Visotina (1989)