

Stages of Change:

There are five stages of change. Remember the stages of change provide a conceptual framework, they are guidelines, not rules. It is important to recognize your family member's stage of change. Think about how you can assist in promoting change.

The stages are:

Precontemplative: In this stage your family member does not see there is a problem or issue. It is important you focus on your relationship with your family member and express concern. Attempt to understand his/her perspective.

Contemplation: In this stage your family member is considering action but has not made a commitment. Attempt to explore feelings about change more fully. Try and support them by making a pro and con list.

Preparation: In this stage your family member plans to act soon. Attempt to strengthen your family members commitment and assist in implementing S.M.A.R.T. goals. Anticipate challenges ahead and problem solve through them.

Action: In this stage your family member is actively engaged in change. Check in regularly. Support small steps; acknowledge difficulties.

Maintenance: In this stage your family member is working to maintain the change they have implemented. Provide encouragement.

About this Project:

Families are an important part of a person's recovery and well-being. The Schizophrenia & Community Integration Service (SCIS) are committed to strengthening the role of families at each step of a person's recovery. This brochure was developed by family members and healthcare professionals and is one in a series of six including:

1. Caregivers – How Are You?
2. Managing Relapse
3. Communicating with Health Care Professionals
4. Encouraging Medication Adherence
5. Fostering Independence
6. Goal Setting – How To Help?

St. Joseph's | Schizophrenia & Community
Healthcare Hamilton | Integration Service

**St. Joseph's Healthcare Hamilton
Schizophrenia & Community
Integration Service**

West 5th Campus
100 West 5th Street
Hamilton, Ontario L8N 3K7

Telephone: 905-522-1155 ext. 35599

www.stjoes.ca

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Supporting the Supporters

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Goal Setting

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Setting Goals

Goals can be tricky things to define but they are critical to recovery. Sometimes goals are too big, sometimes they are too small. You may have a different goal for your family member.

There are ways that you can help your family member identify and act on his/her goals - and find common ground on how you can support them.

Regardless of age, illness, gender or culture, everyone has goals. Setting and achieving goals are important to everyone's personal development and sense of self. People living with psychosis are no different. While the path(s) to achieving goals may be altered by illness, people living with psychosis can go on and achieve their goals. This pamphlet will help outline some of the ways you can support your family member in achieving his/her goals.

Meeting Your Family Member “Where They Are At”!

You may or may not see eye-to-eye with the goals of your family member. How you communicate is important. You can create open conversation about an issue where he/she does not feel judged. How you approach a topic may depend on how willing your family member is to make or consider a change. For example, your family member may not see a problem with his/her substance use. Rather than asking “Why don't you stop using?”; you could ask “When do you think it would be a problem?”

Explore the “Stages of Change” and how you can help your family member move towards making positive changes and setting recovery goals.

S.M.A.R.T. Goals!

Making goals too vague or large can often lead to failure. Breakdown goals into bite size pieces when helping you family member. One way of doing this is by setting S.M.A.R.T. goals using the following:

Specific - What exactly do you want to do?

Measurable - How are you going to measure it?

Attainable - Is it a realistic goal?

Relevant - Does it have meaning for you?

Timely - When will it be done?

For example, rather than saying “I'm going to get in shape”, say “ I want to lose weight so I will exercise for 30 minutes three times a week”. When setting S.M.A.R.T. goals it also helps to look at what could get in the way. Think ahead and plan for challenges along the way.

When goals are set, help your family member problem solve barriers and celebrate successes along the way.