



SCHIZOPHRENIA Factsheet

September 2020

What are life skills programs?

Life skills programs are designed to allow people with severe mental disorders such as schizophrenia to achieve greater independence, social and community functioning. For example, a life skills program may involve training in money management, organising and running a home, domestic skills, hygiene and personal care, and interpersonal skills. These programs can be organised through a day-centre unit, attended by residents of either hospitals or the community, on an individual basis or in a group setting.

What is the evidence for life skills programs?

Moderate to low quality evidence suggests life skills programs are beneficial for life skills and negative symptoms over standard care or support groups.

For more information see the technical table



NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about schizophrenia or its treatment with your doctor or other health care provider.

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au/donate/schizophrenia.