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

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.