

Schizophrenia: The Caregiver Perspective

An Exploration of the Rewards and Challenges of Caring for Someone Living with Schizophrenia

An estimated **2.4 million Americans** are living with schizophrenia.¹ However, the condition impacts many more than those patients alone. It also impacts the people who love those patients, care for them and worry about them. An online survey conducted in the U.S. by Harris Poll on behalf of Otsuka America Pharmaceutical, Inc. and Lundbeck among 302 unpaid caregivers to adults with schizophrenia sheds light on the often overlooked experience of these caregivers.* Findings reveal that many caregivers face considerable challenges in caring for their loved ones, yet they strive to maintain a positive outlook.

KEY SURVEY FINDINGS

BURDEN AND SOCIAL ISOLATION

Of caregivers surveyed:

97% said they worry on a regular basis about their loved one with schizophrenia

70% said that caring for someone with schizophrenia can be an emotional burden and **almost half** (48%) said that caring for someone with schizophrenia can be a physical burden

60% feel it may be easier to care for someone with a physical disease such as heart disease or cancer than it is to care for their loved one with schizophrenia

40% have felt excluded from family or social gatherings because their loved one with schizophrenia is not welcome

STIGMA

Of caregivers surveyed:

79% feel their loved one has been treated differently by others and **55%** feel they have been treated differently by others as a result of their loved one's schizophrenia

SUPPORT

Of caregivers surveyed:

79% wish there were more opportunities to talk to others about caring for schizophrenia patients

57% have felt nobody understands what they are going through

CAREGIVER WELL-BEING

Compared to those who are dissatisfied by available support, caregivers who are satisfied are:

More likely to feel grateful (39% v. 23%), content (27% v. 11%) and proud (38% v. 24%) about being a caregiver for their loved one.

Less likely to feel stressed (36% v. 66%), challenged (40% v. 58%), frustrated (25% v. 54%), overwhelmed (28% v. 40%), and sad (25% v. 40%).

Less likely to feel that nobody understands what they're going through (49% v. 65%).

INSIGHTS FROM A CAREGIVER**

Randye Kaye knows firsthand that caregivers play an integral role in contributing to successful outcomes for their loved ones with schizophrenia. Her son was diagnosed with schizophrenia about 12 years ago, and she has been one of his primary caregivers since. Kaye encourages all caregivers to feel empowered to seek out the support they need and deserve, so they're better equipped to take care of their loved ones.



"I know from experience the physical and emotional burdens of caring for someone with schizophrenia, but I also know how critical my involvement is to my son's success. I've learned that a caregiver's informed input can be an incredibly valuable contribution to an effective treatment team."

Kaye is a mental health advocate, actress, singer, and author of *Ben Behind His Voices: One Family's Journey from the Chaos of Schizophrenia to Hope*.

Despite challenges, of caregivers surveyed:

- 94%** said they try to maintain a positive outlook
- 68%** would likely be as involved in their loved one's care even if someone else was willing and able to be a caregiver

For more information on providing care for a loved one with schizophrenia, visit

WeLiveWithSZ.com

to register for resources and find the support you deserve.

1. The Numbers Count: Mental Disorders in America. National Institutes of Mental Health Website. <http://www.nimh.nih.gov/health/publications/the-numbers-count-mental-disorders-in-america/index.shtml> Accessed Mar. 17, 2014

* Harris Poll conducted the study on behalf of Otsuka America Pharmaceutical, Inc. and Lundbeck. The survey was administered online within the United States between January 20 and 27, 2014, among 302 adults who provide unpaid care for an adult with schizophrenia. Data were not weighted and are only representative of those who completed the survey. Certain percentages include net values (such as those who selected "somewhat agree" and "strongly agree" on a four-point agree/disagree scale).

** Randye Kaye is a paid consultant to Otsuka America Pharmaceutical, Inc. and Lundbeck