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# Australian overview of best practices in recovery and rehabilitation services for people with Schizophrenia

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# Australian overview of best practices in recovery and rehabilitation services for people with Schizophrenia

## **Abstract**

Abstract of a presentation.

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## Australian overview of best practices in recovery and rehabilitation services for people with Schizophrenia

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Several models have been developed in the western world to give patients using psychiatric services which empower them in what happens in their treatment, giving them more choice, and the right to choose. A comprehensive needs assessment of people with severe mental illness is a crucial starting point in rehabilitation. These assessments and related measurements using valid tools are measures of current level of functioning, and strength and deficits, and are used to monitor progress and plan appropriate interventions. People with Schizophrenia have complex medical histories, comorbidities and complex needs. Challenges of optimal pharmacological therapies necessitates higher doses of clozapine than are often used in clinical practice, and the current practice suggest a gradual downward titration of clozapine in stable patients to optimize the dose needed and thus reduce its side effects. There is often inappropriate poly-pharmacy due to failure of a single drug to alleviate all symptoms. Clinical recovery is defined by clinicians in their professional terms, including symptom resolution and remission and the restoration of social function. Personal recovery is an individual process of changing values and meaning leading to a satisfying way of living with Schizophrenia. While we need a personalized and pre-emptive approach, based on understanding and detecting individual risk and facilitated by safe and effective interventions for this disorder; In the meantime, we can create policies for social inclusion family support and continuity of care to ensure that those in later stages of the illness have the best chance for recovery.