Ten Ways You Can Support a Resident With Diagnosed Schizophrenia

Supporting a resident who has schizophrenia can be challenging. Try to see beyond the symptoms and connect with the resident on a personal level. Ensure that residents with diagnosed schizophrenia get the support, appropriate level of counseling, and psychiatric care in your facility.



Here are 10 tips for supporting a resident with diagnosed schizophrenia:

1. Foster open communication with the resident and the family.
2. Educate your entire team.
3. Support social connections for the resident.
4. Create an individualized care plan.
5. Create a structured environment.
6. Offer therapeutic activities such as art, music, cognitive exercises, or group activities based on the resident's needs, abilities, strengths, and preferences.
7. Be aware of warning signs that may signal a need for additional support.
8. Use behavioral strategies shared by the resident and family that help with symptom management.
9. Manage medications in collaboration with the resident and the interdisciplinary team to ensure the lowest effective dose. Monitor the resident's reactions.
10. Work toward gradual dose reduction in medications.

Nursing facilities should work with their psychiatric providers and medical directors to ensure the appropriate professional standards and processes are being implemented related to diagnosing and treating residents with schizophrenia.

Health Services Advisory Group (HSAG) is the West Centers for Medicare & Medicaid Services (CMS) Quality Innovation Network-Quality Improvement Organization (QIN-QIO) Region 7.

Sources:
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This material was prepared by the Center of Excellence for Behavioral Health in Nursing Facilities. This work is made possible by grant number 1H79SM087155 from the Substance Abuse and Mental Health Services Administration (SAMHSA). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Substance Abuse and Mental Health Services Administration. August 2025. This material has been adapted with permission by Health Services Advisory Group (HSAG), a Quality Innovation Network-Quality Improvement Organization (QIN-QIO) under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. Publication No. QN-13SOW-XC-11122026-04