



Guiding Medication Conversations for Adults Living With Schizophrenia

Treatment team members can use this worksheet to talk with patients about how they are doing with their medication and see if a different option is appropriate. It may help to

- Ask questions that can't be answered with a YES or NO so that you can uncover more detailed information.
- Ask for permission before offering information about other medication options.
- Always respect how your patients feel when it comes to making a change.

Remember, you're an important part of the team—the time you spend with patients matters.

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Schizophrenia Medication Action Plan

Discuss medication challenges and recovery goals with your treatment team

You know how challenging it can be living with schizophrenia. Share or write your answers below to assess how you're doing with your schizophrenia medication. That way, you can talk about it with your treatment team.



It's OK to take a moment and pause so you can reflect on the answers that best express yourself.

1

What's going well right now in your life?

- For example, are you able to live on your own, attend school, or manage your symptoms with medication?

2

Mental health recovery is an ongoing process—when it comes to your recovery goals, have you faced any challenges? If so, what were they?

- For example, some challenges could be remembering to take medication or feeling frustrated if progress is slow.
- It may help to remember that there are other people living with schizophrenia who feel the same way.

3

Based on this discussion, how open are you to considering a treatment change?

- If you're unsatisfied or frustrated with your medication, it may help to learn about other options.

Schizophrenia medication types:



Short-acting medications

These include tablets, capsules, and oral solutions you take every day at the same time or short-acting injectables that may be used in hospital settings to help with a mental health crisis.



Long-acting medications

These are long-acting injectable medications that are given once or twice a month, or less frequently, by healthcare providers in hospitals, community health centers, outpatient settings, or some pharmacies.

What else would you like to know before talking with your doctor about trying a new medication?



How do you feel about making a change?

You're the expert on how you feel. If you're not ready to try something new, it's OK. Your treatment team can support you when you're ready to make a change, however big or small.

Summary of appointment

Full name _____

One challenge we discussed today that I'm working through is _____

My thoughts about changing my medication:

- Interested today May consider in future Weighing pros and cons

In terms of different medications, I'm interested in learning more about _____

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