

# **Social Support for the Parents of People with Schizophrenia**

– A study in the narratives of parents –

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**Keywords:** Family caregivers, people with schizophrenia, social support

This qualitative study, using a semi-structured interview, was conducted to identify useful social support for the parents of people with schizophrenia. Five parents were interviewed after written consent was obtained. An analysis of interview data revealed the realities of the social support available. Twelve categories were identified: (1) confused parents, (2) lack of explanations from health care workers, (3) lack in the understanding of other family members and isolated caregivers, (4) support from parents for people who were refused treatment, (5) support from parents to people in an unstable condition, (6) lack of intervention from workers during an emergency, (7) support for working people, (8) staying indoors and conflict within the family, (9) support for people looking for a social life, (10) conflict regarding respect for autonomy and care, (11) excessive burdens on caregivers, and (12) concerns after the death of the parents. Parents with difficulties were supported only by associations of family caregivers. These findings suggested that it was important for care workers to consider actively supporting such families, in order to understand the entire picture of a family's needs, not only for health medical care, but also for psychological education, life, and their environment, as well as to construct social networks to incorporate other disciplines, in order to connect with other professions.