

## **19. Training package for a family member of an adult who shows strange behaviour**

Information about the disability and what you can do about it

### **Strange behaviour is caused by an illness**

■ A person who shows strange behaviour is someone who thinks, acts, or talks in a very different way from other people. He or she has not always behaved this way. The person has changed.

The person's behaviour may have changed suddenly in just a few days or it may have changed slowly over many months.

Strange behaviour is caused by an illness inside the head. Because of the illness, the person cannot behave as before. He or she needs to be understood and helped by family and friends.



■ The person with this illness cannot think clearly or understand what has happened. The person may not know that he or she is ill or understand how this affects other people.

You and the family need to understand that the person behaves strangely because of the illness.

### **How the person may behave**

■ The person you train may show only some of the behaviour described in this package.

The person may show strange behaviour only at certain times. At other times the person's behaviour may not be strange but perfectly normal, just as before the illness.

■ When the illness began, it may have looked as if the person was very worried. You may have seen that the person could not do the things that he or she had done before. The person may have appeared less interested in life.

■ Now the person may be making strange decisions and saying strange things. You cannot understand why.

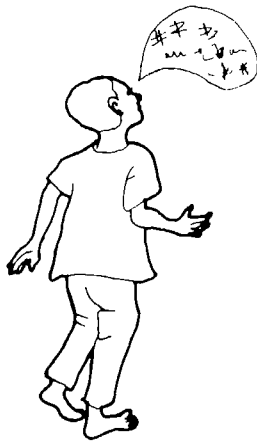
■ Now he or she may not sleep well.

■ At times the person may be looking for something which he or she cannot find. Sometimes the person may not even know what he or she is looking for.



■ The person may suspect other people at home or at work without any reason. The person may think that he or she is not liked by other people. The person may believe that other people want to cause trouble or to punish him or her. The person may believe that other people talk behind his or her back, when this is not true.

■ The person may be easily hurt by what other people say. He or she may misunderstand what others say to him or her.



■ The person may sometimes speak strangely so that you cannot understand the words the person uses. It may sound as if the person is speaking another language. At other times the person may use bad language.



■ If the person used to be active and confident, now he or she may not care what is happening in the family or community. He or she may sit alone at home, even during meals, and may not join other people.



■ Or if the person used to be quiet and shy, now he or she may be active, confident, and talkative.

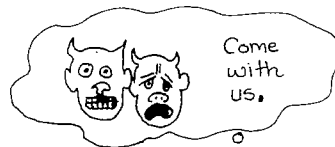
■ The person may always be moving around and unable to rest. The person may appear confused.



■ The person may begin to believe things that you know are not true. The person may tell you that he or she has talked to some important people, but you know that this is not true.



■ The person may also believe that he or she is someone else. The person may think that he or she is a very important person such as the prime minister, a great religious leader, or someone who is dead.



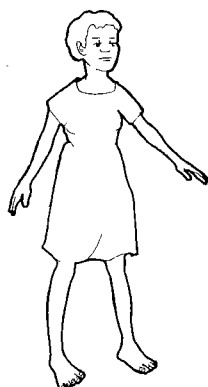
■ When the illness gets worse, the person may see and hear things that are not there.

For example, the person may hear people talking or calling to him or her. The person may talk to these people, but you cannot see them. You know they are not there.



■ The person may now show almost no feelings or interest in other people. The person may no longer want to join in a home life with the family. He or she has probably stopped going to work and does not participate in daily activities.

■ The person may start collecting rubbish. He or she may look less and less tidy and wear strange clothes.



■ The person may move around less and less. He or she may move around in a stiff way and without thought.

■ The person may no longer be interested in taking care of himself or herself. He or she may have stopped eating, washing, bathing, and doing other daily activities.

■ Because of the illness, the person may show any of this strange behaviour. But his or her behaviour may also change from time to time.

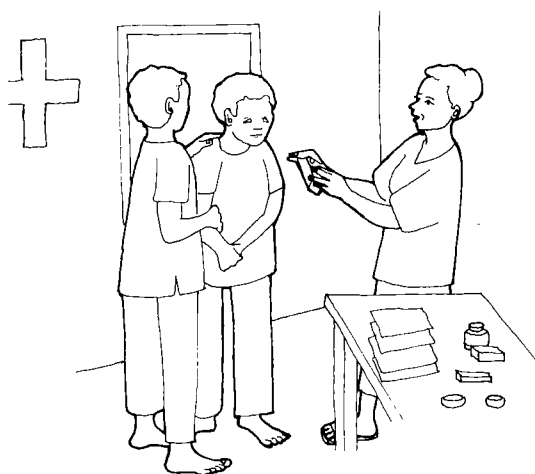
## Medicine for the person



■ The person needs to take medicine for the illness. Medicine may help to make the illness better. The person may need to take medicine for the illness for a long time, perhaps for the rest of his or her life. When the person has taken the medicine for a while, he or she may not show strange behaviour. But even then the health worker may tell you to make sure that the person continues to take the medicine. Otherwise the strange behaviour may come back.

■ If the person has no medicine for the illness, take him or her to see the health worker without delay.

■ If the person has medicine to take for the illness, make sure that he or she takes it in the correct way at the correct times. \*



■ Ask the health worker how you can help the person take the medicine. The health worker can tell you what to do.

■ If for some reason the person does not take the medicine, tell the health worker about this.

■ The health worker wants to help the person. The health worker will ask to see him or her on certain days. You should know these days so that you can be sure that the person goes to see the health worker.

■ If the person suddenly becomes stiff and some parts of the body start moving and do not stop, it may be because of the medicine. If this happens, you must get advice from a health worker. Call for the health worker to come immediately. If the health worker is not able to come soon, take the person to the nearest health centre.

## What the family can do to help the person

■ The person's family is probably surprised and worried about the change in the person's behaviour.

All the members of the family need to understand that the person's strange behaviour is because of the illness. The family can do a lot to help the person to get better.



■ The person's strange behaviour sometimes makes life very hard for other members of the family. Some families have broken up because of this. Some people with strange behaviour have left their families to live on the village streets. Or they have left their villages. This makes the illness worse because in these situations there is no one to care about the person.

The family should make the person feel that he or she belongs at home with them. This will help the person to feel happy and accepted.



■ At times it may be difficult for the family to understand the person. Then it will help them to talk to friends or relatives about the person's illness.

The family should ask friends to help if possible.



■ The family needs to accept the person and the strange behaviour. They need to show the person love, affection, and interest. In this way they give the person a feeling of security.



■ The person may not be able to do all the activities that he or she did before the illness. Find out what the person is still able to do. Find this out by doing things together and watching how much the person does. Then tell this to the family so that they know how to encourage the person to do the activities.



■ Tell the family that it is important to be patient about the person getting better.

■ Anger or force will not help the person to change. Instead, you and the family should gently guide the person to behave in a more acceptable way. Try to be understanding and give the person support.



■ It is best not to tell the person when he or she is wrong. You should avoid arguing with the person. Arguing with the person will not help. Instead, you and the family should gently guide the person away from making the wrong decisions.

For example, the person may say that a neighbour has turned against him or her and that the neighbour wants to hurt him or her. The family should then tell the person that there are many other people who like the person very much and who are friendly. The family can then remind the person that even the neighbour is friendly sometimes.

■ Punishment will not make the person change. Do not punish the person for the strange behaviour.

If we do not like someone, we punish this person in different ways. For example, we may avoid the person and stay away from the person as often as possible. We may not talk to the person or may talk very little. We may not listen to the person or explain things to him or her. Our faces show the person when we are unhappy or upset or not interested in him or her. All of these things tell a person that he or she is not accepted or liked.

You and the family should be careful not to behave in any of these ways. It can make the person's illness worse.



■ When the person does something well or behaves in a good way, show the person that you are pleased by this. Then the person will feel that you and the family like him or her. He or she will then more easily accept guidance from the family.



■ Even if you do not understand what the person is saying, you and the family should respond to the person with your attention. Talk to him or her.



■ If the person cannot make decisions or makes strange or unwise decisions, you should guide the person towards making better decisions. But do this gently.



■ If the person becomes excited, angry, or worried, his or her illness can become worse. For this reason, you should avoid talking about big subjects such as religion or politics.

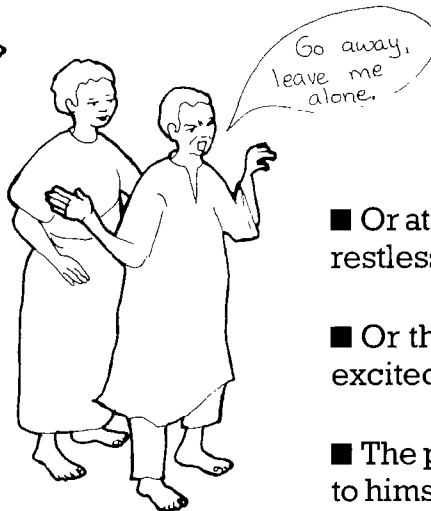
Over a period of time, it is possible to learn which things make the illness worse.

The person and the family should find out what these things are. Then they can avoid them.



■ At the times when the illness is worse, the person's strange behaviour is easy to see.

■ The person stays alone and is very sad and quiet. He or she does not answer when spoken to.



■ Or at that time the person becomes very restless and talks all the time.

■ Or the person becomes more afraid or excited.

■ The person may talk about causing injury to himself or herself or to others.



■ When the person's strange behaviour becomes worse in this way, take the person to the health worker as soon as possible.

During this time be sure that the person cannot hurt himself or herself or others.





■ The family should help the person continue to do things with them, if this is possible. The person needs to join in family activities.

■ You and the family should continue to talk to the person and let the person join in family conversations.

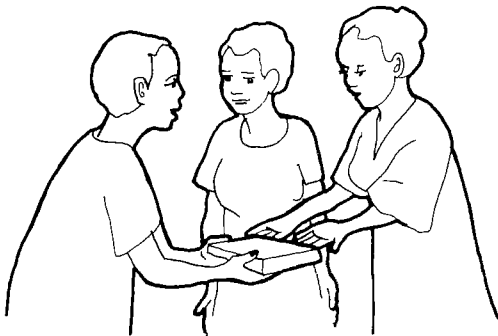


■ The family should let the person talk to them and tell them how he or she feels.

The family should listen to the person and show that they understand him or her.

The family also should help the person do daily activities.

■ The person should not sit at home doing nothing. Instead do things together. Encourage the person to move around and do things outside of the home. The person needs your help to do as much as possible.



■ If the person has not been taking care of himself or herself, teach him or her to do this again. Ask your Local Supervisor for the Training Package which tells how to teach a person with strange behaviour to take care of himself or herself.

■ Sometimes other people cause trouble for a person who shows strange behaviour. Children and even adults make up funny stories about the person or use bad language when talking to him or her. They may throw stones at the person. This is bad behaviour. It may make the illness worse so that the person is afraid to go out.

■ If you know of a problem like this, talk to these children or adults. You can explain that the person's strange behaviour is caused by an illness. It is not caused by a curse or by evil spirits. It is not a punishment. It is not caused by anything bad that this person or a member of his or her family has done. You can explain that everybody needs to help to make life easier for the person with strange behaviour and for the family. Explain that bad behaviour will make the problem worse.

■ If it does not help to talk with these people, discuss the problem with your Local Supervisor. You can then go together to see your community leaders, religious leaders, school teachers, and others who can help.

## Results

After you have read this package, you can check your understanding by answering the following questions:

■ What causes strange behaviour?

■ Can the person with strange behaviour be helped by taking medicines?

■ What can you do to help a person with strange behaviour?

Now check back in the package to find out if your answers are correct. If any answers are wrong, read the package again. Then answer the questions again and check your answers. If you have any problem doing this discuss it with your Local Supervisor.

To help you see whether you and the family are helping the person as much as possible, answer the following questions:

Does the person:

— Live at home?

— Take medicine?

— Go to see the health worker when necessary?

— Join in family conversations?

— Have meals with the family?

— Keep clean?

If all the answers are “yes“, you have done well. If not, you should ask your Local Supervisor for advice about what more you can do.





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## 20. Training package for a family member of an adult who shows strange behaviour

How to train the person to take care of himself or herself

■ Because of illness, the behaviour of the person you train has changed. The person may now no longer take care of himself or herself.

### Activities that the person needs to be able to do

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#### Eating and drinking



■ The person may not eat regularly or may not eat good food necessary to stay healthy. The person may not care about the way he or she eats and drinks and so spills food and drink on his or her clothes.

In this case, you will need to teach the person how to eat correctly in the way he or she did before the illness. Encourage the person to eat meals with the family. Then the person will feel that the family cares about him or her. The person will feel that he or she belongs to the family and shares their life.

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#### Keeping clean

■ Because of the illness, the person may look dirty. He or she may no longer care about keeping clean. If so, teach the person to take care of himself or herself. Encourage the person to do the following activities in the same way he or she did before the illness.



■ Bathing



■ Cleaning the teeth



■ Combing the hair



■ Using the latrine and cleaning himself or herself.



■ Washing the hands with soap and water after using the latrine and before and after every meal.

## Dressing



■ The person may no longer care about wearing clean clothes. He or she may wear strange clothes and things that make him or her look different from other people.

If so, teach the person to dress in clean clothes in the way he or she did before the illness.

## Walking around the village alone



■ Since the illness began, the person may have stayed at home. If so, you should now encourage him or her to begin moving around the village alone. Do this by taking the person with you when you go out. Take the person to religious meeting places, the market, and the community centre. Ask the person to go to the market and buy things for you. Encourage the person to go alone to places in the village.

## Taking medicine for the illness



■ The person may have medicine to take every day at home. Or the person may need to go to the health worker for medicine. Make sure that the person takes the medicine at the correct times and sees the health worker when he or she needs to.

## How to train the person to do these activities

■ For some time the person stopped taking care of himself or herself because of the illness. You or someone else may have taken care of the person.

It is now time to start training the person to take care of himself or herself again. In this way, the person will be more independent. He or she will not always need your help.

■ Remember that the person was able to do these activities before becoming ill. Now he or she does not want to do them because of the illness.

■ Encourage the person to begin doing these activities again. Start by encouraging the person to do an easy activity or one that he or she likes doing. If the person still does not begin doing an activity, start doing that activity together with the person.

■ Let the person do as much as possible without help. Then give the person the help necessary to encourage the person to continue doing the activity until he or she completes the activity.



■ Each time encourage the person to do more of the activity without your help. Only give the person the help necessary to encourage him or her to complete the activity.

■ When the person has done one part of an activity, tell the person that this is good. Let him or her see that you are pleased. Then the next time encourage the person to do another part of the activity.

In this way you will slowly train the person to do the whole activity without help.

■ Even after the person has learned to do an activity, such as bathing without help, make sure that he or she continues to do it.

## Other activities that the person needs to be able to do

■ The person needs to have interests in life. The person needs to be useful to himself or herself and to others. The person needs to do the same activities as other people. Encourage the person to look for useful things to do and to do them alone.



■ The person could help with household activities.

■ The person could work to earn money.



■ The person may not be able to do all the difficult things that he or she did before the illness. But the person can still do some of them. Or the person can learn to do some things that he or she has never done before. For example, the person may be able to learn to grow vegetables, take care of animals, or keep poultry.

■ You can find out what activities the person may be able to learn to do. Find this out by doing things together and watching what the person can already do. Then decide which activity the person is ready to learn. Teach him or her to do this activity.



■ If the person has not had any schooling, help him or her to be interested in learning to count, read, and write. Teach the person to count, read, and write.





■ If the person wants to join in different activities, encourage him or her to do this. Help the person to join in activities such as sports, religious festivals, and other happenings in the community.



■ If the person needs training in other activities, ask your Local Supervisor for other packages. There are packages about how to do household activities, how to find a job, and how to join in social activities.

## Results

After you have used this package for some time, answer the questions.

Begin by watching the person you are training. Then answer the questions by putting the date in one box after each question. Put the date in the box beside "Alone" if the person always does the activity without help. Put the date in the box beside "With some help or sometimes" if the person needs help with part of the activity or needs help sometimes. Put the date in the box beside "Not at all" if the person does not do any part of the activity without help.

Feeds himself or herself? (including eating and drinking)	Alone	<input type="text"/>
	With some help or sometimes	<input type="text"/>
	Not at all	<input type="text"/>
Keeps himself or herself clean? (including washing, bathing, and cleaning teeth)	Alone	<input type="text"/>
	With some help or sometimes	<input type="text"/>
	Not at all	<input type="text"/>
Uses the latrine?	Alone	<input type="text"/>
	With some help or sometimes	<input type="text"/>
	Not at all	<input type="text"/>

Dresses and undresses?	Alone
	With some help or sometimes
	Not at all

If all of your answers are “Alone”, you and the person have done well. You can stop using this package.

If any answer is “With some help or sometimes” or “Not at all”, it may be because of one of the reasons listed. Go through the list to find a possible reason for each of these answers and to see what you can do about it.

REASON	WHAT TO DO ABOUT IT
1. You do not let the person do all that he or she can do.	Let the person try to do these activities with less help from you. Repeat the training until the person does the activities. Then stop using this package.
2. The person does not try to do all that is possible to take care of himself or herself.	Encourage the person to try to do more of these activities. Repeat the training until the person does the activities. Then stop using this package.
3. You have not trained the person long enough.	Continue training the person. If you have no results in six months, ask your Local Supervisor for advice.
4. You have not followed the instructions correctly.	Read the package again. If you think that you have not understood the instructions, speak to your Local Supervisor. Then repeat the training until the person does the activity. Then stop using this package.
5. The person cannot be trained to do the activity because of his or her disability	The person will continue to need help for the activity. Discuss with your Local Supervisor whether you should stop using this package.

If you continue to use this package, train the person for some time. Then answer all the questions again to see if the person does more activities.



