



OVERVIEW

Schizophrenia is a long-term mental health condition that affects how a person thinks, feels and experiences the world. It can influence perception, emotions, behaviour and communication, but it does not define who someone is. With the right treatment, support and opportunities for meaningful activity, many people with schizophrenia live fulfilling and independent lives.

People with schizophrenia may experience symptoms such as hearing or seeing things that others do not (hallucinations), strongly held beliefs that are not shared by others (delusions), difficulties with thinking or concentration, or changes in motivation and emotional expression. Symptoms vary greatly from person to person and may change over time. Activity Providers should recognise each person's strengths, interests and abilities, avoiding assumptions or stigma associated with the condition.

Top Tips

- Treat the person as an individual, not their diagnosis.
- Use calm, respectful and clear communication.
- Offer meaningful activities that support confidence, routine and wellbeing.
- Be flexible and adapt activities to meet changing needs and preferences.
- Work collaboratively with the individual and the wider care team to provide consistent support.

Good practice

Outstanding practice is person-centred, trauma-informed and recovery-focused. Activity Providers should build trusting relationships, respect individual preferences and support people to participate in meaningful activities that promote confidence, wellbeing and social inclusion. Activities should be flexible and adapted to the person's current needs, recognising that symptoms and energy levels may fluctuate.

Good practice includes communicating clearly and calmly, providing predictable routines where helpful, reducing unnecessary environmental stress, and working in partnership with the individual, families, carers and other professionals. Activity should focus on what matters to the person, encouraging choice, independence and a sense of purpose while respecting dignity and individual goals.

Remember

Schizophrenia affects everyone differently. By focusing on the person's strengths, choices and aspirations, Activity Providers can help reduce stigma, promote inclusion and support people to lead meaningful, fulfilling lives.

Further support

NAPA members can find more activity ideas guidance and resources in the Activity Shed.

About NAPA

The National Activity Providers Association (NAPA) is the UK's professional association for activity providers and activity provision across adult care, health, housing and community support services.

NAPA develops professional standards, champions evidence-informed practice and supports organisations and individuals to deliver activity provision. Through professional development, resources, research, networking and advocacy, NAPA works to ensure that meaningful activity is recognised as an essential part of high-quality care and support.

Website: www.napa-activities.org.uk
Email: enquiries@napa-activities.org.uk

Disclaimer: These NAPA Professional Practice Guides provide general information and reflect current good practice. They should be used alongside relevant legislation, national guidance, organisational policies and professional judgement.