



# How to Live With a Mentally Ill Person: A Handbook of Day-To-Day Strategies

*Christine A. Adamec*

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**How to Live With a Mentally Ill Person: A Handbook of Day-To-Day Strategies** Christine A. Adamec  
Looking after a mentally ill loved one on a daily basis presents a unique set of problems and challenges. But it is possible to provide effective and compassionate care without sacrificing the well-being of the primary caregiver or the needs of other family members. Christine Adamec shares practical techniques and tips gleaned from mental health professionals, caregiving families, and her own experiences as the mother of a schizophrenic daughter. She gives advice on how to deal with someone suffering from any of the major neurobiological disorders including schizophrenia, Alzheimer's disease, manic depression, obsessive-compulsive behaviour, and anxiety. Information provided includes getting an accurate diagnosis, finding a competent therapist and dealing with problems such as hallucinations and tantrums.

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