



John's Background

John is 30 years old and has a diagnosis of schizophrenia, having experienced mental ill health since his early 20s. A maternal uncle also had long-term with mental illness and never worked. John's Dad left home shortly after he had his first admission, unable to accept his son's illness.

John now lives with his Mum, two brothers and a sister. He claims Employment and Support Allowance (ESA) and Personal Independence Payment (PIP). His mother is his carer and is paid Carer's Allowance.

John gets on well with his sister but his two brothers have been ridiculed by friends because of John's condition so have nothing to do with him.

In his late teens John went to university, where his difficulties started to develop and affect his course work. He failed to attend class and hand in assignments and left during his second year.

John had 2 brief admissions in his early 20s. He remains on long-term antipsychotic medication which helps, but does not completely eradicate, the voices he hears. He has gained 20 pounds and developed diabetes mellitus.

John doesn't sleep very well and often stays up very late and wakes up late in the morning (11am-ish). He is very aware that stress exacerbates his symptoms.

John smokes marijuana and tobacco frequently to calm himself; he also drinks vodka. He was arrested 5 years ago for being drunk and disorderly.

John sees a psychiatrist every 2 months but sometimes misses his appointment. John says his psychiatrist has told him that he would be better not considering work, because this might increase his risk of relapse now that he is relatively stable. He has a CPN whom he sees often and has a good relationship with.

Apart from a few part-time jobs he did as a teenager John has never worked. He hasn't looked for work since university because he is convinced, he is a failure and that employers won't want him when they find out his diagnosis.

His CPN has started to discuss the idea of employment and John is showing some interest, but is not convinced that he will be able to sustain work because his symptoms fluctuate and he doesn't really want to stack shelves in a supermarket which is all his Mum feels he might be capable of doing.