

## What can families or caregivers bring to doctors that can be helpful?

### **Jonathan Rogers:**

One piece of advice I'd give to family members is to take video recordings of your loved one with catatonia. It's really helpful as a doctor being able to see that. Medical history, the family history, but in terms of what relatives can do for a loved one who has catatonia, I'm keen for relatives to be as involved as possible, and that includes providing a history of what's happened, advocating for your loved one when they're not able to do that for themselves. Sometimes that might be over tiny things. What food do they like to eat? I don't know. And they can't tell me. And sometimes it's over much bigger things. What kind of treatment would they like? Where would be best to treat them?

I find also having relatives present for mealtimes could be really helpful. Sometimes catatonia is accompanied by paranoia, and if the reason you're not eating is because you're worried that it's been poisoned, for instance, having a relative there provides a lot of reassurance.