

FOSTERING INDEPENDENCE

Are facilities succeeding at fostering a sense of self-efficacy and independence during inpatient treatment, and how does this impact outcomes?

Patients Expressing Difficulty with Independence*



More patients improve overall when independence improves*

Patients Expressing Difficulty with Independence at Admission

DISCHARGE

Independence Improved

No Change in Independence

Independence Declined

63%

28%

10%

Overall Patient Improvement

Nearly all patients improve

Most patients improve, while few decline

Patients improve & decline at a similar rate

Self-efficacy is a key component of recovery and patients' ability to tackle daily life, so it follows that improvement in independence is related to outcomes. Ways to boost independence include:



Involve patients in setting treatment goals.



Teach coping skills and practical techniques for symptom management.



Provide creative outlets for recreation.



Encourage self-advocacy and asking for help when needed.

*BASIS-32 - The Behavior and Symptom Identification Scale is a self-report measure of a patient's functioning. The entire assessment is used to determine overall improvement while item 13 is used to measure Independence.