

Functional Independence of Individuals Discharged from Psychiatric Hospitals

Abstract

The isolation imposed by the psychiatric hospitals to its patients develops a loosening in the social behavior, turning them strange even to certain habits of the day by day. With this reference in mind, we developed and presented a report from a field research of exploratory character that recovered the history of the quotidian of five individuals discharged from a psychiatric hospital with the purpose of explaining if they carry out, with independence, their daily life activities. We considered as independence the ability an individual has of managing his own life in current aspects, such as personal care and handling his own treatment, as well as to identify and try to meet his own needs. The results confirm the literature in what concerns the fragility of functional independence produced by long and recurrent internments. Under our view, this subject becomes worse with the absence of a program of psychosocial rehabilitation, which could contribute to the improvement or minimization of that scenario.

Keywords: independence; mental disturbance; public health.