**Supplemental Digital Contens 3**

*Difficulties and Strategies Included in the Category of Strategies related to difficulties in managing the transition of patients*

|  |  |
| --- | --- |
| **Difficulties** | **Strategies** |
| Treatment plans created by inpatient medical institutions cannot be used for community support | Crisis plans made by inpatient medical institutions will be tested in overnight training and modified so that they can be applied to community life. |
| If the treatment plan created by the inpatient medical institution cannot be used for community support, evaluate the current ability and find the necessary support |
| Assess problem coping ability during inpatient overnight training to understand the need for support for patients in the community |
| As patients’ living ability improves and their medical conditions stabilize, provide support so that patients can decide the contents of the treatment plan step-by-step |
| Difficult to intervene in family relationships when a family prevented a patient’s independence | Support is provided on a family basis, including the target person, because the relationship has been established |
| If there is no communication between family members, help both parties to communicate what was not communicated to each other |
| Provide patients opportunities to interact with many supporters, to learn how to interact with their families |
| If a patient is not able to tell the family, practice with them telling the family to help improve communication skills |
| Difficulty in promoting lonely patient’s independence | Being positively involved with the patient and recognized as a supporter to motivate the patient |
| Difficulty in assisting overactive patients in helping them manage their daily lives | Encourage patients to look back on their excessive behavior and fatigue and help them become aware of it |
| Difficulty in reflecting the wishes of patients in the support plan owing to the intention of other professionals | Seek opinions on the adjustment of support content at treatment plan review meetings so that support can be provided with respect for the patient’s motivation |
| Difficulty in promoting social participation of patients | Support the purpose of expanding the scope of activities by making people interested in life outside their home |