

## ● Support for a loved one – walking alongside, not carrying

A loved one's illness can cause concern, but remember: you both have your own lives and your own paths. Professionals treat the illness – you can be a companion in everyday life.

### Ask and listen

Bring up topics openly and honestly. Ask: "How would you like me to support you?" "What helps – and what doesn't?" This helps you understand your loved one's goals and support them realistically.

### Be present in everyday life

Not everything needs to be about the illness. Shared activities, conversations, or simply being there are enough. Notice and acknowledge even small successes – they bring hope and strength to both of you.

### Openness and reciprocity

Interaction takes practice. Share your own feelings and needs. Ask for help. This supports your loved one's sense of participation and meaning.

### Take care of yourself

Your own time and boundaries are allowed – even essential. Your wellbeing is an important part of your loved one's recovery. FinFami can support you in developing skills for family support.

## Encourage independence

Excessive care can maintain dependency. It's important to give space to grow – even through setbacks. The person in recovery should be able to practise living on their own terms.

### Be a mirror for your loved one

Through your example, you show that it's okay to set boundaries and to look after your own wellbeing. This can also encourage your loved one to make healthy choices.

### Remember:

- Even small concerns are worth sharing early.
- Recovery affects you both.
- You, too, have the right to your own life and your own recovery.

In partnership with Niemikoti Foundation, FinFami Uusimaa organises a wide range of peer support groups and provides information and materials on their website: [www.finfamiuusimaa.fi](http://www.finfamiuusimaa.fi)



## ● Recovery Orientation at Niemikoti Foundation



Recovery orientation has guided Niemikoti Foundation's work since 2018.

Our team – made up of staff members and an expert by experience – works together to develop our work, ensuring that everyone has the opportunity to lead a meaningful and hopeful life.

You are welcome to contact the team by email [recovery@niemikoti.fi](mailto:recovery@niemikoti.fi)



Founded in 1983, Niemikoti Foundation is a non-profit Finnish networked organisation providing a wide range of services for mental health rehabilitees in Helsinki. We offer supported housing rehabilitation, work and training activities, as well as day activities. Through our work, we help prevent social exclusion and inequality.

## Recovery orientation means that:

- A person is **the expert** of their own life.
- A person defines their **own recovery goals**, as well as how they want their life to look.
- Decisions are made **together** through dialogue and by exploring different options.
- The person is **supported** in finding their own strengths and resources.
- The person is **openly informed** about different options and their consequences, and encouraged and motivated to make good choices.
- A person **has the right** to make choices that go against a professional's recommendations, and the **responsibility** for the consequences of those choices.
- A person has the right to receive **support in dealing with the consequences** of their choices.
- A person has the **right to be met as an individual**, and to feel heard and respected.



## ● The International CHIME Model

Recovery orientation is often described using the CHIME model.

**C = Connection**

**H = Hope**

**I = Identity**

**M = Meaning/  
meaningfulness**

**E = Empowerment**

- **Empowerment** brings a sense of capability, builds self-confidence, and motivates a person to continue activities that support their recovery.
- It often develops as a person's wellbeing improves, and as they experience success in achieving their own goals and an increase in hope.

**Meaning / Meaningfulness –**  
Finding and experiencing meaning in life supports mental wellbeing.

Everyone should make choices based on what feels right for them and on the kind of life they wish to live.

**Connection** reduces loneliness and increases inclusion.

Inclusion, in turn, helps reduce inequality and social exclusion.

**Hope** serves as a source of motivation, encouraging a person to make the necessary changes and commit to the recovery process.

Hope gives a person the belief that the future can be better, even if the present moment is difficult.

**Identity** helps a person clarify which roles and values are important to them.

This can guide their life towards meaningful goals and activities.

## ● Resources

In recovery orientation, one learns to recognise their resources in relation to their goals. Everyone experiences more challenging times, and—as in life in general—there are often downturns in living with illness. Smaller goals can better withstand changes in wellbeing and offer more frequent opportunities for success.

