

PSYCHOSOCIAL SUPPORT TO CAREGIVERS OF PERSONS WITH MENTAL DISABILITIES

by:

Rebekka Johannes

Abstract

This Human Rights Project strived to educate and share information with Family caregivers in Hardap Region about mental health problems, supportive systems and their Human rights. This project was based on personal experiences and the literature indicating that families lack knowledge about mental health, human rights information and resources to support them in their caregiving duties. This project also looked into theories regarding families and mental health, and these are discussed in perspective of Human rights. The method used in this project was educational platforms and dissemination of pamphlets to the families around the Hardap community. In the end project outcomes are highlighted according to the objectives and conclude with a summary about of the project fulfilment.