

The Recovery Model

Nursing

Recovery as a life worth living, defined by the person rather than by symptom counts.

A personal process of building a meaningful life, with or without continuing symptoms.

FRAMEWORK
CHIME

DEFINED BY
The person

NOT
Symptom absence

- Connectedness — relationships and belonging
- Hope and optimism about the future
- Identity — a self beyond the diagnosis
- Meaning and purpose in daily life
- Empowerment — control over one's own care
- Goals are the person's, not the service's

LOOK FOR IT

Returning to work while still hearing voices is a recovery outcome, even though the symptom remains.

Educational reference. Recovery-oriented practice sits alongside, not instead of, clinical care and risk management under local policy.