

Discussion Guide on Long-Acting Injectables (LAIs): A Treatment Option for Bipolar I Disorder and Schizophrenia

Would you like to learn more about a treatment option for Schizophrenia or Bipolar I disorder?

This discussion guide outlines questions to think about when talking with your healthcare team about long-acting injectables (LAIs).



About LAIs

Long-acting injectables, or LAIs, are a method of delivering medication through an injection that lasts over an extended period of time.

LAIs are received every few weeks or months, depending on the medication. LAIs deliver medication slowly to the body over time to provide a steady level of medicine. LAIs are just one of the potential treatment options, while others may include oral medications or interventions like psychotherapy or talk therapy.

Below are questions for you to answer that will help guide a discussion with your healthcare team to decide if this treatment option is right for you.

Previous Experience

Many people living with schizophrenia or bipolar I disorder have unique journeys to find the right medications and treatment plans. Consider these questions about past experiences when developing your treatment journey with your healthcare team. Answers to these questions may be helpful to share with your healthcare team.

- What past treatment options have you explored?

- What have you liked about your current treatment? What have you disliked?

Treatment Goals

It is important to discuss your goals with your doctor or healthcare team to help make the right decisions about your treatment. Consider how your treatment goals could be impacted by using LAIs.

- What are your long-term treatment goals?

- Have you shared these goals with your healthcare team?

- What support might you need (from your healthcare provider, from your care partners, or from your extended support network, etc.) to better understand and reach your treatment goals?



Treatment Goals, continued

- Have you discussed how LAIs might fit into your current treatment plan?
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Potential Benefits

LAIs can be offered as a potential treatment option for patients with schizophrenia or bipolar I disorder.

The following questions may be helpful as you think about the potential benefits of LAIs with your healthcare team:

- Would having to take a medication less regularly help you reach your treatment goals?
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Potential Concerns

There are potential concerns for all medications, including LAIs. Consider these questions when deciding if LAIs are right for you.

- Would you be willing to take your medication by an injection?

- LAIs may take longer to leave your system. In the case of an adverse event, or side effect, have you discussed a back-up plan with your healthcare team?

- Are LAIs covered by your health insurance plan?

- Are you able to find a healthcare location that provides LAIs near you?

- Do you have a way to travel to and from healthcare locations that provide LAIs?
