AIDS-Free Community Campaign Toolbox

Home-Based Care for People Living Positively
A Guide for Caregivers

Institute of Cultural Affairs
LTID-Kenya, Tanzania, OPAD-Zambia, Zimbabwe, Canada, USA
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2017
About Home-Based Care for People Living Positively: A Guide for Caregivers

When almost every family had a member ill with AIDS and there was very little care available, appropriate home-based care was very important. As part of the ICA African HIV/AIDS Prevention Campaign, a Home-Based Care Guide was created in the collaboration of OPAD (ICA's affiliate in Zambia) with the Institutes Cultural Affairs in Canada and the United States. It relies on the HIV/AIDS Prevention Education Field Guide for Peer Educators but provides additional information about details of care specific to village life.

The AIDS-Free Community Campaign Toolbox

The AIDS-Free Community Campaign Toolbox is a set of seven manuals, beginning with the Campaign Consult Procedures: Leader's Guide. This set of resources is the product of community HIV/AIDS prevention and management work undertaken by national Institutes of Cultural Affairs (ICAs) in eight African countries in collaboration with the Institutes of Cultural Affairs in the USA and Canada over fourteen years. The AIDS-Free Community Campaign was implemented and tested from 2013 to 2016 in twenty communities in peri-urban Harare by ICA Zimbabwe to consolidate what had been learned and organize the key aspects of community responsibility for AIDS prevention into a one-year replicable design.

The Institute of Cultural Affairs

ICAs are members of the Institute of Cultural Affairs International, a global network of twenty-four statutory and five associate member national ICAs on six continents. Founded in 1977, The Institute of Cultural Affairs International is an international non-governmental association that facilitates the activities of autonomous national member ICAs and their global relationships.

The Institute of Cultural Affairs facilitates social innovation, participation, and community building in all sectors of society. From more than thirty years of working with villages, communities, and organizations, ICA has developed facilitation methods that enable groups to gather information from all present, analyze that information, and come to a common decision about how to act on it. ICA methodologies place community culture at the center of human development.

The Institutes of Cultural Affairs in the USA and Canada, and many donors and friends, have provided support for the African HIV/AIDS Prevention Initiative begun in 2002 and implementation of the AIDS-Free Community Campaigns beginning in 2013.

Editor: Louise R. Singleton, MSPH

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Cover: Women drawing well water, Mwanaminda, Zambia. Photo Artist and ICA colleague Paul Noah created the toolbox image.
About the collaboration that created this guide for caregivers

The inspiration for this Guide came from a five-day training from March 10–14, 2008 on Developing Effective Community Responses for HIV and AIDS. This training drew participants from four communities (Ching’ang’auka, Munga, Chipeaso, and Chipapa as well as from several non-government agencies including New Start, BioDiversity Community Network, and the Network of ARV Users. Several staff members from OPAD also joined the training.

This Guide was created through the collaboration of OPAD (Voice Vingo, Executive Director of OPAD, Humphrey Kasenzi, Project Manager for Ching’ang’auka), the Canadian Institute Cultural Affairs (Janet A. Sanders and Richard Sims), and the Institute of Cultural Affairs USA (R. Bruce Williams).


The ICA International network unites national ICAs with the mission to advocate for and actualize the fundamental right of all peoples to define and shape their own future, toward the goal of realizing sustainable, just solutions to human challenges. The ICA methodologies place culture at the center of human development.

This Guide is a useful tool for either community volunteers undertaking home-based care or individuals and families who need information daily in caring for their loved ones with HIV/AIDS.

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YOU ARE A HOME CAREGIVER

This guide has useful information for you if you provide care for someone in your home or for a friend who needs your assistance.

What is my role as a provider of Home-Based Care to a member of my family or a friend?

- You will provide daily care.
- You will seek out community and professional support to assist you. Contact a Peer Educator trained by the AIDS-Free Community Campaign.
- You will give medicine as prescribed.
- You will keep records of your care so that you can monitor your care.
- You will maintain a healthy environment.
- You will watch for opportunistic infections and seek care if one appears.
- You will provide a nutritious diet.
- You will keep the patient comfortable and provide encouragement.
- You will enable family members to be loving and supporting.
- You will assist the patient to be part of the community and value its support.
- You will learn from the experience of others.
- You will be careful to avoid infecting the patient with common illnesses such as bacteria from contaminated food and water, TB, and viruses.
- You will take care to prevent infecting yourself.

As a caregiver, you will need to be aware of all aspects of care.

Taking on such a responsibility can be stressful. You will also need to care for yourself, keeping yourself healthy, relaxed and balanced. Please listen to your body to detect any warning signs of stress.

The information on the following pages can help you better understand HIV/AIDS.
HIV/AIDS TESTING

Why is testing important?
• HIV testing is the only way to know whether a person is infected or not.
• If a blood test is positive (+), the person is infected with HIV and is infectious.
• If a blood test is negative (−), the person is not infected.
• If the person has been infected for less than three months, the test will be inconclusive. Another test is needed in three months to confirm the status.
• The best way to prevent the spread of HIV is for people to know their HIV status.
• The earlier a person is tested, the more effective the treatment will be.

Who should be tested?
• Everyone in the community, particularly those 15–49 years of age.
• Testing is especially important for the following:
  » Pregnant women (It is especially important for pregnant women or those who wish to become pregnant to be tested.)
  » Persons with more than one sexual partner
  » Persons who have had unprotected sex

Where can someone get tested?
• Mobile Neighborhood Clinic
• Neighborhood Health Center
• District Hospital
• Private Hospital and VCT Clinic
• One may need to go outside the village to a nearby hospital or clinic.
• The community can work with hospitals and clinics to make voluntary testing available and accessible.
Why should I be tested?

- As a caretaker you are at risk. Testing is important to your health.
- To know if you are infected and infectious.
- So that if you are infected, you can begin treatment and prevent serious illness.
- To protect your family and the community. Testing will lower the likelihood of infecting others.

NOTE: People do not become infected by HIV/AIDS by common social interaction, but by sexual contact or exposure to body fluids of someone who is infected without protection.

Community testing goals

Your patient is a member of the community and the community is concerned about him or her as an individual, and concerned about HIV in the community as a whole.

- The Goal is “0” Zero Infections and care and support for those testing positive
- Everyone in the community knows their status.
- Positive person (PLWH/A) receives treatment.
- Positive persons receiving treatment are less likely to infect others.
- Negative persons remain free of HIV/AIDS.

Counseling is important to remain HIV free.

- Counseling is important to take the next steps to treatment and care.

If one tests positive, what does one do?

How does a patient get a referral?

- A patient receives a referral at the time he/she tests positive.
- The doctor checks the patient’s health.
- Gives CD-4 test and results.
- The doctor decides whether patient needs ARV Treatment.
- When beginning treatment, determine schedule of visits with the doctor or clinic in advance.
- Keep appointments.
- Contact the doctor or clinic when you are unclear or concerned about the well-being of your patient.
STAGES OF HIV/AIDS

What are the stages of HIV/AIDS?

- **Stage 1. Infection**—People newly infected with HIV may have flu-like symptoms in the first month. They are very infectious during the first two weeks to three months. They may have a sore throat and/or muscle or joint pain.

- **Stage 2. No visible symptoms** (asymptomatic)—The HIV virus hides in body for up to 5–10 years. Non-specific symptoms may include diarrhea and weight loss.

- **Stage 3. Opportunistic infections**—When someone becomes sick because HIV weakens their immune system, they have AIDS. When their CD-4 count drops, TB and Pneumonia might have the opportunity to enter the body. Death occurs when an opportunistic infection overwhels the body.

  - **Healthy life.** If treated with antiretroviral drugs (ARVs), the patient should live a long and healthy life.

  - **Seeking treatment as soon as possible** is essential to becoming healthy and lowering the likelihood of infecting others.

**ARV treatment must be prescribed by your health care provider.**

- It must fit your needs.
- It must be available.
- Your prescription must be reviewed regularly.
- The drug or drugs may need to change.

**How effective is HIV/AIDS treatment?**

- If started before AIDS develops, treatment keeps people feeling well. Started after AIDS develops, it makes 6 out of 10 people feel well.

- Treatment doesn’t cure the HIV infection. It does make HIV into a chronic infection, which is controllable.

- Treatment helps prevent opportunistic infections.

- Vitamins, herbal medicines, and traditional medicines may be helpful, but like modern medicine, they are not a cure.

*Remember: It is Essential to Practice Safe Sex!*
NUTRITION

FOOD PREPARATION AND NUTRITION PROBLEMS

How do kitchen hygiene and good nutrition help one live positively?

Why is it helpful to develop strong healthy nutritional habits?
• Eating nutritious food helps defend your body against opportunistic diseases.

What are some suggestions for helpful kitchen hygiene?
• Use a clean water source or boil your water for 10 minutes to destroy germs.
• You can not assume that water is safe.
• Use clean dishes and cutlery to prevent opportunistic diseases for the person infected.
• HIV virus is spread through blood, breast milk, semen and vaginal secretion, and various practices involving these body fluids. Handle these substances with gloves or other safeguards.

Why prepare appetizing meals?
• Prepare attractive, appetizing meals, since HIV may involve appetite loss.

What are some problems related to poor nutrition?
• Fever—Eat nutritious soups, tea, and liquids.
• Weight loss—Eat 4 or 5 times a day; eat your favorite food often.
• Difficulty eating—Eat soft cooked fruits and vegetables and mashed foods.
• Malnutrition—Consult a home care worker or nurse at the clinic or hospital if you suspect you may be malnourished; they can recommend treatment.
NUTRITION

HOME AND COMMUNITY GARDENS

What are good foods to grow?
What kinds of foods are nutritious?
• Body Building—meats, eggs, milk
• Energy—cereals, grains, potatoes
• Protecting—vegetables, fruits, ground nuts, African Leafy Vegetables (ALV)

What are high nutritive crops?
• Vegetables have higher nutrition content.
• Livestock products provide protein.
• ALVs are more nutritious than cabbage and maize.

What are examples of African Leafy Vegetables (ALVs)?
• Cow peas
• Cassava leaves
• Cleome spp (Lubanga)
• Pumpkin leaves
• Sweet potatoes
• Moringa oleifera leaves (Kapulanga)
• Amaranthus (Bondwe)
• Cucurbits
• African egg plant
• Hibiscus

What about dry season crops?
Grow crops that thrive in the dry season. Preserve foods to eat during the dry season.
• Cassava
• Moringa oleifera
• Sweet potatoes
• African egg plant

The above are drought tolerant and can grow in the dry season with minimum moisture.

How do I get maximum production in my home garden?
• Irrigate your garden and use compost.
HYGIENE: WHAT IS INVOLVED IN EFFECTIVE HYGIENE?

How do I care for different parts of the body?

- Keep hair short for easy cleaning.
- Clean eyes by washing every morning and whenever necessary.
- Ears should be regularly washed with soap and water.
- Brush the teeth every morning and after meals.
- Clean the mouth with salty water after each meal.
- Wash hands with soap and water after visiting the toilet, before and after handling food, and after handling a patient.
- Finger nails need to be kept trimmed for easy cleaning.
- Razors and tooth brushes should not be shared. They should be kept clean and stored in a separate place.
- Clothing must be kept clean and not worn for more than a day before cleaning.

How do I care for someone who is bed ridden?

- Items you may need:
  - plastic for bed
  - rubber gloves
  - bedpan or commode
  - urinal
  - a radio
  - a walker
  - A facemask for you—to protect the patient.
- Bathe a patient who is bedridden by using a washcloth and basin. Ask permission for bathing the genital area.
- The patient should get out of bed as much as possible; if not, help them change positions in bed at least every 2–4 hours to avoid bedsores. Treat pressure areas by cleaning, wiping, and applying Vaseline or baby powder. Massage to stimulate blood circulation, preferably twice a day.
- Raise their head on pillows or put the head of the bed on blocks to help ease breathing.
- Keep the bed clean and neat. Have items they need in easy reach.
- Massage and simple exercise can make them feel better. Manually, move their arms and legs if necessary.
- Soiled clothing or bedding should be removed and replaced immediately. If it is not possible to wash the clothes they should be put in a large plastic bag or soak them in a bucket of water with a tight fitting lid until they can be attended to. This should be done as soon as possible to avoid attracting flies.
- Toilet care: The anal and genital area should be kept clean and dry each time a patient uses a bedpan. If a very sick person cannot squat, provide a stool with a hole in the centre.
CARE

HYGIENE: WHAT IS A HEALTHY HOME ENVIRONMENT FOR A PATIENT?

- Open windows for a good flow of fresh air.
- Provide a toilet or pit latrine for the home.
- The bed linen should be warm and easy to wash.
- The mattress should be covered with a big plastic sheet.
- The bed should be comfortable and the patient should be nursed in a position he/she finds most comfortable.
- Keep the home cleaned each day.

How do I keep from spreading infections?

*Keep your hands clean*

- Wash both hands thoroughly for 20 seconds.
- Ensure that you get the whole hand area wet and soapy—including both front and back, and 1/3 of the forearm.
- Wash hands before and after contact with the client, regardless of client’s infection status.

*Wear gloves*

Gloves need to be worn when coming into contact with blood or body fluids (such as cleaning up a blood spill or dressing a sore) and disposing of used sharp instruments.

*Be sure to take precaution with:*

- Blood
- All body fluids, whether or not they contain blood
- Broken skin
- Mucous membranes

How do we deal with sores and wounds?

- Wash wound with clean, boiled water and soap.
- Apply antibiotic, if necessary. Cover with a clean bandage or cloth.
- Check frequently that it is healing. Apply new dressing if needed.
- Seek medical attention if necessary.
WAYS TO MANAGE COMMON AILMENTS

HIV/AIDS reduces the body's ability to resist infections. Germs that do not affect most family members are likely to make someone with HIV ill. These are some basic strategies. Seek further information from an AIDS FREE Community Campaign Peer Educator or your local clinic.

Managing Fever

Fever is a condition in which a person's body temperature is high—more than 38°C Celsius.

To manage a fever at home:
• Give the patient a lukewarm bath -or- wipe the patient's body with a wet cloth.
• Give plenty of fluids—boiled water or juice, and tea.
• Remove bed covers and blankets and remove clothes.
• Give the patient two Panadols. Never give more than eight tablets a day and always make sure that there is a four-hour interval between doses.

Refer the patient to the health clinic if the fever does not go away in two days with the above management. The following signs may accompany the fever:
• Severe body pains
• Stiff necks
• Persistent cough
• Unconsciousness
• Yellow eyes
• Sudden severe diarrhea
• Fits

Managing Diarrhea

Diarrhea is the passing of loose or watery stools more than three times a day. Diarrhea may result in serious complications caused by water loss (dehydration). Persistent diarrhea indicates a severe weakness of the body defenses against infections.

Signs of dehydration include dry mouth, sunken eyes, poor urine output, confusion, and loss of consciousness.

To manage diarrhea at home:
• Drink lots of fluids—clean water, soup, juices, and Oral Rehydration Salts (ORS). Avoid caffeine drinks.
• Eat solid nutritious foods such as nshima, rice, meat, fruit, and vegetables.
• Provide ORS (see instructions below).
• Eat bananas or boiled white rice, soup, barley water, and other foods that travel slowly through the digestive tract and decrease stimulation of the bowel.
Care for a person with diarrhea:
• Both caregiver and patient need to wash hands frequently.
• Change and wash soiled bedding.
• Use gloves when handling contaminated items.
• Keep anal area clean and dry.

Instructions for preparing Oral Rehydration Salts (ORS)
Dissolve entire contents of ORS packet in one liter of warm clean drinking water and allow the mixture to cool.
• *Give infants* one liter over a 24-hour period.
• *Give children* one liter over a period of 8–24 hours.
• *Adults drink* (a) as freely as required, (b) every few minutes until normal urination returns, or (c) 1–2 cups after every diarrhea stool.

To make your own Oral Rehydration Salts (ORS), mix well:
• Half a level teaspoon of salt (government manuals say one teaspoon)
• Eight level teaspoons of sugar or molasses
• One liter of warm drinking water, and, if desired, add half a cup of fruit juice, coconut milk, or mashed banana.

Refer the patient to the nearest health facility if:
• Dehydration is severe
• Diarrhea is persistent

Managing Pain
• Help the patient change into a comfortable position.
• Give a patient a warm bath.
• Gently massage sore muscles.
• Apply hot or cold compress.

Refer a patient to the nearest health facility if pain is severe or if it is associated with symptoms such as headaches, neck stiffness, and fever.

Managing Sores in the Mouth or Throat
• Try soft, smooth, bland foods such as mashed potatoes.
• Cook fruits and vegetables to make them easier to eat.
• Try cold foods.
• Rinse the mouth with salt water.
Managing Weight Loss

- Eat 4–5 times a day.
- Encourage the client to eat even if they are not hungry.
- If there is a food the patient likes, serve it often.

What are the important points a caregiver should know about treatment with antiretroviral drugs (ARVs)?

- Once the client starts taking the drugs he or she must keep taking them everyday for life.
- Missing drugs means that the virus has a chance to copy itself in the body and makes the patient sick. Missing drugs also gives the virus a chance to grow and change and resist the drugs.
- If you get resistance to one drug, you may have resistance to all drugs in the same group.
- Resistance means that the drugs no longer work against the HIV Virus.
- Drugs prescribed for one person should be taken only by that person.
- Side effects should be reported as soon as possible.
- It is important for all clients to have regular reviews to monitor the effectiveness of the drug and the development of viral resistance.
- If the client experiences side effects for a period of time (2–5 months), assist them to return to the health centre.
- Keep a record for reference of all current prescriptions in a safe place.
WAYS TO MANAGE OPPORTUNISTIC INFECTIONS

How does one deal with opportunistic infections?
In contrast to many common infections, opportunistic infections are serious and probably require medical attention.

What are common opportunistic infections?
- Tuberculosis
- Malaria
- Diarrhea
- Herpes Zoster (Shingles)
- Kaposi Sarcoma
- Herpes complex
- Pneumonia (CPC)
- Meningitis
- Candidiasis (Thrush infections)

What are common signs or symptoms of opportunistic infections?
- Watery diarrhea
- Feeling dizzy
- Trouble breathing
- Frequent headache
- Vomiting
- Pain while having sex
- Smells and discharge from genitals
- Coughing for more than 2 weeks
- Changes in menstrual cycle
- Problems with balancing (walking and speech)
- Difficulties in swallowing
- Memory loss
- Blurred vision
- Fatigue
- Skin rash
- Loss of weight
- Night sweating
- Chills
- Sore or stiff neck
- Painful urination
- Skin lesions
What are some steps to prevent opportunistic infections?

- Bathe every day using soap.
- Wear warm clothes.
- Brush your teeth.
- Wash your hands after toilet.
- Wash your hands after touching animals: livestock and pets.
- Sleep under an insecticide treated mosquito net.

What are important facts about opportunistic infections?

- It is important to seek medical treatment at the first sign of any of the symptoms.
- If suspected, or someone in the household has TB, the patient should be tested for TB.
- It is important to know the HIV status (positive or negative), because positive patients may require higher doses of treatment.
- Most opportunistic infections can be cured (e.g. Pneumonia and TB).
CARE

HEALTH KITS

A Home Health Kit contains items and supplies to assist those providing home health care. A Home Health Kit helps you to have on hand what is needed to care for someone who is ill. You may assemble your own. The following list will assist you.

• If you do not understand what an item is useful for or how to use it, ask a pharmacist, health provider, or an AIDS-Free Community Campaign*Peer Educator.

• Put the items together in a box or bag. Store in a safe place.

• Replace the items in the Home Health Kit when they are almost used up. It is important to have what you need on hand when you need it.

• Keep a sheet or book with the Home Health Kit to record its use, items replenished, and notes about the health of the patient. This is an excellent place to keep prescriptions and other health information.

What is Included in a Home Health Kit?

• A box of waterproof gloves

• Cotton wool

• Methylated spirit

• Vaseline

• Soap (bathing, washing)

• ORS (Oral Rehydration Salts)

• Razor blades

• Fansidar

• Aspirin

• Panadol

• Multivitamins

• Ferrous sulphate

• Folic acid

• Bandages

• Insecticide treated bed nets

How can I insure the proper storage of medicines?

• Keep medicines out of the reach of children.

• Store away from heat and direct light.

• Do not store in the bathroom, near the kitchen sink, or in other damp places.

• Heat or moisture may cause the medicine to break down.

• Be sure that old medicines are thrown away and out of the reach of children.
HIV/AIDS COUNSELING

HIV/AIDS is a difficult disease both for the person infected and for his/her family. It affects not only the physical body, but also one's emotional, social, and spiritual functioning. The entire family is involved. As an HIV/AIDS home caregiver, you, your patient, and your family may benefit from counseling from time to time.

What are the different types of counseling?
- Post-testing counseling helps a client to live positively with an HIV positive diagnosis.
- Group counseling helps groups of HIV positive clients to live positively.
- Individual counseling for patients and caregivers can assist them to deal with the emotional and practical problems of having HIV/AIDS.

Who can provide counseling?
- Psychologists
- Social workers
- Health care professionals: doctors, clinical officers, nurses, Voluntary Counseling and Testing personnel (VCT)
- Support group workers
- Youth workers

How can a patient manage his/her new status?
- Use post-testing counseling.
- Join a support group.
- Eat nutritious foods.
- Exercise frequently.
- Keep all clinic/doctor appointments.
- Take all prescribed medicines regularly and faithfully.

How can a patient manage his/her energy?
- Eat regularly and healthily.
- Get enough rest/sleep.
- Take all prescribed medicines regularly and faithfully.
- Prioritize tasks.
COUNSELING

INDIVIDUAL COUNSELING

What happens in individual counselling?

How can a patient sustain hope?
- Know the real facts of his/her situation.
- Have regular social interactions.
- Participate in group counseling.
- If appropriate, follow regular spiritual practices.
- Get individual counseling if professional help is needed.
- Do things he/she enjoys: reading, gardening, crafts, writing, meeting friends, playing with children, etc.

Are there support groups for those newly diagnosed?
- Look for a program called Living Well or Living Positively with HIV.
- A trained facilitator works with a small group.
- There are seven weekly sessions.
- Sessions cover adjustment to treatment, self-management, individual and family emotional adjustment, nutrition, hygiene, and planning for the future.
- Participants share with others who have similar concerns.

Are there support groups for family caregivers?
You will find that being a caregiver is a demanding role. You may want support and assistance. Your community may have existing support groups you may be part of or you may need to start your own support group.

Talk to a Peer Educator about the support groups available through the AIDS-Free Community Campaign.
COUNSELING

SUPPORT GROUPS

What happens in support groups?

How do support groups work?
- Support groups gather people living positively for the purpose of education, support, and camaraderie.
- Some support groups rotate the leadership of each meeting as well as other roles.
- Support groups may schedule different topics for each meeting.

How does one form a support group?

An interested person:
- Finds an appropriate meeting location.
- Gathers those living positively together.
- Locates a facilitator or someone experienced in leading a support group, especially for the first few meetings.
- Brainstorms group guidelines.
- Calls for some form of commitment to the group.
- Guarantees confidentiality.
- Gets advice from other support groups.

How does someone run a support group?

A group leader:
- Finds an appropriate meeting location.
- Makes sure a topic is scheduled for each meeting.
- Has everyone check in with a brief summary of how he/she is doing.
- Spends time with anyone having a specifically urgent issue.
- Focuses on the topic, allowing time for questions.
- Closes by announcing the time and place of the next meeting.
- Names a person to lead the next meeting.

An AIDS-Free Community Campaign Peer Educator can help.
FAMILY COUNSELING

What Happens in Family Counseling?

What does a family need to know about Family Counseling?

- The purpose of family counseling is to enable the family to become an effective caregiver for the family member living positively.
- Family counseling assists the family as it creates a functional and supportive environment for all of the family members.
- Family counseling encourages emotionally healthy systems and patterns of interaction.

Where does a family get support?

- Social workers
- Health care professionals: doctors, nurses, clinical officers
- Support group workers
- Home care providers
- Support groups
- From You

How Can I Help My Family?

As the primary caregiver of someone in your family or a friend, your support is very important in assisting that person to live positively with HIV/AIDS. One of your roles will be that of counselor for the person who is ill and for your family.

What is the intent of talking with my family?

- To enable the each family member to tell his/her experience of the illness.
- Talk with the patient and each family member individually and as a group.
- To help the family to describe possible future directions or future choices.
- To encourage the family to plan out a future direction.

What are important skills for talking with my family?

- Confidentiality is very important because stigma may be associated with becoming HIV positive. Look for people you trust.
- Empathy means feeling with a person as opposed to sympathy that feels sorry for the person.
- Active listening involves paying attention to a person’s verbal and non-verbal messages. It also conveys respect, interest, and empathy.
- Open-ended questioning and probing uses questions that require more than a one-word answer. Such questions might begin with “How?” “What?” or “Why?”.
- Closed-ended questioning is helpful for gathering data and information.
• *Focusing* keeps family members focused on the most urgent issues first.
• *Affirming* congratulates or compliments the family on the positive steps they have taken.
• *Clarifying* makes sure the statements or questions from the family are understood.
• *Correcting* misconceptions provides factual information to correct misinformation but keeps the focus on the counseling process.
• *Confidence* is important in talking about sensitive matters.

**What are some questions I might ask myself to judge if our family is adjusting well?**

• How is everything going?
• What successes have we experienced?
• What obstacles have we experienced?
• How is the family cooperating in caring for the person living positively?
• What are some next steps for our family?

*Are there problems for which we need to seek assistance?*

*What are they?* How can I connect with assistance to help me manage the problems?
COUNSELING

STIGMA

How do we deal with stigma?

In 2016, stigma is not as strong or prevalent as early in the epidemic.
- Communities know a lot more about it, including how you do and don't become infected.
- Ordinary family and social activity will not result in infection. Others are not as fearful.
- Communities are better able to address the needs of those with HIV/AIDS.
- There is treatment and a way for those infected to live a productive life.
- The more the community knows, the less the stigma.

These forms of stigma are possible but unlikely.
- Abandoned by friends
- Fired from a job
- Banned from a community
- Disowned by family
- Children shunned by other children

How can I get help dealing with stigma?
- Individual counseling
- Group counseling
- Friends
- Support groups

What are effective ways to combat stigma?
- Search out others who have similar problems. Ask them how they combat stigma. Think about it together.
- Community awareness and education campaigns
- Drama groups
- Community Declaration of “No Stigma”
- Community care structures
- Talk about it

Every day be thankful for those you love and hopeful for the future. Remember, as a caregiver you are filling a very important role. Ask for what you need.
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