

# People who Support Me with My Treatment





## Why is this booklet important?

Living with HIV and making the decision to take ART needs courage. A good support system helps us to manage all the life changes we face in this situation.

In this booklet we discuss the special people who help and support us in different ways with our treatment for HIV. These may be people in your family, among your friends, those who go to church with you and even people you just meet in the market place and at school. These are the people who you have chosen to tell that you are HIV positive because you have trusted them. **Disclosure takes courage, and you can have courage.**

Some people may not behave the way you hoped they would when you tell them about your HIV status. We will share some ideas with you in this booklet, to help you think of your own special ways to live life fully by carefully choosing people to help you.

### Facts we must know:

- There are many things we can do to help us cope with taking medication every day for the rest of our lives.
- It is important to identify who can support you with your treatment and when to seek their support.
- Disclosure of your HIV status is important as more people will know how and when to support you – but you need to think carefully and choose who to disclose to.



### Activities:

*Let's have fun and share!*



### Activity 1:

*Exploring My Treatment,  
Me and Those who  
Support Me.*

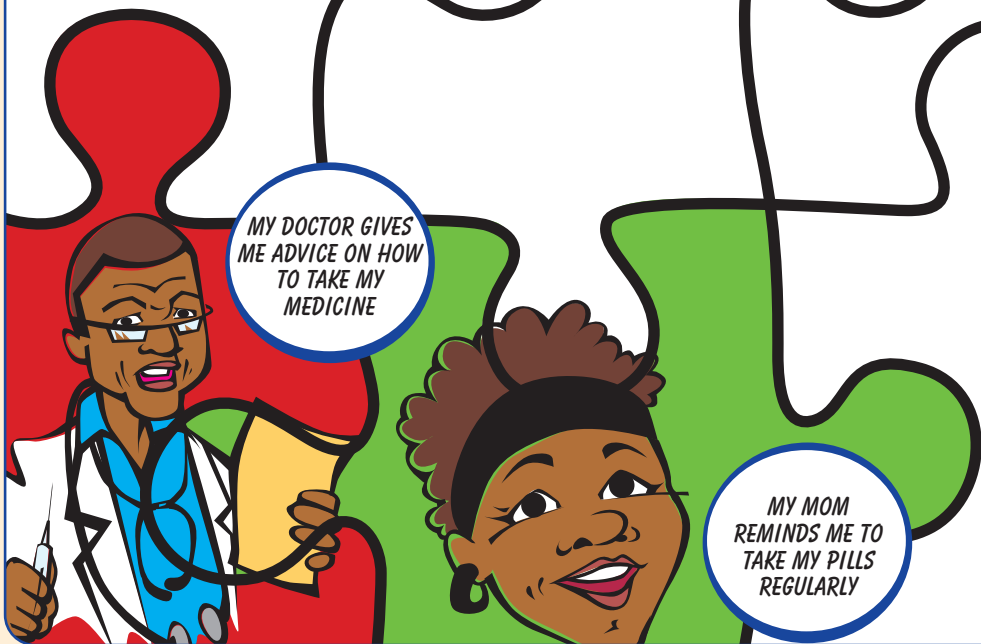
We all have different parts to our lives that fit together, a bit like a puzzle. Draw the different parts of your life in the different parts of the puzzle on the next page.

## People who Support Me with My Treatment

You can use this jigsaw to identify who can help you by:

1. Reminding you to take your ARVs
2. By helping you deal with any problems you may have with your treatment (such as side effects or adherence or eating well).

By drawing two people next to each other you can also link them to each other, as they both may be helping you with your treatment. An example is already drawn for you.



MY DOCTOR GIVES  
ME ADVICE ON HOW  
TO TAKE MY  
MEDICINE

MY MOM  
REMINDS ME TO  
TAKE MY PILLS  
REGULARLY

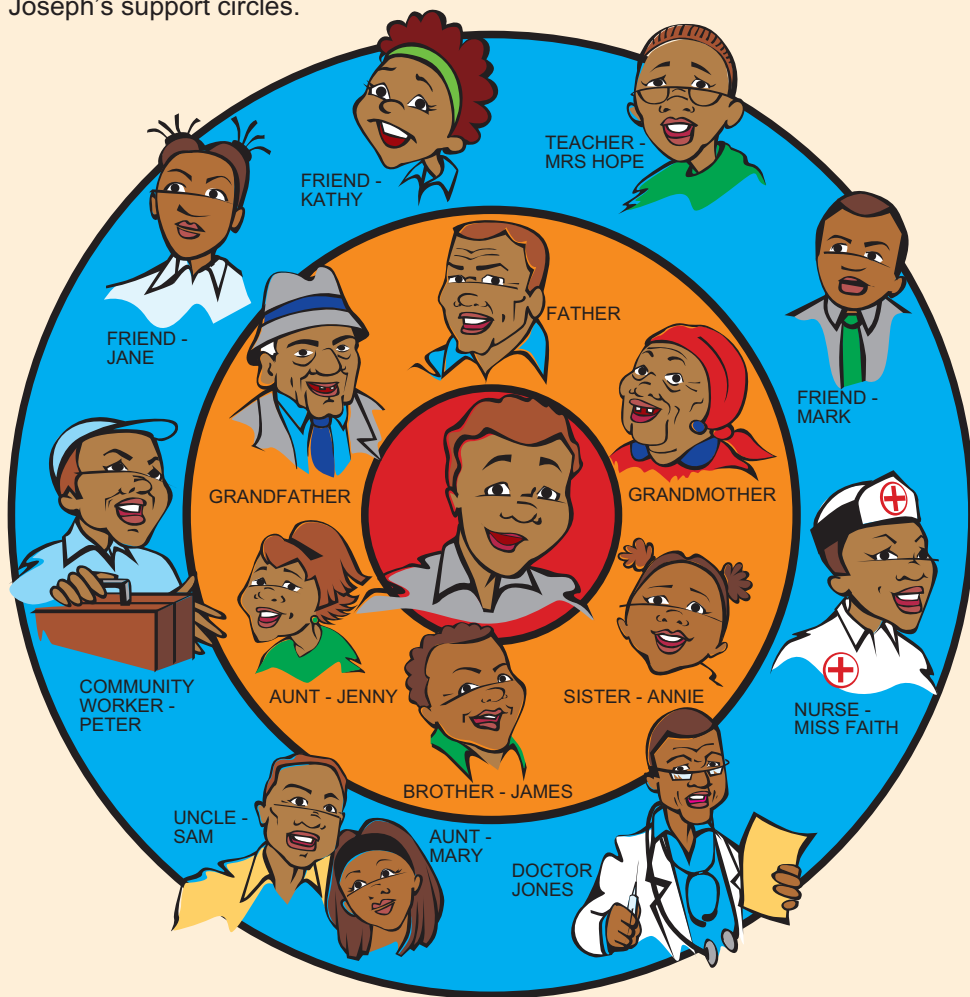
## *People who Support Me with My Treatment*

*It is very important to know  
who can support you for your  
ART, from the start, as you will  
be taking the medicine forever*

# People who Support Me with My Treatment

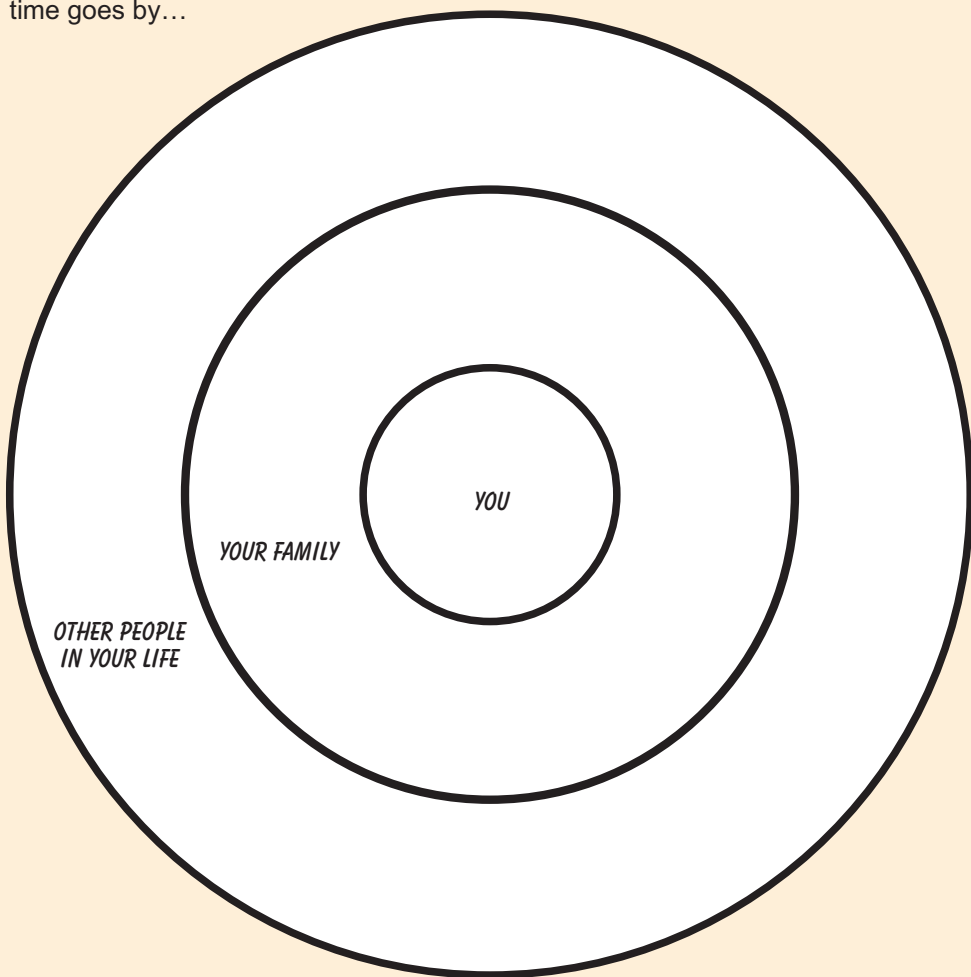
## **A** Activity 2: People who Support Me

Joseph is 13 years old and here are Joseph's support circles.



## People who Support Me with My Treatment

Now fill in your own circles with all the people in your life who help you. When you have completed it, show it to others at home. Remember to keep adding names of new people who help you as time goes by...



## People who Support Me with My Treatment

# A

### Activity 3:

I Know My Facts on ART,  
and I Share These with  
Those Who Support Me

KNOWING THE FACTS HELPS US UNDERSTAND HOW IMPORTANT OUR TREATMENT IS. SHARING THESE FACTS WITH THOSE AROUND US ALSO ASSISTS THEM TO SUPPORT US BETTER. SEE WHAT JOSEPH DID TO GAIN KNOWLEDGE:

I CAN FIND OUT MORE  
ABOUT ART THROUGH MANY WAYS...  
MY MOM, MY DOCTOR, THE RADIO AND  
POSTERS AT THE CLINIC...



JOSEPH'S MOTHER

CLINIC POSTERS



THE RADIO

JOSEPH'S DOCTOR



THEN I CAN SHARE MY  
INFORMATION, TO HELP OTHERS  
SUPPORT ME BETTER IN MY  
TREATMENT



JOSEPH'S TEACHER



JOSEPH'S FATHER



JOSEPH'S SISTER

WHO ELSE CAN YOU SHARE INFORMATION  
WITH, FOR THEM TO SUPPORT YOU BETTER?



## People who Support Me with My Treatment

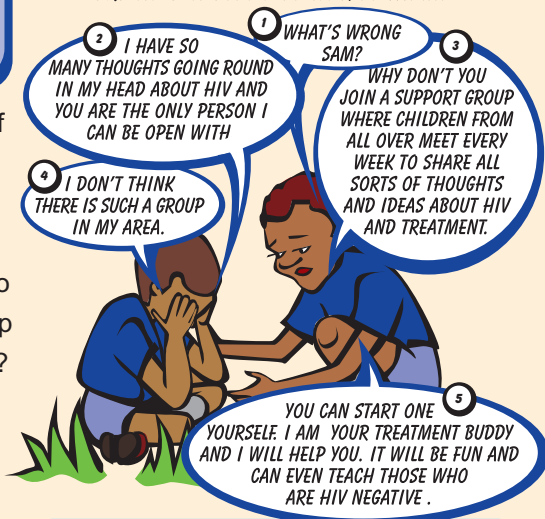
### **A** Activity 4: Giving Strength to Those on ART to Stay on ART

Some people say that you need a lot of strength and courage to stay on ART.

A tree needs good soil, water and sunshine to help it grow strong. What do you need from those around you to help you grow strong and give you courage? Write these things in the tree.



SAM IS SITTING ALONE FEELING SAD UNTIL HIS FRIEND BEN COMES TO TALK TO HIM...



### Let's remember

- You don't need to face ART alone. Remember that there are people who can support you, and who care for you.
- Identifying your 'pool of support' (those around you who support you to stay on ART, such as your brother, your teacher, your best friend) is very important.
- Learning more about HIV and ART and sharing this with those who support you, helps them to support you better.
- If there is no **children's treatment support group** in your area, you can begin one. This support group can have both HIV positive and HIV negative members.

## People who Support Me with My Treatment

### HOW TO START A "CHILDREN'S TREATMENT SUPPORT GROUP"...

1. DECIDE ON WHY YOU NEED A SUPPORT GROUP. SOME GOOD REASONS ARE: THE SUPPORT GROUP WILL HELP CHILDREN LIVING WITH HIV AND ON ART TO TALK ABOUT PROBLEMS, TO HELP EACH OTHER FIND SOLUTIONS, TO KEEP LEARNING ABOUT HIV AND ART AND FIND FUN WAYS OF SHARING THIS INFORMATION WITH OTHERS IN THE COMMUNITY.

2. SHARE THIS WITH YOUR TEACHER, HEALTH CARE WORKER OR ANY OTHER ADULT LIVING WITH HIV. ASK THEM FOR THEIR GUIDANCE.

3. YOUR CLINIC CAN LINK YOU WITH OTHER CHILDREN LIVING WITH HIV IN YOUR COMMUNITY.

4. YOU CAN VISIT THESE CHILDREN AND FIND OUT IF THEY'D LIKE TO BE PART OF A CHILDREN'S TREATMENT SUPPORT GROUP TOGETHER WITH YOU.

5. SHARE WITH THEM THE GOOD REASONS FOR HAVING A CHILDREN'S TREATMENT SUPPORT GROUP.

6. ENCOURAGE AS MANY CHILDREN TO JOIN, EVEN YOUR FRIENDS WHO MAY BE HIV NEGATIVE.

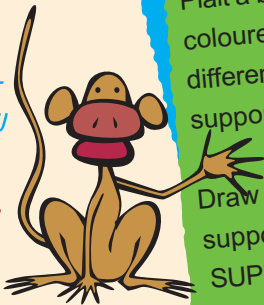
7. AGREE WHERE AND HOW OFTEN YOU WILL MEET; EG. ONCE A WEEK AT THE COMMUNITY CENTRE OR THE SCHOOL GROUNDS.

8. AGREE ON WHAT ACTIVITIES YOU WILL DO - REMEMBER THE GOOD REASONS (SEE POINT 1 ABOVE) AND ALSO HAVE FUN.

9. TO HELP YOUR SUPPORT GROUP GROW AND BE USEFUL FOR CHILDREN IN IT, IDENTIFY AND ADULT WHO CAN BE YOUR SUPPORT GROUP GUIDE. SHE/HE CAN GIVE YOU ADVISE ON YOUR ACTIVITIES.

10. CHILDREN IN THE SUPPORT GROUP CAN BECOME EACH OTHERS "TREATMENT BUDDIES".

11. REMEMBER THE SUPPORT GROUP IS EVERYBODY'S SUPPORT GROUP EVEN IF YOU STARTED IT.



### You can make a difference!

These are things **you** can do to support someone on ART:

- Practical support e.g. drawing a treatment calendar, helping with housework, going with them to the doctor when they are not well or when they are going for their checkups, helping the with their homework
- Moral support. e.g. sitting with them, listening, encouraging and accepting them.
- Material support, e.g. offer them food, or a lift to the clinic to collect pills...
- Be a treatment buddy.
- Support someone on ART by reminding them to take their pills on time.
- Take them to a support group

### Try this later...

Plait a bracelet using 6 strands of different coloured wool or strips of plastic. Use a different colour for each of 6 people who support you in your treatment.

or  
Draw a flower for each person who supports you. Write THANK YOU FOR SUPPORTING ME ... (insert the person's name), and use a different color for each flower. Then give this flower to the person.



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