

## Caring for people living with HIV/AIDS...

While some HIV testing is now available in big cities, most rural hospitals and district health facilities still do not offer these services.

Antiretroviral drugs cost, on average, US\$1000 per person per annum. Basic annual salaries for workers range from US\$850 to US\$1500. Access to affordable antiretroviral drugs and health care can result in longer, more productive lives, yet many people living with HIV/AIDS cannot afford them.

HIV-positive people often experience stigma and discrimination when they try to access health-care services, so their basic rights to health care need to be protected.

Involving HIV-positive people in the response to the epidemic is crucial, as they give a human face to HIV/AIDS for the general community, as well as being effective advocates in overcoming stigma and discrimination.

## A national priority...

Providing care and support for HIV-positive people, eliminating discrimination and stigma, and promoting the involvement of people living with HIV/AIDS in the response to the epidemic are priorities for government, donor and nongovernmental organizations, and HIV-positive people's support groups.

## Make it happen...

### Voluntary counselling and testing is the first step

The Department of Health's informal Working Group on Counselling is developing both a code of practice and counselling guidelines. Nongovernmental organizations such as Yayasan Mitra Indonesia train counsellors, and provide direct and hotline counselling services. The Department for Social Affairs is also developing HIV/AIDS programmes for socially vulnerable groups such as the homeless, sex workers and former prisoners.

However, client-friendly voluntary counselling and testing facilities are urgently needed, especially in all large population centres.

Those possibly infected with the virus are more likely to agree to testing if they see benefits from knowing their HIV status, such as access to affordable care.

- ▶ US\$1000 would provide a small facility with staff who are able to draw blood samples and send them for testing, as well as offer pre- and post-test counselling for 100 people.

For further information, contact: Marcel Latuihamollo, Counselling and Hotline Manager, Yayasan Mitra Indonesia, at [ymijak@yahoo.com](mailto:ymijak@yahoo.com).

### Training and skill-building provide support and hope

Yayasan Spiritia, with support from AUSAID and the Ford Foundation, provides comprehensive training and peer support for HIV-positive people and their families, including information about HIV/AIDS and how to live with it. Skill-building courses, which include public speaking, advocacy and counselling, facilitate the active and effective involvement of HIV-positive people in the response to the epidemic.

- ▶ US\$5000 would provide a basic guidebook on living with AIDS for 5000 HIV-positive people and their caregivers.
- ▶ US\$5000 would increase the skills of 12 HIV-positive people, covering public speaking, advocacy, formation of peer support groups, and counselling.

In-kind contributions: training facilities/expertise, and the design and production of materials would help.

For further information, contact: Daniel Marguari, Programme Coordinator, Yayasan Spiritia, at [yayasan\\_spiritia@yahoo.com](mailto:yayasan_spiritia@yahoo.com).

### Community care and support extends the lives of HIV-positive people

HIV-positive people need ongoing social, economic, emotional and spiritual support. The families of those being cared for at home also need training, guidelines and support. Nongovernmental organizations such as Yayasan Sosial Agustinus, Yayasan Pelita Ilmu and Bali Plus provide home care to HIV-positive people and their families, including basic health-care kits and food supplements. Not all HIV-positive people who need antiretroviral therapy can tolerate it, but the treatment of HIV/AIDS-associated infections will still extend their lives.

- ▶ Approximately US\$1000 would provide antiretroviral therapy, including drugs and monitoring, for one person for one year (price depends on the source of the drug).
- ▶ US\$15 000 would cover the costs of a home-care training course for 50 caregivers. Approximately US\$1000 would cover treatment for a HIV-positive person for one year (drug prices to prevent and treat such infections vary).

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