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Women As
The Face
of AIDS



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My HIV is Under Control, Now What?



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Prior to the new medical treatments, PLWHAs frequently perceived that working was no longer an option.

Many people living with HIV/AIDS have now experienced a relative stabilization of their health.



The perception now is that HIV and AIDS has shifted from a terminal illness to a chronic and manageable disease. The idea of PLWHA entering or reentering the workforce has arisen, fueled by budget constraints and HASA restructuring.



Managing Life with HIV

- ▶ HIV Maintenance/Treatment Adherence
- ▶ Stable/Permanent Housing
- ▶ Past or Current Substance Use Issues
- ▶ Managing Time



Addressing Trauma

- ▶ Emotional
- ▶ Physical
- ▶ HIV Discrimination/Stigma
- ▶ Socio-economic status



Pre-contemplation

- ▶ Am I ready to work?
- ▶ What can I physically handle?
- ▶ What happens if I get sick again?
- ▶ Do I have to disclose?
- ▶ Should I go to school instead?



Internal/Personal Barriers:

- ▶ Physical/Mental Well Being
- ▶ Disclosing Status
- ▶ Self Esteem/Motivation
- ▶ Fear of Change



External/Structural Barriers:

- ▶ Medical
- ▶ Substance Use
- ▶ Education vs. Vocation
- ▶ Criminal History
- ▶ Discrimination/Stigma



Seek Support

- ▶ Volunteering
- ▶ Peer Education
- ▶ Literacy/ESL
- ▶ Employment Readiness
- ▶ Vocational Counseling
- ▶ Skills Training



Benefits

- ▶ Enhances self-esteem which contributes to improved health
- ▶ The opportunity to create a social support system
- ▶ Financial security that contributes to survival and improved quality of life

