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Women As The Face of AIDS

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My HIV is Under Control, Now What?

By Malta Cirino and Sandy Guillaume
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