



living well



Supporting people with HIV/AIDS in Kenya

i. Project Summary

This six month project is a collaboration between ICA:UK, Living Well and SCR to improve the lives of 90 men and women living with HIV/AIDS in the Coastal Region of Kenya. Local facilitators, themselves HIV+, will be trained and supported to deliver the proven Positive Self-Management approach, enabling participants to improve the quality of their lives, to make informed decisions, and to develop confidence in themselves. The approach has already been piloted successfully in Kenya, resulting in participants improving their self-management; building their confidence; feeling able to disclose their status; communicating more openly and effectively; making more informed decisions; adhering better to anti-HIV medication; changing their attitudes towards physical health; enhancing their relationships and social life; setting goals setting and plan for action; practicing/demanding safer sex.

ii. Project Need and Beneficiaries

The project addresses the challenges brought by living with HIV/AIDS, and the consequences this has on people's status and acceptance in society, their own confidence and their ability to live a quality life. The project will focus on the Coastal region of Kenya where prevalence levels are third highest in the country (7.9%) and where significant gaps exist in the support HIV+ people need. This project will take the participants through a series of seven 2-hour sessions, deepening their understanding of their own situation, identifying challenges and practical ways to address them.

As the daughter of one participant noted: *"She is now able to take care of herself and manage her nutrition. I don't even have to tell her when to take her medication she always takes them. Before I was there reminding her to take now she does it herself. She is also eating well, she knows it's her duty to eat good food."*

iii. Project Activities

1. We will train 12 local facilitators to lead the training with the 6 groups. The facilitators will be HIV+ in order to be able to convey messages more effectively, to empathize with participants and to be able to speak directly from experience. After an earlier training, one facilitator, a doctor, said that taking part has dramatically improved his practice. He said:

“As a healthcare professional I am now more patient with clients, have better communication skills, more confident and sincere with clients and people. It has made me an advocate for people living with HIV.”

2. The 12 facilitators will be guided and supported to deliver the process to six groups of 15 people (90 people). The course will last seven weeks, with one module at an agreed time each week. This pattern has proved more attractive to community members and allows time for them to make practical progress each week by trying out what they have learnt. The facilitators will also be available for such programmes in future.
3. Participants of the training will be selected from existing support groups to ensure that they continue to support each other and benefit from the training after the course is completed. The results of the training will be carefully assessed in order to assist future planning and what further support these participants will need.

iv. Potential Long-Term Impact

This project will improve the lives of 90 people living with HIV/AIDS, and impact positively their families and communities, contributing towards the longer term vision of enabling and supporting people living with HIV/AIDS to live quality lives and to be accepted and respected in their role as citizens of Kenya.

In addition the 12 facilitators trained in this project will develop into an experienced and knowledgeable resource able to take the training to other groups and individuals in the future.

v. Project Message

After an earlier training, one of the participants (Mary) said:

“The course enabled us to plan, manage our homes, ourselves. Also it has given us views, it has made us feel we deserve and we are human beings and we have rights and we deserve to live well.”

vi. Project Funding Requested (US Dollars)

Training of Facilitators

12 Facilitators x \$833	\$9,996
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Training of 90 HIV+ people

(6 groups x 15 people)

6 groups x \$3,150	\$18,900
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Admin

Co-ordinator salary \$783 x 6 months	\$4,698
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Administrator \$652 x 6 months	\$3,912
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Secretary \$326 x 6 months	\$1,956
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Rent, etc. \$365 x 6 months	<u>\$2,190</u>
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\$12,756

TOTAL

\$41,652

vii. Web Resources

<http://www.livingwelluk.com/africa.htm> for further description

<http://www.ica-uk.org.uk/research/> to download a copy of the full evaluation of the pilot project

http://www.youtube.com/watch?v=bktwb_UrDpY for a video of past participants reflecting on the course