

5. SUMMING UP

5.1 Ten Rules for Positive Living

Ten rules for Positive Living are listed in Information Box 10. The most important of these ten rules is the one that urges us to seek help and support from friends and family. Without this support it will be impossible to follow the other nine rules. This means that there is a continuing need for a strong social network of men and women who can provide emotional support to all those who are affected or infected by HIV/AIDS (see Table 2 at the beginning of this manual).

Information Box 10: Ten Rules for Positive Living

1. Eat nutritious, pesticide-free food
2. Reduce the amount of sugar and caffeine in your diet
3. Reduce stress and get plenty of sleep
4. Take regular exercise but try to reduce the amount of hard physical labour
5. Drink boiled/sterilised water
6. Improve personal hygiene: keep your body and clothes clean using soap and water
7. Practise safe sex with a willing, faithful, adult partner
8. Give up smoking, alcohol and other drugs
9. Clean up your environment
10. Seek help and support from friends and family

By implementing all three community-based action plans - to reduce vulnerability to HIV, promote good health and clean up the environment to prevent disease, the whole community can be mobilised to Live Positively, and thus increase its resilience to the impacts of HIV/AIDS. We hope that the following true story, described in Information Box 11, will give you the inspiration that you need for this task⁹.

⁹ See Positive Health by Orr, N.M: Neil_orr@yebo.co.za or drp@mweb.co.za

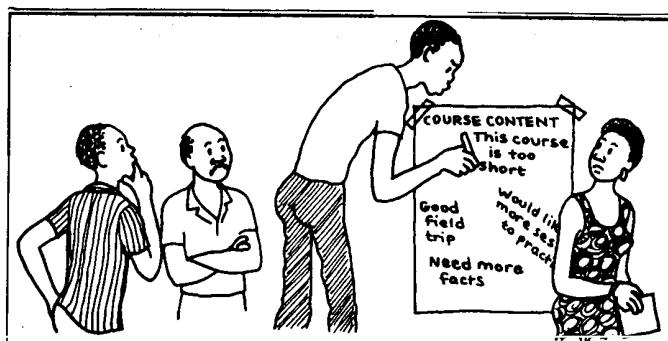
Information Box 11: How Mavis created hope

When Mavis found out that she was HIV-positive, she was shocked. The doctor said that she would probably live for five to eight years more. But a little voice inside her said "Wait a minute! Is this a fact? Maybe not..."

The first thing that she did when she got home was to eat an avocado, then she planted the pip in the ground. She said to the avocado pip: "Your name is *Hope*. I will water you every day and one day I will eat your fruit". With this action, she had created hope that she could see every day.

Mavis is still healthy and well. Just as she took action to create hope, so she has taken action to eat well, learn what she can do to stay healthy and she says that she is happier than she has been for a long time. She continues her studies, as she says she wants to help other people one day with her skills and knowledge.

5.2 Assessing the impact of your workshop



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The best way of assessing the impact of your workshop is to do a follow up survey amongst the ex-participants in three to six month's time. Suggestions for questions that could be included in this survey are contained in Information Box 12. You may want to modify these questions or include additional questions to make the survey more specific to your locality. The results of this survey can be used to improve the format of future workshops. The most crucial indicators of successful impact include an increased willingness to go for voluntary counselling and testing, the ability of people to freely admit their HIV status without fear of being stigmatised and increased community involvement in orphan and invalid care. However, it is not advisable to ask questions relating to sensitive indicators directly, but to find ways of encouraging people to volunteer the information in their own time. When this happens you can be assured that the vulnerable people in your community have gained the confidence they need to Live Positively!

Information Box 12: Some questions to include in your follow-up survey

- What changes have been made to protect your family from HIV?
- What are the major conflicts and how have they been resolved?
- Which religious organisation has provided the most positive support in promoting behaviour change in your community?
- Which new crops are you growing to improve nutrition within your family?
- Does anyone in your family need nutrient supplements?
- Are they receiving them? If not, why?
- Have you conducted a base-line survey?
- What were the results?
- What are the most serious health hazards in your environment?
- How have you dealt with these problems?
- What is the biggest change that you, yourself have made since the Positive Living workshop?
- What is the biggest change that you have noticed within the community since the Positive Living workshop?