

## Resources: Where to get more information

Here is a small selection of organizations, websites, and printed materials for helping children and families affected by HIV. Most countries also have national and local HIV organizations that can provide helpful information.

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### MORE ABOUT GROUPS AND STRATEGIES IN THIS BOOK

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**For more about Zvandiri (page 71):**

<https://tinyurl.com/y9jrh799>

<https://tinyurl.com/ycqra6qm>

**For the Zambia weaning foods cookbook (page 157):**

<http://tinyurl.com/yyzmbta6>

**For more about the CHABHA model (page 181):**

*Hope Amidst Despair, HIV/AIDS-Affected Children in Sub-Saharan Africa*, Susanna W. Grannis, Pluto Press, 2011.

**For more about Plan Uganda (page 272):**

<https://tinyurl.com/yalj3xhr>

**For more about the Fatherhood Support Project (page 273)**, a program of the ACEV Mother Child Education Foundation:

<https://tinyurl.com/y72h2r82>

also described in: *And How Will You Remember Me, My Child? Redefining Fatherhood in Turkey*, in the journal *Quality/Calidad/Qualite*

<https://tinyurl.com/y38jbbvq>

**For more about mothers2mothers (page 291):**

<https://tinyurl.com/ycyvbadj>

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### ORGANIZATIONS

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**Aidsmap**

*Produces and distributes clear, accurate, useful information about HIV and AIDS in more than 20 languages.*

Aidsmap/NAM, Acorn House,  
314-320 Gray's Inn Road, London,  
WC1X 8DP

+44 (0)20 7837 6988

[info@nam.org.uk](mailto:info@nam.org.uk)

[www.aidsmap.com/resources](http://www.aidsmap.com/resources)

**APCA - African Palliative Care Assoc.**

*A pan-African organization working to reduce pain and suffering across Africa by advocating for access to palliative care medicines and practices at all levels.*

APCA, Box 72518, Plot 95, Dr Gibbons Road, Makindye, Kampala, Uganda  
+256 312 264 978

[info@africanpalliativecare.org](mailto:info@africanpalliativecare.org)

<https://tinyurl.com/y7omwyud>

**Health Books International (formerly Teaching Aids at Low Cost, TALC)**

*Distributes books, CDs, DVDs, downloads, teaching materials, and accessories to improve health in developing countries.*

HBI, Barn B, New Barnes Mill,  
Cottonmill Lane, St Albans,  
Hertfordshire, AL1 2HA, UK

+44 (0)1582 380883

[help@healthbooksinternational.org](mailto:help@healthbooksinternational.org)

[www.healthbooksinternational.org](http://www.healthbooksinternational.org)

**International HIV/AIDS Alliance**

*Works to reduce the impact and spread of HIV and provides technical and organizational support for community-based groups focused on women, children, and youth. Building Blocks and other resources are available in multiple languages.*

International HIV/AIDS Alliance,  
Preece House, 91-101 Davigdor Road,  
Hove, BN3 1RE, UK  
+44 (0)1273 718900  
[www.aidsalliance.org/resources](http://www.aidsalliance.org/resources)

**JAWS HIV/AIDS readers for children**

*A collection of easy-to-read, illustrated books to read to younger children, published by Pearson UK.*

<https://tinyurl.com/yajpg7xa>

**PATA - Pediatric Adolescent Treatment Africa (formerly Pediatric AIDS Treatment Africa)**

*Promotes collaborative learning and knowledge sharing among health providers caring for children and adolescents with HIV in 24 countries. They produce and distribute a variety of resources.*

PATA, Building 20, Suite 204  
Waverley Business Park Wyecroft Rd.,  
Mowbray, Cape Town 8000,  
South Africa  
+27 21 447 9566  
[info@teampata.org](mailto:info@teampata.org)  
[www.teampata.org](http://www.teampata.org)

**Plan International**

*Promotes children's rights and equality for girls worldwide. Local programs often focus on meeting the needs of children with disabilities.*

Plan International, Dukes Court,  
Block A, Duke Street, Woking,  
Surrey GU21 5BH, UK  
+44 (0)1483 755155  
<https://tinyurl.com/ya3hbhpe>

**REPSSI - Regional Psychosocial Support Initiative**

*Trains people and organizations in 13 Eastern and Southern African countries to understand and support the psychosocial needs of orphaned and vulnerable children. They develop materials, convene workshops and regional meetings, and have special programs for teachers and community members.*

REPSSI, 266 West Ave, Unit 2,  
Waterfront Office Park, Randburg,  
2194, South Africa  
+27 11 886 1581  
[info@repssi.org](mailto:info@repssi.org)  
[www.repssi.org](http://www.repssi.org)

**Stepping Stones with Children and The Salamander Trust**

*A community program to help different genders and generations better communicate and advocate on sensitive issues, communicate honestly about HIV, and build mutual trust and support.*

<https://tinyurl.com/ycqrpw8v>

### TAC - Treatment Action Campaign

*Founded to fight for access to HIV treatment, TAC forced the South African government to provide prevention medicines to mothers, and then universal HIV treatment. TAC represents users of the public healthcare system to get better care and better access to care. They publish HIV in Our Lives and other health information for people with HIV on how to stay healthy, pregnancy, ARVs, TB, social support, and more.*

TAC, 10th Floor, 85 Main Street,  
Johannesburg, 2001, South Africa  
+27 011 100 4721  
info@tac.org.za  
www.tac.org.za

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### WEBSITES

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#### **www.who.int/hiv**

*The World Health Organization, includes treatment and prevention guidelines, and HIV news articles and stories.*

#### **www.learn.tearfund.org/en/resources/publications/footsteps**

*100 online issues of Footsteps, Tearfund's practical newsletter with topics including HIV, caring for orphans, hygiene, sexual and gender-based violence, land rights, and others.*

#### **https://www.avert.org/public-hub**

*Global information and education on HIV and AIDS.*

#### **www.chiva.org.uk/resources**

*Children's HIV Association supports the health and well-being of children and families with HIV by providing information and reducing isolation. Resources include videos and a website designed by and for children with HIV.*



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## PRINT AND ONLINE BOOKS

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### GENERAL MANUALS FOR HOME-BASED CARE FOR HIV

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***Community Home-Based Care for People and Communities Affected by HIV & AIDS: A Handbook for Community Health Workers***, by Pathfinder International (2006). Comprehensive guide to home-based care for HIV and AIDS.  
<https://tinyurl.com/ych24dhx>

***Palliative Care Toolkit: Improving care from the roots up in resource-limited settings***, by Charlie Bond, Vicky Lavy, and Ruth Wooldridge, Help the Hospices (2008).

How to care holistically for people with incurable or difficult to treat health problems, to relieve suffering, and improve quality of life.

<https://tinyurl.com/ybbkao4h>

***A Future Planning Notebook for Families and Communities***, by SAfAIDS and John Snow International. Support for accepting your HIV status and talking with families about planning care for children, making a will, and how to get important documents.

<https://tinyurl.com/ybb7v7r3>

### COMMUNITY MOBILIZATION FOR CHILDREN'S NEEDS

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***Journey of Life Workshops***, by REPSSI and Catholic Relief Services (CRS). Activities to stimulate community reflection, dialogue, and action.  
<https://tinyurl.com/y87hlx66>  
[www.repssi.org](http://www.repssi.org)

***Psychosocial Support Source Book for Vulnerable Children in Malawi***. Useful participatory activities and community strategies to support children.  
<https://tinyurl.com/yc6y7pb3>

***Supporting Young Carers: Programme Guidelines for Households in which Young People are Caring for Other Household Members***.

Activities and information developed by REPSSI and aimed at supporting young caregivers, including: carers' well-being, livelihood strengthening, support groups, treatment literacy, future planning, and grief and loss.

[www.repssi.org](http://www.repssi.org)

### CHILD DEVELOPMENT AND WHAT CHILDREN NEED AT DIFFERENT STAGES

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See the books: ***Disabled Village Children***, ***Helping Children Who Are Blind***, and ***Helping Children Who Are Deaf***, information on the last page of this book, or [www.hesperian.org](http://www.hesperian.org)

**Care for Child Development, Participant Manual**, by WHO and UNICEF.

Information on what babies and children need at different ages, and what caregivers can do to help them develop well.

<https://tinyurl.com/y9lgb7dk>

**We Care for Young Children: Helping adolescent caregivers look after young children.** This 50-page manual was developed with the help of adolescent caregivers in several African countries.

<https://tinyurl.com/yyosw5cr>

**KEEPING CHILDREN HEALTHY: NUTRITION AND BREASTFEEDING, SAFE WATER, CLEANLINESS, AND MORE**

See Hesperian's *A Community Guide to Environmental Health*.

On the last page of this book, or [www.hesperian.org](http://www.hesperian.org)

**UNICEF and Global Health Media** produced a helpful series of videos for health workers and caregivers on what to feed young children.

<https://tinyurl.com/ycxlvhvh>

**Videos by Global Health Media**, in multiple languages, on caring for small babies and young children, healthy births, breastfeeding, preventing and treating infections, and responding to danger signs.

[www.globalhealthmedia.org/videos](http://www.globalhealthmedia.org/videos)

**PREVENTION OF HIV IN MOTHERS AND CHILDREN (PMTCT)**

**The PMTCT Toolkit** by ICAP, the International Center for AIDS Care and Treatment Programs, is designed to train and support nurses, midwives, counselors, peer educators, and other community health workers to help women and families engage with HIV prevention and treatment services.

<https://tinyurl.com/ycfwnf4s>

**COMMUNICATING WITH CHILDREN AND GIVING EMOTIONAL SUPPORT**

**Building Resiliency Among Children Affected by HIV/AIDS**, by Silke

Mallmann (Maskew Miller Longman and Catholic AIDS Action, 2002-03).

This guide provides practical activities to help caregivers and teachers support orphans and children who are nursing an ill parent or grieving.

<https://tinyurl.com/yckjzqoa>

**Say and Play: A tool for young children and those who care about them**, by

Jonathan Brakarsh with Project Concern International. Very accessible book of activities that help children express themselves naturally and help adults understand children.

<http://tinyurl.com/y2q5vnfr>

**Guidelines for Counselling Children who are Infected with HIV or Affected by HIV and AIDS**, by SAT, Southern African Training Programme (2003).

Designed for anyone counseling children about sensitive subjects, such as illness, sex, or death.

<https://tinyurl.com/yachmb7z>

***The Suitcase Stories: Refugee children reclaim their identities***, by Glynis Clacherty, the Suitcase Storytellers, and Diane Welvering, Double Storey Publishers (2008).

and

***The world in a suitcase: Psychosocial support using artwork with refugee children in South Africa***, by Glynis Clacherty, explains more about the art project discussed on page 303.  
<https://tinyurl.com/ybghaxxb>

***Psychosocial Support Source Book for Vulnerable Children in Malawi***, by Stop AIDS Now! A book of strategies and activities to engage with children, families, and communities to support children made vulnerable by HIV.  
<https://tinyurl.com/yc6y7pb3>

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## DISCLOSURE

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***Pediatric Starter Kit: Having the conversation with your seriously ill child***, by the Conversation Project and the Institute for Healthcare Improvement. Stories from parents and others, and examples of what to say.  
<https://tinyurl.com/y9wq83ul>

***Let's Talk Disclosure: Your disclosure support guide for tackling tough topics together***, by Oxfam and SAfAIDS (2015).  
<https://tinyurl.com/y8lagbkb>

***It's Good2Talk: Sharing your diagnosis with your children***, by the UK Family Project. Helps parents and caregivers be better able to talk about having HIV with their children.  
<https://tinyurl.com/y7omj9lr>

***The Power of Knowing – Experiences of Youth and Caregivers with Pediatric HIV Disclosure***, a 20-minute video sharing the challenges and benefits of talking to your child about his or her HIV status, or of learning you have HIV as a child.  
[www.vimeo.com/88422878](http://www.vimeo.com/88422878)

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## ART MEDICINES FOR CHILDREN

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***My Living Positively Handbook***, by Children's Rights Centre (2006). A book about HIV made by children and for children to promote their active participation in HIV care and treatment.  
<https://tinyurl.com/yccsqsxn>

***How to Make a Tracing Book***, by REPSSI and CATIE, shows how to use drawings to keep a health diary, which can also be used to discuss HIV and medicines with children.  
<https://tinyurl.com/y966j4f6>

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## HEALTH CARE FOR CHILDREN WITH HIV

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See Hesperian's online chapter on ***Caring for Children*** here:  
<https://tinyurl.com/yba5u8yy>

***Children's Palliative Care in Africa***, ed. by Dr. Justin Amery. A comprehensive, practical, and sensitively written manual for health workers in Africa, to support children and families dealing with illness and physical and emotional pain.  
<https://tinyurl.com/ydeszhu9>

***The Healthy Child Handbook, A Guide to Childhood Wellness in Developing Countries***, by Cassady Thomas and Lauren Hughey, World's Children (2011). Health manual designed for childcare workers that covers prevention, first aid, and how to care for common and serious illnesses. Available to download and as a free e-book.

<https://tinyurl.com/y72hc4g7>

***Handbook on Paediatric AIDS in Africa***, by the African Network for the Care of Children Affected by AIDS, ANECCA (4th Ed., 2017). A comprehensive manual for health workers in clinical settings, informative and less technical than many medical texts.

<https://tinyurl.com/y7uwn3fj>

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## PAIN IN CHILDREN

***Beating Pain***, by the African Palliative Care Association. A guide for health workers (especially in Africa) to improve pain management, focusing on children's needs.

<https://tinyurl.com/ydyp6dof>

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## CHILD PROTECTION AND ABUSE

***Positive Disciplines***, by Plan, Vietnam. A training manual to help parents and teachers understand the capabilities of young children and how harsh punishment harms development. Includes information on stress and anger management.

<https://tinyurl.com/ybeels45>

***A MenCare Fathers' Group Manual for Sri Lanka***, by World Vision and Promundo (2012). Information and group education activities to promote gender equality in the home and family well-being through examining root causes of gender inequality, harsh punishment of children, and alcohol abuse.

<https://tinyurl.com/y9holuk8>

***Singing to the Lions: A facilitator's guide to overcoming fear and violence in our lives***, by Jonathan Brakarsh with Lucy Steinitz. Activities designed for older children on self care and how social support and understanding can help children cope with and recover from violence.

<https://tinyurl.com/ya3r6pvr>

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## CARE FOR CAREGIVERS

**For information and ideas on how to start a support group:**

<https://tinyurl.com/yac7d4or>

***Train the Trainer Manual: A guide to setting up a Care for Carers Program***, by AIDS Response (2011). Includes many useful self-care exercises, and tools for setting up care for caregivers programs.

<https://tinyurl.com/y727hb3z>

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## MORE RESOURCES

**Please visit the Hesperian Health Guides website** for even more resources than we could fit in this section.

<https://tinyurl.com/y6z9g286>



2860 Telegraph Avenue  
Oakland, California  
94609  
USA

### **Hesperian Health Guides**

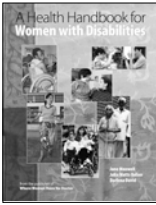
For over 40 years, Hesperian has been the “go to” source for resources about health promotion and community health. All our materials are published in English, Spanish, and a variety of other languages, and are available in print, online, and in several digital formats. Hesperian is a not-for-profit publisher; our work is made possible by your book purchases and donations.

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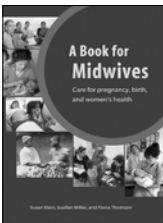
**A Health Handbook for Women with Disabilities**, by Jane Maxwell, Julia Watts Belser, and Darlena David, provides women with disabilities and caregivers suggestions on caring for daily

needs, healthy and safe sexual relationships, family planning, pregnancy and childbirth, and defense against violence, abuse, and stigma. 416 pages.



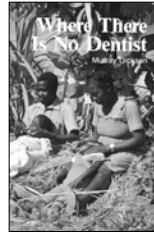
**Where There Is No Doctor**, by David Werner with Carol Thuman and Jane Maxwell, the most widely used health care manual in the world, provides vital, easy-to-understand information on how to diagnose, treat, and

prevent common diseases. An emphasis is placed on prevention, including cleanliness, diet, vaccinations, and the importance of community mobilization. 512 pages.



**A Book for Midwives**, by Susan Klein, Suellen Miller, and Fiona Thomson, is an invaluable training tool and practical reference for midwives and anyone concerned about care for women in pregnancy, birth,

and beyond. Discusses preventing, managing, and treating obstetric complications, covers HIV in pregnancy, birth, and breastfeeding, and has expanded information on reproductive health care. 544 pages.



**Where There Is No Dentist**, by Murray Dickson, shows how to care for teeth and gums at home, and in community and school settings. Detailed and illustrated information on dental equipment, placing fillings and pulling teeth, teaching hygiene and nutrition, and HIV and oral health. 248 pages.

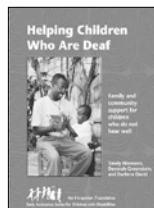


**Disabled Village Children**, by David Werner, covers most common disabilities of children. It gives suggestions for rehabilitation and explains how to make a variety of low-cost aids. Emphasis is placed on how to help disabled children find a role and be accepted in the community. 672 pages.



**Helping Children Who Are Blind**, by Sandy Niemann and Namita Jacob, aids parents and other caregivers helping blind children from birth through age 5 develop all their capabilities. Topics include: assessing how

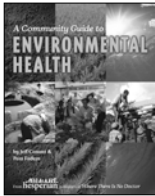
much a child can see, preventing blindness, moving around safely, teaching common activities, and more. 200 pages.



**Helping Children Who Are Deaf**, by Darlena David, Devorah Greenstein, and Sandy Niemann, aids parents, teachers, and other caregivers in helping deaf children learn basic communication skills and

a full language. It includes simple methods to assess hearing loss and develop listening skills, and explores how communities can work to help deaf children. 256 pages.

## OTHER BOOKS FROM HESPERIAN



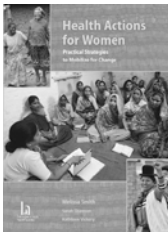
**A Community Guide to Environmental Health**, by Jeff Conant and Pam Fadem, will help urban and rural health promoters, activists, and community leaders take charge of their environmental health.

23 chapters address topics from toilets to toxics, watershed management to waste management, and agriculture to air pollution. Includes activities, how-to instructions to make health technologies, and dozens of stories. 636 pages.



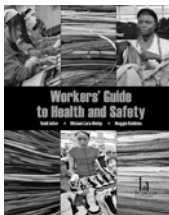
**Helping Health Workers Learn**, by David Werner and Bill Bower, is an indispensable resource that makes health education fun and effective. Includes activities, techniques, and ideas for low-cost teaching aids. A people-centered

approach to health care, it presents strategies for community involvement through participatory education. 640 pages.



**Health Actions for Women**, by Melissa Smith, Sarah Shannon, and Kathleen Vickery, was field tested by 41 groups in 23 countries and provides a wealth of clearly explained and engagingly illustrated activities, strategies and stories that address the social obstacles and

practices that prevent women and girls from enjoying healthy lives. 352 pages.



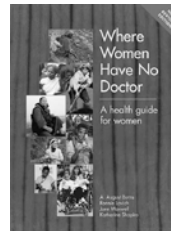
**Workers' Guide to Health and Safety**, by Todd Jailer, Miriam Lara-Meloy and Maggie Robbins, makes occupational safety and health accessible to those most affected by hazards — the workers themselves. An invaluable resource for training

workers, supervisors, and safety committees, and in courses on labor relations. 576 pages.



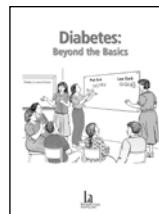
**Recruiting the Heart, Training the Brain** tells the story of how Latino Health Access developed its groundbreaking promotor model of peer-to-peer outreach and education in Santa Ana, California. Facing problems such as obesity and diabetes,

exacerbated by poverty and discrimination, their strategies, advice, and accomplishments will spark hope and change across an increasingly unhealthy country. 288 pages.



**Where Women Have No Doctor**, by A. August Burns, Ronnie Lovich, Jane Maxwell, and Katharine Shapiro. Combines self-help medical information with an understanding of the ways poverty, discrimination, and cultural beliefs limit women's

health and access to care. An essential resource for any woman. 600 pages.



**Diabetes: Beyond the Basics** is for people living with diabetes, family members, health workers and those working to prevent new cases of diabetes in their communities. Adapted from the *New Where There Is No Doctor*, this booklet addresses both the

physical and social issues tied to diabetes, and provides thoughtful discussion questions for health educators and self-help groups. 52 pages.



**Problems with the Eyes and Seeing: Beyond the Basics** provides accessible, illustrated information on causes of eye problems and how to respond to eye injuries, treat common eye infections, and recognize when emergency help or advanced eye

care is needed. Includes a ready-to-use vision-testing chart. 44 pages.