TABLE OF CONTENTS

		PAGE
	Abstract	i
	Declaration	ii
	Acknowledgements	iii
	List of Tables	ix
CHAI	PTER 1: INTRODUCTION	
1.1.	Introduction	1
1.2	Rationale for the Study	3
1.3.	Research Questions	6
1.4.	Aims of the Study	6
1.5.	Layout of the Report for the Current Investigation	6
<u>CHAI</u>	PTER 2: LITERATURE REVIEW	
2.1.	Introduction	7
2.2.	The HIV/AIDS Pandemic: A Call for Drastic and Diverse Measurers	7
2.2.1.	Historical Background to HIV/AIDS	7
2.2.2.	A Global Pandemic	8
2.2.3.	Alternatives: Where To From Here	9
2.3.	Defining Home Community-Based Care	9
2.3.1.	General Overview	10
2.3.2.	The General Principles Of Home Based Care	11
2.4.	The Structure of Home Based Care	11
2.5.	Services Provided by Home Based Care	12
2.6.	Beneficiaries of Home Based Care Services	13
2.7.	General Problems and Needs as Identified and Presented by the	
	Beneficiaries of Home Based Care	14
2.8.	Psychological and Emotional Needs of the Beneficiaries of	
	Home Based Care	14
2.8.1.	Terminally- Ill Patients	14

		PAGE
2.8.2.	Families and Significant Others	16
2.9.	Home Based Care Counselling Services: Psychological	
	Support	16
2.9.1.	Counselling Services: Emotional Care and Support	16
2.9.2.	Benefits of Counselling	17
2.10.	Service Providers	18
2.10.1.	. Home-Based Caregivers as Service Providers	18
2.10.2.	. Caregivers Defined- "Primary Caregivers" and "Home-Based Caregivers"	19
2.11.	The Role of Home-Based Caregivers	19
2.12.	Support Services Provided to Home-Based Caregivers	19
2.12.1.	Defining the Support Services Required	19
2.12.2.	. The Urgent Need for Support	20
2.12.3.	. The Risk of Burnout and the Ongoing Need for Psychological Support	20
2.12.4.	. Emotional and Psychological Support and Care	20
2.13.	Training Received by Home-Based Caregivers	21
2.13.1.	. Policy and Practice	21
2.13.2.	. Training Requirements	22
2.14.	The Five Models of Home Based Care	24
2.14.1.	. General Overview	23
2.14.2.	. The Five Models of Home Based Care	24
2.14.3.	. Home Based Care Model Structures in Practice	26
2.15.	Benefits and Challenges Facing Home Based Care	26
2.15.1.	Benefits	26
2.15.2.	. Challenges	27
2.16.	Conclusion	28
<u>CHAP</u>	PTER 3: THEORETICAL FRAMEWORK	
3.1.	Introduction	29
3.2.	Theoretical Perspectives on Basic Counselling Skills	29
3.2.1	Defining Counselling	29
3.2.2.	The Counselling Process	30

		<u>PAGE</u>
3.2.3.	Values Underlying the Counselling Process	31
3.3.	HIV/AIDS Counselling	32
3.3.1.	Aims of HIV Counselling	32
3.4.	Bereavement Counselling	33
3.4.1.	Attachment Theory	34
3.4.2.	Normal Grief	35
3.4.3.	AIDS Bereavement	37
3.5.	Palliative Care	38
3.6.	Theoretical Perspectives on Stress and Burnout	39
3.6.1.	Burnout and Stress Defined	39
3.6.2.	Burnout and Stress in HIV/AIDS Health Professionals and	
	Home-Based Caregivers	39
3.6.3.	Stress and Burnout: Manifested Symptoms	40
3.6.4.	The Aetiology of Stress and Burnout	42
3.6.5.	Levels of Burnout	44
3.6.6.	Stages of Burnout	45
3.6.7.	The Prevention of Burnout	46
3.7.	Secondary Trauma	48
3.8.	The Theory of Work Motivation	49
3.8.1.	Maslow's Need-Fulfillment Model	49
3.9.	Conclusion	50
<u>CHAI</u>	PTER 4: METHODOLOGY	
4.1.	Introduction	51
4.2.	The Setting	51
4.3.	The Sample	53
4.4.	Biographical Information of Participants	53
4.5.	Sampling Procedure	55
4.6.	Research Design	56
4.7.	Method of Data Collection	56
4.7.1.	Instruments	56

		PAGE
4.8.	Reliability and Validity	58
4.9.	Procedure	59
4.10	Ethical Considerations	60
4.11.	Data Analaysis	60
4.11.1	. Thematic Content Analysis	61
4.11.2	. Steps of the Thematic Content Analysis	62
4.12.	Conclusion	63
CHAI	PTER 5: RESULTS AND DISCUSSION	
5.1.	Introduction	64
5.2.	Home-Based Caregivers' General Working Conditions	64
5.2.1.	The Art of Volunteering	64
5.2.2.	An Incentive for Work Done	65
5.2.3.	The Working Hours	66
5.2.4.	Taking a Break: Annual Leave	68
5.3.	Motivation	68
5.4.	Clients	70
5.4.1.	The Main Beneficiaries	70
5.4.2.	Workload: The Number of Clients Seen Per Home-Based Caregiver	72
5.4.3.	The Allocation of Clients to Home-Based Caregivers	72
5.5.	Training Received by Home-Based Caregivers within the Tapologo	
	HIV/AIDS Programme	73
5.5.1.	Selection Criteria of Home-Based Caregivers	74
5.5.2.	Provision of Training: Type and Content	75
5.5.3.	Training in Self-Care	77
5.5.4.	Personal Views on Training Received in Psychological/Emotional	
	Support (Counselling Skills) and Feelings of Competency	78
5.5.5.	Recommendations for Training	78
5.6.	Identified Needs of the Client	79
5.6.1.	Practical Needs: Physical and Biological Needs	79
5.6.2.	Psychological/Emotional Needs	80

		PAGE
5.7.	The Types of Services Offered by the Home-Based Caregivers	81
5.7.1.	A General Overview of Services Offered	81
5.7.2.	Psychological/ Emotional Services Offered	83
5.8.	The Provision of Psychological and Emotional Support to the	
	Home-Based Caregivers	85
5.8.1.	The Provision of Support Within the Programme	86
5.8.2.	Provision of Support External to the Programme	89
5.9.	Identified Issues of Concern within the Programme	91
5.10	Identified Strengths within the Programme	92
5.11.	Conclusion	93
<u>CHAI</u>	PTER 6: CONCLUSIONS, LIMITATIONS AND RECOMMENDAT	<u>IONS</u>
6.1.	Summary	94
6.2.	Conclusion	95
6.3.	Limitations of the Study	97
6.4.	Recommendations	98
6.4.1.	General Recommendations for the Tapologo HIV/AIDS Programme	98
6.4.2.	Recommendations for Future Research	98
REFE	RENCE LIST	100
APPE	NDICIES	
	Appendix A: Interview Schedule for the Home-Based Caregivers	108
	Appendix B: Interview Schedule for the Supervisor of the	
	Home-Based Caregivers	112
	Appendix C: Subject Information Sheet- Participants	114
	Appendix D: Subject Information Sheet-Programme Founder and	
	ARV Manager	115
	Appendix E: Informed Consent Form	116
	Appendix F: Permission to Tape the Interview	117

LIST OF TABLES

		PAGE
Table 1:	Distribution of the Sample Age	53
Table 2:	Distribution of the Sample by the Highest Level of	
	Education Achieved	54
Table 3:	Distribution of the Sample by the Length of Service	54
Table 4:	Internal Types of Support	86
Table 5:	External Types of Support	90