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Perceptions of health and well-being among caregivers of people living with HIV/AIDS.

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Abstract

The current study aimed at exploring the effects of caring on the health and well-being of caregivers caring for people living with HIV and AIDS. Another aim of the study was to investigate the availability, use and effectiveness of support for the caregivers. The sample comprised of seven Home-Based Care caregivers that volunteered to participate in the study. Participants were sourced from two community organizations located in Tembisa. Data was gathered through individual semi-structured interviews and analyzed through thematic content analysis.

Results indicated that the caregivers were affected both positively and negatively by their work on various levels-including physical, emotional and spiritual spheres. The results in the current study also showed that the participants used more than one form of support including themselves, colleagues, friends and family. Thus in the response to the secondary aim of this study; results indicate that the caregivers have little external support. The results also showed that project managers and social workers were often used for technical support only. The participants mostly used faith based activities such as prayer, reading the bible and going to church or listening to gospel music as strategies for coping. Other forms of coping employed by some of the participants included watching television, listening to the radio, sleeping and doing house chores.