



**INFORMATION AND COUNSELING CENTER FOR PEOPLE
LIVING WITH HIV/AIDS**

**Improving the quality of life of youth, adults and their families
affected by HIV / AIDS**

PROJECT DESCRIPTION:

The purpose of this project is to contribute to the improvement of the quality of life of youth and adults living with HIV in the two *hospitals Louis Țurcanu and Victor Babeș in Timișoara*. In this respect we wish to give these people emotional, psychosocial and material support, through individual and group therapy, encouraging them to fight disease, to follow medical treatment and live their lives with dignity. In this project we have a collaboration with *City Hall of Timișoara city*.

ORGANIZER:

The Regional Center for Social Integration and Human Development - **CRIS-DU Areopagus**.

AIM:

Improving the quality of life of youth, adults and their families affected by HIV / AIDS.



TARGET GROUP:

20 beneficiaries / month and their families, youth, adults diagnosed HIV positive / AIDS from the hospitals Luis Turcan and Victor Babes in Timisoara.

**ACTIVITIES IN THE INFORMATION AND COUNSELING CENTER FOR PEOPLE LIVING WITH
HIV/AIDS:**

- **Visiting patients in the hospitals Luis Turcanu and Victor Babes in Timisoara.**



- **Visiting the families of HIV** positive young people and adults. Regularly, a social worker makes home visits to HIV positive people to monitor the impact of treatment on them and to assess the recovery process. It is also a good opportunity to provide information, encouragement and support to youth, adults and their families. Through careful treatment supervision, we want to reduce these people's risk of health damage or premature death.
- **Counselling for parents and families who have HIV positive members**, as for most parents the HIV positive diagnosis produces a state of panic and large imbalances across families. These meetings aim at integrating suffering in a positive way, adapting to the new situation, acquiring new family balance levels and preventing refuge in alcohol, divorce or suicide. We also offer emotional support to families who are going through the mourning period after the death of HIV-positive member of family.
- **Individual and group psychological counselling** which aims at improving own image and self-esteem, acceptance of one's situation, taking full responsibility and developing social skills and integration abilities.
- **Therapeutic and social integration activities** - Art therapy (drawing, crafts, educational films, plays), ludotherapy (chess, board games, puzzle, group games), music therapy. These activities offer an optimistic outlook on life and future and help positively in the healing process; they also provide better social interaction and reintegration into groups and society.
- **Counseling and systemic family therapy** - this space aims at providing a context other than the one in a traditional hospital where people can benefit from counselling, group counselling, family and couple therapy and support groups for HIV-positive patients.
- **Periodic supervision by a multidisciplinary team** - social workers and psychologists take part in supervising sessions with trainers in systemic family therapy, psychiatrists, educators, etc. Our aim is to offer a holistic assistance to complex problems that beneficiaries and their families face up.
- **Special events** - these events are very important in development, especially in the socializing process (eg. birthdays, Christmas, Easter, HIV / AIDS International Day). By taking part in these events, young people and adults feel important and worthy in the eyes of others.
- **Prevention campaigns on HIV / AIDS in high schools in Timisoara** – These campaigns are meant to raise awareness and inform a large segment of the population regarding HIV / AIDS infection and

explore ways to prevent and fight against this virus. These actions often lead to a change of mentality and help to adopt positive and supportive attitudes towards HIV victims.

➤ **Financial aid for emergency situations** (hospitalization, medications) offered to families from rural areas, facing financial difficulties, and who cannot afford to take their HIV-positive family members to the hospital for treatment. We offer a life chance to children living in remote villages who would otherwise get to the hospital in terminal stage of the disease, when medical intervention becomes almost useless.



THE ACTIVITIES OF THIS PROJECT INTEND TO FULFILL THE FOLLOWING NEEDS OF THE BENEFICIARIES:

- Spiritual, emotional and inter-relational needs.
- The need to understand their own condition and find ways that help them cope with the disease.
- The need for medical treatment and supervision of youth and adults from families with financial problems who live in villages.
- The need for a healthy diet favoring the recovery process.
- The need to have a healthy condition, as much as possible, through treatment and decent living conditions.

FOR MORE INFORMATION PLEASE CONTACT US:

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<http://www.arenopagus.ro/en/cris-du/>

We greatly appreciate any **financial contribution**. Your donations will enable us to continue our projects for youth and families with disadvantaged backgrounds.



We do not sell, rent, trade, or otherwise share our contributor list.

For more details you can visit:

<http://www.arenopagus.ro/en/donate/>