

Disclosing your HIV/AIDS Status





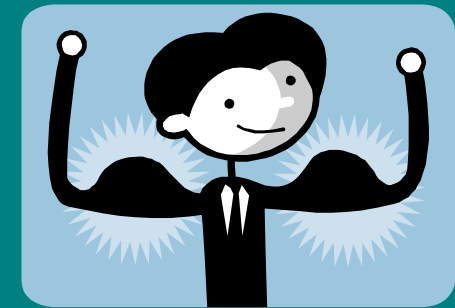
Objectives



1. What is HIV status disclosure?
2. Why should I disclose my status?
3. What is the process of disclosure?
4. What can help me disclose?

1. WHAT IS HIV/AIDS STATUS DISCLOSURE?

- *Disclosure* is the process of telling someone your HIV status.
- You may decide to tell many people your status, or you may decide to tell very few people your status.
- As you decide to disclose to people in your life, the ACTION team will help you and support you.





2. WHY DISCLOSE?

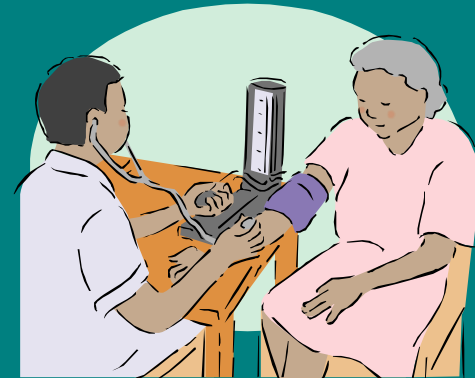


Why should you disclose your HIV/AIDS status?

- It may motivate your sexual partners to
 - seek testing
 - practice safe behavior
 - ultimately decrease transmission of HIV
- It can increase opportunities to discuss safe behavior with your partner

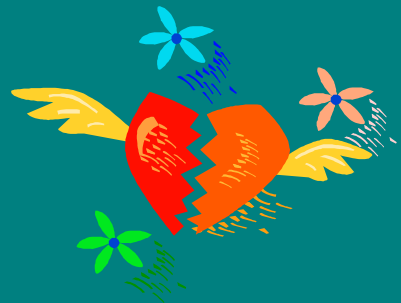
BENEFITS OF HIV STATUS DISCLOSURE

- Increased social support
- Better access to care and treatment
- More opportunities to plan for the future



RISKS OF HIV STATUS DISCLOSURE

- Loss of economic support
- Blame
- Abandonment
- Physical and emotional abuse
- Discrimination
- Disruption of family relationships



6 STEPS OF DISCLOSURE

Step 1: Adjusting to the diagnosis

Step 2: Evaluating personal disclosure skills

Step 3: Evaluating the appropriateness of disclosing to a potential recipient



6 STEPS OF DISCLOSURE

Step 4: Evaluating the circumstances for disclosure

Step 5: Anticipating the reactions of the recipient

Step 6: Identifying motivation for disclosure to each recipient



WHAT MAY INFLUENCE YOUR DECISION?

- Trust in your counselor
- Individual psychological state
- Communication skills
- Communication with your partner
- Partner's anticipated reactions
- Motivation for disclosure
- History of violence in partner



4. WHAT CAN HELP YOU DISCLOSE?

Start small: you don't have to disclose to everyone!

Think about the individual recipient.

How will knowledge of your status influence his/her life?

What do you think his/her reaction will be?



4. WHAT CAN HELP YOU DISCLOSE?

Talk to your counselor.

Your counselor can help you see the benefits or drawbacks of disclosing to an individual.

Your counselor can also help you plan how and where you will disclose to the recipient.



4. WHAT CAN HELP YOU DISCLOSE?

Join a support group.

Others have likely disclosed their status, and you can ask them about their experience.

They can advise you on how best to go about disclosure.



4. WHAT CAN HELP YOU DISCLOSE?

**Talk to people who know
your status.**

If you have already
disclosed to someone,
discuss with that person
the merit of disclosing to
another recipient.





QUESTIONS?



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