

## **Top Tips for Parents and Carers Supporting their Children with Taking their HIV Medicine.**

**Amanda Ely: July 2015.**

This guidance for parents and carers on supporting young people taking HIV medicine were provided by young people living with HIV as part of the “Treat me like this” Youth Guidelines Group Project.

Young people want to gain support from the people who care for them on living with HIV and especially on managing a medication regime.

Young people who described managing their medicine well were those who were getting support from their parents and carers. Eg reminders to take their medicine, and medicines, (and taking medicine), being open in the home and not hidden away.

Young people said that it is easier if HIV is open in families. When asked what they want from their parents and carers, they said:

**“I would like to know more about our family story of HIV..... I would like us to speak more openly about HIV.....keeping HIV locked in is not helping any of us”**

It is important to avoid medicine becoming stressful and causing arguments or shouting at a young person to take their medicine. It can feel very stressful if a young person is unwilling to take their medicine, but anger and additional stress are unlikely to help, and will likely make it more difficult for the young person to take their medicine.

Young people have said it is very important to them that people trying to help them with taking their medicine show them empathy, and try to understand what it is like for them.

Young people have said they want to be seen as a healthy and strong person and not an ill child. It is important for them to feel that HIV is not taking control over their lives.

This guidance should be read alongside:

- **Young Peoples Guidance on Managing Taking HIV Medicine**