

# Steps to success

ADVICE FROM CHIVA YOUTH  
COMMITTEE FOR  
PROFESSIONALS WORKING  
WITH YOUNG PEOPLE

# COMMUNICATION

## MY HEALTH IS MY FUTURE

01

Support needs to work for me so I can manage my health in the future

02

## KEEP YOUR WORD

If you tell us something is going to change or happen by a certain date, make sure you stick to that or explain what's changed



03

## ACTIONS SPEAK LOUDER THAN WORDS

Have a genuine interest in us and what we are doing, if you don't it's hard to share when we are struggling

04

## WE ARE NOT PATIENTS WE ARE WHOLE PEOPLE

Think about our mental health as well as our physical health, it's not just about being undetectable.



## MY TIME IS PRECIOUS

05

Book appointments at times that work for us and our households. If possible co-ordinate these appointments so we are not waiting for hours between appointments.

06

## HOW ELSE CAN YOU HELP?

We want to know what services are available to us. Can we see a nutritionist? Can you me refer for help with my asthma?

07

# HOLISTIC CARE

AT

# MORE THAN A ST

08

## COMMUNICATION IS KEY

Try different communication methods, such as phone calls, zoom, message etc to find what works best for us.

## KEEP IT REAL

Don't treat me like a child. I have my own identity and I'm not an extension of my parents/carers.



CHIVA

CHILDREN'S HIV ASSOCIATION



## FIRST HAND EXPERIENCES FROM CYC...

When student nurses have joined my appointment, I am always asked if that's ok in front of them which makes it really hard to say no. Instead, ask for permission for students to join the appointment without the student being there or before we go in.



When I visit my doctor I know at the end of each appointment they will give me time to speak to them without my parent there which gives me a space to ask questions I don't feel comfortable asking in front of my mum.

I was told my meds would be changing in my next appointment, but in the end they didn't and it was three more appointments before I got the new meds. I wasn't given any information so I didn't know what was happening.



Every-time I speak to my nurse she asks how I am and remembers details about things I am doing. This makes me really feel like she cares and that I can tell her when I am struggling.

## OUR ADVICE TO YOUR YOUNG PEOPLE

Our advice to you is not to be scared and accept all the help you get offered. CHIVA is for everyone. CHIVA helps you find out who you are and accepts you for who you are.

**HIV. HIV. HIV. DON'T LET THAT  
STOP YOU FROM BECOMING  
WHO YOU WANT TO BE.**



## WHAT SUPPORT DOES CHIVA OFFER US?

- F2B residential camp
- Local group day trips
- Family Conference
- CHIVA Youth Committee
- Zoom meeting in between in-person meetings
- One-to-one direct support
- For the future - groups to support medicine taking