

Living with HIV/AIDS

Principles of Long term - survival

Long term survivors:-

1. Understand and accept the reality of AIDS diagnosis, but also refuse to believe that the syndrome is automatic, eminent death sentence.
2. Believe that they can cope actively with the disease, and refuse to succumb to a "helpless-hopeless state".
3. Make appropriate individualised adjustments in person habits and behaviour in order to accommodate living with disease.
4. See the physician as a collaborator and take an active part in decisions related to their own treatment. There is a sense of personal responsibility for health and a belief that they personally can influence the outcome of the disease.
5. Show a "commitment to life", there are unfulfilled goals, dreams and unfinished business that they commit themselves to.
6. Find meaning and purpose to life and even in the disease itself.
7. Have usually had a previous experience with overcoming a life threatening illness or overcoming previous difficult situations and events.
8. Report the importance of support and information from other persons with HIV and furthermore, are usually involved in active service to other persons with HIV.
9. Are assertive, can say "NO" and withdraw from involvements when self-care becomes necessary.
10. Develop an ability to listen to their own body, and to sensitively care for it, and to communicate openly about their concerns without feeling selfish.

