

**Sample of comments received from;
Research with Home Based Care Workers on the Speaking Book
“Living with HIV and AIDS doesn’t mean living with Depression”**

Comments about what home based care givers themselves liked best about the book

“It teach me and my clients together, it also encourages me to help people who have problems”

“What I like best is when my patients listen to the voice from the book because they didn't know to read”

“I like this book because it will make it easier to teach my clients and other people”

“Explanation is simple, not complicated. I think that everybody, even people from rural areas can understand”

“It is very much interesting if more people know this information, most problems of depression can be prevented”

Comments received from home based care workers about what their patients with HIV and AIDS liked best about the book

“Those people who listen to the book, they want to listen again to other different messages which can help to understand that having depression and HIV/AIDS does not mean to die isolated from the community”

“They found it very helpful to them as they found difficulties when it comes to sharing their feelings with family members”

“They like most of the voice of Rosie Motene and they are very surprised of the book which have told them about HIV/AIDS and depression. They know how to eat if they are affected with HIV/AIDS”

“The patients feel comfortable and feel happy when I opened it and I asked them to listen carefully”

“They think that the book will help them to relieve their depression and to be able to recognise themselves if they encounter some symptoms”

“After playing the book, it is easier for them to go to the clinic”

Comments about what was learnt about depression and HIV and AIDS that was not known before

“That depression is a real illness, I thought it is just a feeling and it comes and goes without any treatment”

“Symptoms of headaches, stomach aches and more pain than usual sweating may be not only be due to AIDS diagnosis, you may also have depression”

“If I have depression, I should build my self-esteem. Do things I used to enjoy e.g. watch soccer, watch TV and exercise”

Future improvement and negative comments received

“To most of my clients, I just interpreting so they are reporting that if the voice use their language, they can be very glad because they can listen every time at home”

“What I didn't like is what when the batteries is over because my patients are going to suffer”

What should be included in future speaking books:

“The healing process of a person suffering from HIV/AIDS. When does a person start taking Anti-retrovirals and procedures to be followed for one to qualify for treatment.”

“The importance of knowing your status - motivation for voluntary counselling and testing”

“How to mentor the orphans. More skills on forming support groups”

One home based care worker attached a letter to his questionnaire, here is what he wrote:

“Dearest support group. When I filled this form, it was the time when I didn't show the book to the patient. Fortunately at last, I visited one of the patients at my community. Joseph, he is sick, always he says is better to me to die. Then I went there and try to talk with him. After I take the book out, trying to explain when the messages is said out, he said to me why can't you leave this book with me even if I don't understand English, but the way you explain message to me I felt that there are people next to me. Thanks.”

Incwadi Zethemba – Books of Hope

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