

HEALTHWISE

Aids weapon found – a talking book

Health workers now have vital information at their fingertips

By BHAVNA SOOKHA

A talking book is the new weapon that is going to be used in the fight against Aids. As part of an initiative to educate home-based care workers and patients about HIV/Aids, the South African Depression and Anxiety Group has developed the new health care tool, a book that can be narrated at the touch of a button.

The talking book, called *Living with HIV and Aids Does Not Mean Depression*, was created for readers with low levels of literacy who need vital healthcare information about the disease.

The books were distributed to home-based health workers at the KwaMashu, KwaZulu Natal, municipal hall on Tuesday as some of the workers are not able to read the health brochures.

Julia Zacharis, the general manager of the group, said the books would help the care workers better understand the problems they deal with on a daily basis and would also inspire them to have a positive outlook on life.

"According to studies, people with HIV/Aids are 36 times more likely to commit suicide, and those who are diagnosed HIV-positive are also more likely to be depressed," she said, adding health care workers will now have vital information at their fingertips.

Wandia Musomba, corporate affairs manager of the Lilly pharmaceutical company which is distributing the books, said they were delighted to be a part of the programme. – Daily News

