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**Book 'speaks' to Aids patients**

27/10/2005 11:34 - (SA)

Middelburg - People with HIV and Aids are 36 times more likely to commit suicide, according to the South African Depression and Anxiety Group.

The group has now developed a "speaking book" to help semi-literate people come to terms with having the disease.

"This talking book gives vital healthcare information with the touch of a button," says project manager Michelle de Sousa.

She says that by pushing a button, the reader triggers a soundtrack read by actress Rosie Motene from the popular soapie, Generations.


The hardcover book, called "Living with HIV and Aids does not mean living with depression" has already been distributed in Middelburg, Mpumalanga, to home-based care workers.

Yet 89% of home based care workers also suffer from depression, according to research done by the group last year.

A workshop was therefore held for the home-based care workers to alert them to the causes of depressions, give them self-help guidelines and advice on running support groups for themselves or their patients.

De Sousa says the book gives readers a step by step guide to wellness and encourages them to build self confidence with a simple action plan.

The books are distributed free of charge and are paid for by government departments and other sponsors in the private and non-government sector.

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