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PREMIUM



**Training Community Health Workers for
Home-Based Care and Support for People
Living with HIV/AIDS**

The purpose of this project proposal is to establish a comprehensive training program for community health workers (CHWs) to provide essential home-based care and support for individuals living with HIV/AIDS. The project aims to enhance the quality of life and overall health outcomes for people affected by HIV/AIDS by addressing medication management, nutritional support, and psychosocial care needs within the comfort and familiarity of their homes.

The burden of HIV/AIDS remains significant globally, particularly in resource-limited settings where access to healthcare facilities and specialized care is limited. Home-based care can bridge this gap by offering personalized support to individuals living with HIV/AIDS, enabling them to manage their condition effectively and maintain a higher quality of life. This project seeks to train and equip CHWs to become proficient in delivering home-based care services for people affected by HIV/AIDS.

Objectives:

The key objectives of this project are as follows:

- Train CHWs to provide home-based care and support for individuals living with HIV/AIDS.
- Improve medication management by educating CHWs about antiretroviral therapy (ART) adherence, side effect management, and proper medication administration.
- Enhance nutritional support by educating CHWs on the importance of a balanced diet, dietary modifications, and addressing malnutrition.
- Promote psychosocial care by training CHWs in counseling techniques, stigma reduction, and mental health support for people living with HIV/AIDS.
- Facilitate effective communication and coordination between CHWs and healthcare facilities to ensure a continuum of care.

Methodology:

- **Needs Assessment:** Conduct an assessment to identify the existing gaps in home-based care for people living with HIV/AIDS in the target community.
- **Training Curriculum Development:** Develop a comprehensive training curriculum for CHWs, covering topics such as HIV/AIDS education, medication management, nutritional support, and psychosocial care.
- **Training Sessions:** Conduct training sessions for CHWs using a combination of didactic lectures, hands-on demonstrations, role-plays, and case studies.
- **Practical Experience:** Provide CHWs with opportunities for supervised practical experience, allowing them to apply their acquired skills in real-life situations.
- **Monitoring and Evaluation:** Establish a robust monitoring and evaluation framework to assess the effectiveness of the training program and make necessary improvements.

Stakeholder Collaboration:

- Partner with local healthcare facilities, including HIV/AIDS clinics and hospitals, to ensure seamless referral and follow-up care for individuals receiving home-based care.
- **Engaging Community Leaders:** Collaborate with community leaders, organizations, and support groups to raise awareness, reduce stigma, and foster community acceptance of home-based care services.
- **Involvement of People Living with HIV/AIDS:** Involve people living with HIV/AIDS in the design and implementation of the training program to ensure their perspectives are considered and to empower them to be advocates for their own care.

Sustainability:

- **Train-the-Trainer Model:** Implement a train-the-trainer model to build local capacity and ensure the continuous provision of training to CHWs even after the project concludes.
- **Community Ownership:** Foster community ownership by involving community members and leaders in the project's planning, implementation, and evaluation stages.
- **Integration with Existing Health Systems:** Advocate for the integration of home-based care into existing healthcare systems and policies to ensure long-term sustainability and scalability.

Conclusion:

By training CHWs to provide home-based care and support, this project aims to empower individuals living with HIV/AIDS to effectively manage their condition, improve treatment adherence, and enhance their overall well-being. Through collaboration with stakeholders, the project aims to foster sustainable solutions that promote community ownership and strengthen the existing healthcare system's response to HIV/AIDS.

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