BEYOND THE DIAGNOSIS STEPPIN' UP

YOU TAKE CARE!

GILEAD
Introduction: Stepping Up

• Stepping up means changing to another way of doing something.
• In this case, *something* means:
  – knowing what’s important to you in your HIV care
  – understanding your options
  – communicating successfully with your health care providers
  – understanding why adherence is important
Film “Head Trip”

• Cast:
  – Helen
  – WorryDoubtFear
Film “Head Trip”

• Watch for…

What makes it hard for the main character (Helen) to take care of herself?
Exercise 3

Worry, Doubt, Fear

Physician/Healthcare Team,
Support Group,
Friends
Role Play

- Healthcare Provider
- WorryDoubtFear
Wrap-Up

• Try talking to a health care provider or a trusted friend about a challenge you have in taking care of yourself.

• What is the “step up” you’ve been working on today?