



# Support a Patient Newsletter

## January 2019



"I was admitted to the Genesis Care Centre on the 20<sup>th</sup> November 2018. I am woman aged 30 years old and I have two children; aged 10 and 4 years. I am HIV positive, I have been diagnosed with TB and I am a drug addict. I was very weak and very unwell. When I came to Genesis, I wasn't sure whether they could even help me. Due to my drug addiction I had defaulted on my medication. I was very sick and I wasn't getting better.

I started regaining my strength during my stay at the Care Centre. I ate nutritional food, got enough rest and most importantly, I started taking my HIV and TB treatment correctly. I started feeling well again. However, something tormented me: if I was to be discharged, what would happen to me? What would stop me from getting into the same situation as before? It worried me constantly.

One day, the Care Centre counsellor was giving health education to the patients.

She spoke about the importance of using every opportunity to speak openly about the things that worry us regarding the correct use of treatment. So, I took the opportunity to speak about my fears, about the reason for my defaulting: it was the substance abuse. As I shared this with the counsellors, the warmth, guidance and counselling I received, set me free from my fears. The counsellors spent time with me and worked through these issues with me. It made me realise how important counselling is. I am so grateful to the staff at the Care Centre for patiently and lovingly working with me. They even organised an external person to come and speak with me regarding my addiction. This helped so much and I am still in contact with them.

I was due for discharge before Christmas, but I requested to stay longer. I was afraid to be home over that season, I thought I might default again. They let me stay until the season was over; they were encouraged that I was taking my new lifestyle seriously. I was discharged on the 5<sup>th</sup> January 2019.



While I was a patient, I learnt how to knit. Genesis had wool and knitting needles and I was excited to learn. It kept my mind busy and off the things that worried me. I made a scarf! I am continuing to knit now that I am home; I would love to be able to sell the things I am making and bring in some money to help look after my children.

Before I left Genesis, one of the staff members helped me to register with UNISA (South Africa's largest correspondence university). She took me through the whole registration process and I am now officially registered to study Business Management.

Today, I am doing very well: I am adhering to my HIV and TB treatment, I am a recovering addict and I am embarking on further education to improve my life and that of my children. Coming to the Genesis Care Centre was not only for my physical healing. Thank you, Genesis Care Centre for setting me up to live a life that I didn't think was possible for me."



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