

# A Support Partner Can Help You

# 5

## Ways

*Uriah, living with HIV since 1997, and his partner*

*Taking your HIV medicine every day can be hard. You don't have to do it alone. Getting support from a trusted friend, family member, spouse or partner makes it easier to take every dose, every day. You can also find support from a peer or case manager at your local AIDS Service Organization. Here are some ways a "support partner" can help you stay on track.*



# 1

### Provide a Caring and Listening Ear.

It helps to have someone who can listen to you without judging and who can encourage you when you need it.

# 2

### Help You Get Organized.

Sometimes people miss doses because they have busy schedules or run out of their medicine. Your support partner can help you fill up your pill box, remind you about refills, or manage paperwork for your treatment and support services.

# 3

### Remind You to Take Your Medicine.

You can ask your support partner to give you a daily phone call or send you a text or email to remind you to take your medicine.

# 4

### Identify Challenges and Solutions.

Your support partner can help you think of reasons why you missed a dose. If you keep a pill schedule, your support partner can review it with you and discuss things that may get in the way of taking your medicine. Together you can come up with ideas so you don't miss a dose.

# 5

### Attend Medical Appointments With You.

Your support partner can help you make notes about side effects or challenges you are having. Together, you can discuss them with your medical provider.

**Talk to your provider about the importance of taking your HIV medication every day.**

For more information go to: <http://www.cdc.gov/hiv/living/index.html>

National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention  
Division of HIV/AIDS Prevention

