

The Plight of HIV and AIDS Care Givers in Thohoyandou in South Africa

K. G. Morwe¹, E. K. Klu² and A. K. Tugli³

*¹Institute of Youth and Gender, ²Department of English, ³Department of Public Health,
University of Venda, South Africa*

*E-mail: ¹<keamogetse.morwe@univen.ac.za>, ²<asongkwesi@gmail.com>,
³<tugli.augustine@univen.ac.za>*

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ABSTRACT This paper explored the profile of HIV and AIDS caregivers in Thohoyandou in South Africa. It used a quantitative exploratory - descriptive research design. Thirty-nine female respondents aged between 20 and 35 completed a self-administered questionnaire. The findings of the study confirmed the general perception that HIV and AIDS was associated with marginalisation. Majority of the care-givers were women with little education, based in a rural environment with inadequate amenities essential to enhance their vocation. Apart from the educational status and environment, the care-givers' training on HIV and AIDS palliative care was inadequate, thus rendering them susceptible to HIV and AIDS infection. The findings implied that although HIV and AIDS care-giving was beneficial, it could pose risks to both the patient and the care-giver. Recommendations on how to make care-giving more beneficial to patients and care-givers was also given.