

**CHALLENGES AND COPING MECHANISMS OF HOME BASED CARE GIVERS FOR  
PEOPLE LIVING WITH HIV/AIDS IN XIKUNDU COMMUNITY, SOUTH AFRICA**

*By*

**TSHABALALA TINTSWALO PORTIA**

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**Supervisor: Dr. T.G Tshitangano**

**Co-Supervisor: Dr. N.S Mashau**

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## ABSTRACT

**Background:** It is difficult to retain Home Based Care Givers providing 6 million patients living with HIV/AIDS with physical and palliative care in South Africa

**Purpose:** The study aimed to investigate the challenges and coping mechanisms of Home Based Care givers caring for HIV and AIDS patient in Xikundu community.

**Methodology:** The study adopted qualitative exploratory design. Non- probability sampling was used to purposively select ten participants from Pfukani Youth Development Project in Xikundu community, Limpopo province, based on the number of years working as home based carers. Trustworthiness was ensured through credibility, dependability, conformability and transferability. Four ethical issues of confidentiality, no harm to participants, informed consent and voluntary participation was observed.

**Results:** The study revealed the following major challenges facing home based care givers; inadequate funding; lack of remuneration for volunteer caregivers which demoralize, frustrate and make home based care givers to be reluctant in performing their work; that most of the research participants have not been given any training since they were employed and that transport was a major barrier in reaching patients who need home based care services.

**Conclusion and Recommendations:** It is hereby concluded that funding is the major challenge leading to inability to retain home based care givers caring for HIV/AIDS in South Africa. The researcher recommends that the Department of Health and Social Development should improve the working conditions of HBCGs by increasing benefits such as salaries and other resources necessary to assist them in carrying out these valuable activities of caring for PALHIV. The researcher also recommends that training should be provided to all HBCGs who are within the organisation in a monthly basis and the researcher recommends that the department of health and social development should train home based care givers before they start working with HIV and AIDS patients. Transport should be provided to help in reaching the patients.

**Keywords:** Coping mechanism, Challenges, People living with HIV/AIDS, Home based care givers.