

The goals of the **Treatment Adherence Program** are to assist consumers in making informed decisions about their HIV medication treatment and to ensure that consumers have the best available information on therapies and adherence strategies.

Health educators provide all treatment adherence services, providing instruction about HIV medications and working with individuals to identify barriers to adherence.

What does adherence mean?

Adherence means following all instructions when taking your medications. Medications must be taken at the right time, at the right dose and following the right diet. If adherence is imperfect, the AIDS virus will continue to multiply, to change and possibly become resistant and medications may then become ineffective.

Better adherence = Better results

What should you tell your health provider?

- ✓ If you have stopped taking your medications or are having problems taking them.
- ✓ If there are any side effects that worry you.
- ✓ If you have special concerns about taking certain medications.
- ✓ If you use recreational drugs or alcohol.
- ✓ If you are taking any other medication.
- ✓ If you are on any alternative treatment.

Village Care of New York's **Treatment Adherence Program**

112 Charles Street
New York, New York 10014
Tel: 212.337.5864
Fax: 212.337.5759
www.vcny.org



Village Care of New York's *Treatment Adherence Program*



Developed by
Village Care of New York
with funding from
the New York State
AIDS Institute



What services are available?

- One-on-one counseling
- Support groups
- Medication management tools such as:
 - Portable alarms
 - Watches
 - Pill boxes
- Up-to-date educational materials and information on HIV/AIDS treatments.

Who can benefit from Treatment Adherence services?

Persons with HIV/AIDS that are:

- Thinking about taking medications.
- Starting and/or changing medications.
- Having difficulties taking their medications.
- Experiencing side-effects from their medications.
- Experiencing barriers to taking their medications.

Sometimes it is hard to take medications. The Treatment Adherence Program is designed to help you take your HIV medications. If you want more information or have any concerns about your HIV Treatment, call:

212.337.5854.

Questions to ask yourself:

1. "Can I stop taking my HIV/AIDS medications when I start feeling better?"

- Yes
- No
- I don't know

2. "Can I stop taking my medications when the viral load is undetectable?"

- Yes
- No
- I don't know

3. "Can I take my medications in any way I want (the important thing is to take them daily)?"

- Yes
- No
- I don't know

4. Is it good to take a drug holiday from the medications?

- Yes
- No
- I don't know

The correct answer to all four questions is "*No*".

Self Test

Treatment Adherence Services at Village Care's Day Treatment Programs:

Village Care of New York's HIV/AIDS Treatment Adherence Program provides health education and treatment adherence services at two AIDS day treatment sites. Health Educators are located at the facilities and are available to assist clients with their medications. Individual counseling and support group health education classes are available.

Treatment Adherence Services in your home:

Village Care also offers treatment adherence services at your home through our Community Case Management Program. A treatment adherence counselor provides individual health education and treatment adherence counseling sessions.

