



Canada's source for
HIV and hepatitis C
information

La source canadienne
de renseignements sur
le VIH et l'hépatite C

From *HIV in Canada: A primer for service providers*

HIV as an Episodic Illness

Key Points

- Most disability related to HIV is episodic.
- Rehabilitation can support people with HIV through periods of episodic wellness and illness.

Since the introduction of effective HIV treatment, HIV is increasingly characterized as a chronic, manageable illness. Most disabilities related to HIV are episodic, meaning that HIV disease involves periods of wellness and periods of illness. The episodes of illness may occur on a daily basis or they may occur over extended periods of time, such as an HIV-related infection that results in a hospitalization.

Rehabilitation can be beneficial to people living with HIV in periods of wellness and illness. It supports people with HIV to manage health problems and provides support to enable them to continue living as independently as possible. Rehabilitation services include physiotherapy, occupational therapy or speech-language therapy, and complementary or alternative therapies, such as acupuncture, massage therapy and counselling.

Resources

[HIV and rehabilitation](#) – *Managing your health*, CATIE's guide for people living with HIV

[The Canadian Working Group on HIV and Rehabilitation](#)

Sources

1. Canadian Working Group for HIV and Rehabilitation [CWGHR]. Available at: <http://www.hivandrehab.ca/EN/index.php>. [accessed January 9, 2014]
2. The Canadian Association for Occupational Therapy [CAOT]. Occupational therapy strategies for people living with HIV/AIDS. Available at: <http://www.caot.ca/otnow/march07/living%20with%20AIDS.pdf>. [accessed January 9, 2014]
3. The Canadian HIV/AIDS Legal Network. HIV/AIDS and Income Security. Available at: <http://www.aidslaw.ca/site/wp-content/uploads/2013/04/Income+security+-+Info+-+ENG.pdf>. [accessed January 9, 2014]

Produced By:



Canada's source for
HIV and hepatitis C
information

555 Richmond Street West, Suite 505, Box 1104
Toronto, Ontario M5V 3B1 Canada
Phone: 416.203.7122
Toll-free: 1.800.263.1638
Fax: 416.203.8284
www.catie.ca
Charitable registration number: 13225 8740 RR

Disclaimer

Decisions about particular medical treatments should always be made in consultation with a qualified medical practitioner knowledgeable about HIV- and hepatitis C-related illness and the treatments in question.

CATIE provides information resources to help people living with HIV and/or hepatitis C who wish to manage their own health care in partnership with their care providers. Information accessed through or published or provided by CATIE, however, is not to be considered medical advice. We do not recommend or advocate particular treatments and we urge users to consult as broad a range of sources as possible. We strongly urge users to consult with a qualified medical practitioner prior to undertaking any decision, use or action of a medical nature.

CATIE endeavours to provide the most up-to-date and accurate information at the time of publication. However, information changes and users are encouraged to ensure they have the most current information. Users relying solely on this information do so entirely at their own risk. Neither CATIE nor any of its partners or funders, nor any of their employees, directors, officers or volunteers may be held liable for damages of any kind that may result from the use or misuse of any such information. Any opinions expressed herein or in any article or publication accessed or published or provided by CATIE may not reflect the policies or opinions of CATIE or any partners or funders.

Information on safer drug use is presented as a public health service to help people make healthier choices to reduce the spread of HIV, viral hepatitis and other infections. It is not intended to encourage or promote the use or possession of illegal drugs.

Permission to Reproduce

This document is copyrighted. It may be reprinted and distributed in its entirety for non-commercial purposes without prior permission, but permission must be obtained to edit its content. The following credit must appear on any reprint: *This information was provided by CATIE (the Canadian AIDS Treatment Information Exchange). For more information, contact CATIE at 1.800.263.1638.*

© CATIE

Production of this content has been made possible through a financial contribution from the Public Health Agency of Canada.

Available online at:
<http://www.catie.ca/en/hiv-canada/7/7-2>