



TRAUMA-INFORMED CARE for WOMEN LIVING WITH HIV

Trauma negatively affects a person's mental, physical, social, emotional, or spiritual health.



Trauma is common among women living with HIV.



95% of SHAWNA participants have experienced physical, sexual, and/or emotional violence in their lifetimes.

Trauma-informed care is essential for HIV health.



31% of SHAWNA participants have indicated a need for trauma-informed care supports to take their antiretroviral medications, including housing, peer support, nutrition support, financial support, and counselling/addiction treatment.

Trauma-informed care principles

- safety and respect
- collaboration and transparency
- empowerment and choice
- peer support
- individually tailored care (e.g., by culture, ethnicity, gender, sexual identity)
- spatial and low-barrier accessibility

The SHAWNA team is working with women living with HIV to understand what trauma-informed care means to them.



IMPLICATIONS

- Trauma-informed care is needed to support antiretroviral adherence.
- Responses to structural vulnerabilities that expose women to trauma such as incarceration and unstable housing are required.
- Chronic underfunding of HIV responses for women should be addressed.