



## Programs and Services

### What we're doing to make a positive difference

Financial burdens, social stigmas and health problems make it difficult for men, women and children living with HIV/AIDS to access the things they need to live independently. The Toronto People With AIDS Foundation provides a large variety of services to people living with HIV/AIDS in the Greater Toronto Area. These programs are aimed at making life a little easier for them, for little or no cost.

Here are some of our most successful programs:

#### *Treatment Programs*

##### Treatment Access

The Treatment Access Program enables people living with HIV/AIDS to acquire the medications they need.

- *Access to Medications.* Through Treatment Access, people can acquire medications on a short term basis, while we help them gain long-term access to the medications.
- *Drug Coverage.* Drug coverage is necessary for most people to offset the cost of expensive HIV medications. Treatment Access provides people living with HIV/AIDS with information on public and private health insurance and helps them access the program that best suits their needs.
- *Medical Care.* Specialized medical attention is very important for men, women and children living with HIV/AIDS. The Treatment Access Program provides assistance with finding HIV specialists in the Greater Toronto Area.
- *Medical Marijuana.* Medical Marijuana is a treatment option for people with HIV/AIDS who suffer side effects such as pain, nausea and wasting. We provide information on medical marijuana and how to access it through Treatment Access.

##### Treatment resources

People living with HIV/AIDS can get important information on the treatments and resources available. We produce booklets, conduct workshops, hold public forums and provide confidential consultation about treatment options in person and over the phone.

#### *Food Programs*

At any given time, an estimated 250-300 people living with HIV/AIDS in Toronto do not receive the nutrition their bodies need. Proper nutrition is vital to long-term survival of HIV and AIDS.

##### Food Bank

The Toronto People With AIDS Foundation Food Bank is the only food bank in Toronto that exclusively serves people living with HIV/AIDS. Twice a month, clients can pick up staple food items such as bread, milk, fresh produce, cereal, canned goods and baking supplies as well as pet food. A newsletter is available highlighting nutritional information on food bank items and healthy recipes.

We do our best to cater to special needs as well. We have a Family Box, baby items and we're happy to accommodate special diets based on what we have available.

The food bank is open on Wednesdays from 4-7 p.m. and Thursdays from 12-4 p.m. On Wednesdays, the Sherbourne Health Bus parks outside the food bank, providing our clients with basic medical care and personal hygiene items.



### Food for Life Meal Delivery Program

The Food for Life program provides fresh, nutritious meals to homebound men, women and children living with HIV/AIDS. Since it was founded in 2002, Food for Life has served more than 200 people in the Greater Toronto Area.

Food for Life is a fee for service program, which means clients pay a nominal amount to access this service. No one will be turned away if they cannot afford the fee.

Clients will need a doctor's referral to participate in Food for Life. Once part of the program, they receive a menu and choose their weekly meals from 43 entrees, 14 soups and 18 desserts. Special diet meals are also available through Food for Life. The frozen meals are delivered once a week.

### Health Promotion

The Toronto People With AIDS Foundation Health Promotion program offers a wide variety of services that are aimed at improving the physical, social and emotional well-being of our clients.

### Massage

Massage therapists provide one-hour sessions, once a month to help clients decrease stress and muscle atrophy. Therapies include Reiki, Shiatsu and Swedish Massage.

We also offer student massage clinics. Clients can register for a clinic that includes four weekly rehabilitative massage treatments with a massage therapy student.

### Naturopathic Clinic

The Naturopathic Clinic for People Living With HIV/AIDS offers free holistic health care to our clients. Services include acupuncture, botanical medicine, homeopathy and clinical nutrition. 30 appointments are available every week with six Naturopathic students.

### Needle Exchange

The goal of the Needle Exchange program is to reduce the risk associated with injection drug use. People living with HIV/AIDS who use injection drugs, can safely dispose of used needles and pick up clean ones. They can access the needle exchange as often as necessary, no questions asked.

### Social Programming

Social Programming allows people living with HIV/AIDS to socialize with others and access services that improve their emotional health. We offer craft classes, theatre access, haircuts, a pet program and holiday programs.

### Vitamin Supplements

HIV and the medications used to treat it can block the body's ability to absorb nutrients from food. The Toronto People With AIDS Foundation supplies people living with HIV/AIDS with free multi-vitamins when available.

### Yoga

Yoga can improve the well-being of the body, mind and spirit. Our yoga classes teach relaxing breathing techniques, stretching and meditation at all skill levels.

### Income Support

The Toronto People With AIDS Foundations offers income support through our Benefits & Assistance Program. Clients are assigned a Benefits and Assistance case manager who helps them manage the costs of living with HIV/AIDS.

Our case managers provide benefits and financial counselling, financial assistance for uninsured medical costs, return to work consultations, advocacy to government assistance programs as well as referrals and basic needs counselling.

**For more information on the programs and services offered by the Toronto People With AIDS Foundation, please contact us. Phone 416.506.1400. Web site: [www.pwatoronto.org](http://www.pwatoronto.org).**