

THE HIV STIGMA-FREE TOOLKIT

Your guide to creating a safe health care space for people living with HIV.



A Casey House innovation.



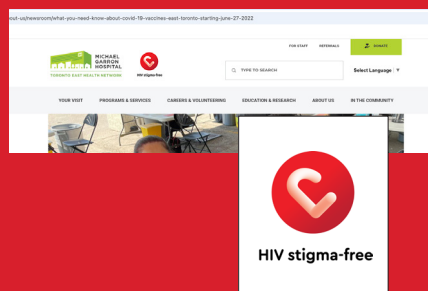
Designate your practice 'HIV Stigma-Free'

Make the pledge to provide positive health care and show your commitment with the 'HIV Stigma-Free' badge to display at your practice or on your website. This toolkit includes three assets for you to leverage:



Printable Badge

This badge should be displayed in your clinic or practice. We recommend placing it somewhere that is highly visible to new patients, such as an exterior-facing window. Alternatively, placing this badge in your examination or treatment room can let people living with HIV know it is safe for them to open up to you regarding their status.



Digital Badge

This digital badge that can be put on your website to inform people who may be researching your clinic that you are providing a stigma-free environment for care. This asset can be uploaded as a regular image file and incorporated into your website with ease.



Digital Signature

The HIV Stigma-Free digital signature is designed to be included in the signature for your clinic and practitioner emails. The way you add it to your signature varies depending on which email provider you use, so please follow the standard signature-editing process for your email host.

How do you know if you merit the 'HIV Stigma-Free' designation?

Do you....

- Accept patients who are living with HIV?
- Stay informed about low HIV transmission risk of patient to practitioner?
- Know about U=U (undetectable equals untransmittable)?
- Treat patients living with HIV with the same respect as anyone else?
- Refrain from asking inappropriate and irrelevant questions such as how someone acquired the virus?
- Maintain confidentiality about a patient's HIV status (e.g. only disclosing status in private)?
- Not wear unnecessary or excessive protective equipment?
- Use equitable and self-determining language such as 'medication adherence' rather than 'medication compliance'?
- Provide trauma-informed care?
- Model empathy for colleagues and staff, particularly people unfamiliar with HIV?

If you answered yes to all or most of these questions you are on your way to providing positive care without stigma.

Educate yourself and your peers on HIV stigma

Looking to improve your care for people living with HIV even further and reduce experiences of HIV stigma for your patients?

Casey House provides accessible HIV education for a broad range of service providers working with clients living with, affected by or at risk of HIV and complex health needs. The hospital also shares evidence-informed practices through limited number of preceptorships for a diverse range of health care professionals. **Visit [CaseyHouse.ca](https://www.caseyhouse.ca)**

There are lots of other resources you can leverage to improve your understanding as well. Learn more about HIV stigma, including powerful stories from people living with HIV at The Positive Effect.

Consider taking CAMH's *Understanding Stigma*, a free, self-directed course about the causes and impacts of mental health and substance use-related structural stigma in health care along with key strategies for reducing it. The course was developed for health care professionals and frontline clinicians.

Read **Caring for LGBTQ2S People: A clinical guide, second edition.**

Read **Reducing stigma and discrimination through the protection of privacy and confidentiality, Canadian Public Health Association, 2017**

Read **Resources to address stigma related to sexuality, substance use and sexually transmitted and blood-borne infections, CCDR, 2018**

Stay connected to Casey House

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