



INFO PACK 2023

zoëlife
building resilient futures



WHO IS ZOË-LIFE?

Based in Durban, South Africa, Zoë-Life was founded in 2012 and is an organisation focused on bringing wholeness to children, youth and families. We believe that by improving their health and strengthening personal growth, they can be equipped to make a meaningful impact in their communities.

To achieve this, we create resources and tools to address the gaps in existing systems, which can help to rebuild and fortify support networks. Additionally, we share our knowledge with others to facilitate widespread societal transformation.



WHAT IS KIDZALIVE?

KidzAlive is a child-focused intervention designed to enhance the health outcomes of children and adolescents.

Our approach involves training, mentoring, and coaching healthcare workers to provide integrated child-centred care to children, adolescents and their primary caregivers that addresses HIV/AIDS and other chronic conditions.

We provide a comprehensive psycho-social package, which includes age-appropriate language, colourful characters, and play therapy tools and techniques that address:

- **Case-finding of Untested Children**
 - HIV Counselling and Testing
- **Health-Promoting Disclosure (0-24 years)**
 - Child-Friendly Treatment Literacy
- **Adherence (Individual and Support Groups)**

KidzAlive can be implemented in both a one-on-one counselling session and in a group in a clinical setting, educational and at a community level.

KidzAlive is currently being implemented in South Africa, Nigeria and Mozambique.

Building resilient futures for children and youth



SKILLS DEVELOPMENT AND TRAINING

Our courses cover a range of topics designed to prepare both individuals and organisations to address issues related to HIV and chronic illnesses, gender-based violence, child protection, and trauma.

RESOURCES AND JOB AIDS

From paper-based to digital job aids, our resources empower healthcare workers to confidently provide accurate, age-appropriate information in an engaging, fun and non-threatening way.

POST TRAINING SUPPORT

With ongoing coaching, mentorship, and supervision, healthcare workers are able to offer an integrated package of care.



Case-finding is a strategy for identifying children who are undiagnosed with HIV. It is intentional 'looking and screening' for children at all entry points of care.

If we want children to thrive, we need to start having conversations with caregivers by finding out what their fears and barriers are to having their children tested, and through the KidzAlive Family Support Intervention course, healthcare workers learn how to provide the support and guidance needed to caregivers so that undiagnosed children can be found.

This course is for individuals conducting Index Testing in a clinic and/or community setting.

THROUGH SKILLS ACQUIRED, THEY WILL BE ABLE TO:

- Educate caregivers on HIV to help them make well-informed decisions about their child's health
- Develop a supportive network for caregivers who are infected, or affected by HIV
- Help caregivers overcome social, cultural, and emotional barriers that may prevent them from testing their children
- Introduce caregivers to the disclosure process

RESOURCES INCLUDED:

- Facilitators Guide
- Index Screening Tool
- KidzAlive Caregiver Connect WhatsApp Resource

Course can be done in-person or virtual for 2 days.

FAMILY SUPPORT INTERVENTION

For children to experience this process, calmly and without fear, they need to be included and should receive information about their health that is age-appropriate.

This course equips healthcare workers with skills and knowledge to provide holistic services when working with children and adolescents.

MODULES INCLUDE*:

Foundations of Working with Children
Holistic Model for Disclosure
HIV Testing Services (Pre and Post Counselling)
Adherence Support

THROUGH SKILLS ACQUIRED IN THE COURSE, HEALTHCARE WORKERS WILL BE ABLE TO:

- Provide age-appropriate counselling for HTS, disclosure and adherence services
- Educate children and their caregivers during the pre- and post testing process
- Confidently use KidzAlive job aids (*paper-based and digital*)

RESOURCES INCLUDED:

- KidzAlive Talk Tool (*paper-based and KidzAlive Talk Tool App*)
- Colouring-In Template (*for printing*)

Course can be done in-person or virtual for 5 days.

**These modules are also offered as stand-alone courses.*

Offered in English and Portuguese



FOUNDATIONS OF WORKING WITH CHILDREN, DISCLOSURE, HIV TESTING AND ADHERENCE

HIV testing of children has traditionally been an adult-focused event between the caregiver and the healthcare worker, with the child as an uninformed spectator who becomes afraid and confused.

KIDZADHERENCE SUPPORT GROUPS

KidzAdherence Support Groups is a care and support programme designed to address both caregivers and their children.

It provides HIV infected children, and their caregivers, with practical guidance on how best to manage their illness.

The KidzAdherence model caters for both stable and unstable children on ART, and can be run as a support group for children and caregivers at a facility or community setting, or during individual counselling.

THROUGH SKILLS ACQUIRED IN THE 3 DAY COURSE, HEALTHCARE WORKERS WILL BE ABLE TO:

- Run support groups for children and caregivers
- Provide HIV psycho-social, treatment and adherence support
- Provide story-based curriculum that covers:
 - Health and Wellness
 - Treatment and Barriers
 - Disclosure Safety
 - Enhanced Adherence
- Teaching caregivers about positive parenting strategies

RESOURCES INCLUDED:

- Support Group Facilitation Guide *(including template for Caregiver Sessions)*
- KidzAdherence Stories *(paper-based and/or KidzAlive Talk Tool App)*
- Colouring-In Template *(for printing)*



RESOURCES & JOB AIDS

Along with equipped and confident healthcare workers, children and adolescents should have access to innovative resources that enhance the health services they receive, and empowers them with age-appropriate information.

KIDZALIVE CHILD-FRIENDLY SPACES

A KidzAlive Child-Friendly Space is a dedicated safe place where children engage with a child-friendly healthcare worker, learn about HIV and other chronic illnesses, express themselves, build self-esteem, socialise and play.

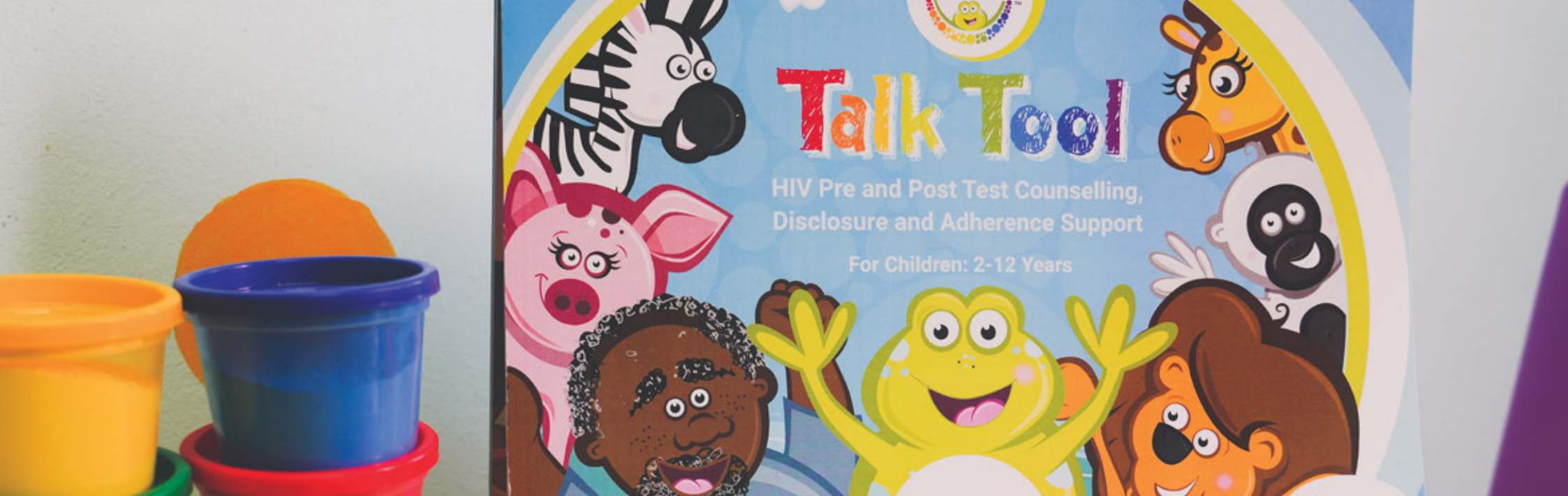
It gives children a sense of security, structure and continuity that provides support amidst overwhelming experiences.

A KidzAlive Child-Friendly Space can be set up as a permanent or temporary, portable space when delivering services in a health facility and in a household setting.

RESOURCES INCLUDE:

- Posters (*Feeling Faces, Safe Spaces, Hand of Safety, Everyday Food and Sometimes Food*)
- Wall Decal Stickers
- Tool Box





KIDZALIVE PAPER-BASED TALK TOOL

The KidzAlive Talk Tool is a paper-based job-aid healthcare workers can use when providing child-friendly HIV testing services, counselling, disclosure and adherence support with children (2-14 years) and their primary caregivers.

THIS TOOL CAN BE USED FOR:

- Case-finding
- Preparation of the caregiver
- Child-friendly HIV Education
- Pre-test counselling for the child and their caregiver
- Disclosure preparation
- Post test counselling for the caregiver and child for both a positive and negative result
- Adherence Support

The KidzAlive Talk Tool can be used in an one-on-one counselling session and in a KidzAdherence Support Group.

OTHER UNIQUE FEATURES INCLUDE:



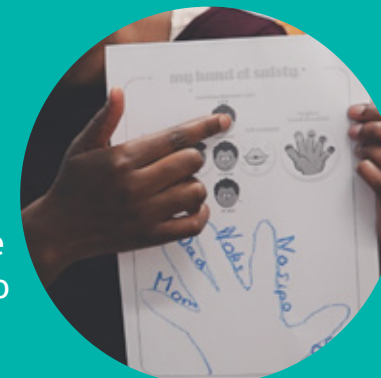
FEELING FACES

Emotional engagement and psychosocial assessment tool, used multiple times during a session.



HAND OF SAFETY

Disclosure negotiation tool between caregiver, child and healthcare worker. This can also be used to identify risk of abuse.



OPPORTUNISTIC INFECTION & TB

symptom screening tool directed by the child.

**This tool is included as part of the Foundations of Working with Children, Disclosure, HIV Testing and Adherence Course*

Digital Innovations

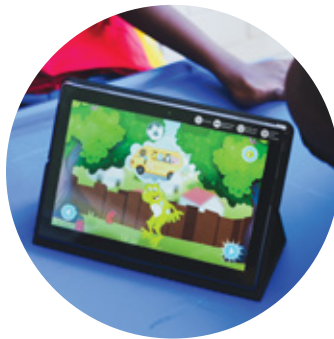


KIDZALIVE TALK TOOL APP

This digital innovation combines mobile technology with creative storytelling to enhance HIV prevention, care, and treatment for children and adolescents in both one-on-one counseling and KidzAdherence Support Group settings.

Adapted from the paper-based job aid, the KidzAlive Talk Tool App places children at the centre of the clinic appointment and empowers healthcare workers to confidently provide accurate, age-appropriate information to a child and their caregiver, during a session.

The KidzAlive Talk Tool App also collects service level data, which is accessed through the App Management Portal and Data Dashboard.



**This tool is included as part of the Foundations of Working with Children, Disclosure, HIV Testing and Adherence and the KidzAdherence Support Group Courses.*

KIDZALIVE CAREGIVER CONNECT

Equipping parents, caregivers, guardians, and healthcare workers to better support children and adolescents living with HIV and chronic illnesses through WhatsApp!



Parents, caregivers and guardians don't always have the skills and knowledge to support children and adolescents living with HIV at home.

While healthcare workers are having less one-on-one time to provide education and support due to multi-scripting and reduced clinic visits. They may also face the challenge of locating reliable information in the native language of the caregivers they see - so where can they look?

KidzAlive Caregiver Connect is a free 24/7 WhatsApp resource that provides up-to-date information and practical tips to anyone caring for children and adolescents on how to:

- manage their children's chronic illness
- easily teach their children about their health and treatment
- confidently talk about topics with age-appropriate wording
- help these children to be part of their own wellness journey

Send Hi on WhatsApp to:
+27 (0)60 061 0000



KIDZALIVE COLOURING-IN TEMPLATE

The KidzAlive Colouring-In Template is works hand-in-hand with both the paper-based and digital KidzAlive Talk Tool, and KidzAdherence Support Group Facilitation Guide.

It contains re-usable activity-based templates (for printing) that enhance key messaging and health promoting activities to support wellness, adherence and disclosure services.



ACTIVITIES INCLUDE:
Colouring-in Templates
Hand of Safety Tool
Adherence Star Chart
Games and Puzzles



KIDZADHERENCE I AM STRONG COLOURING-IN BOOK

The take home KidzAdherence 'I am Strong' colouring-in book includes health education and messaging, as well as templates for each activity that takes place in a KidzAdherence Support Group session.



INCLUDES:
Colouring-in Templates
Fun Activities
Adherence Star Chart
Sticker Rewards



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CONNECT



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