

## Next steps

Created 1 Dec 2008 - 12:00am

An [AFAO](#) [1] Australian Federation of AIDS Organisations. AFAO is the peak non-government organisation representing Australia's community-based response to HIV/AIDS. AFAO's work includes education, policy, advocacy and international projects. /NAPWA education resource for people recently-diagnosed with HIV infection.


You can read Next Steps by following the links below; a PDF version is also available for download. To obtain a paper copy of this booklet, ask your state AIDS Council or PLWHA group, or contact the NAPWA office to have one mailed out to you.

Michelle, 44, diagnosed in 1985, Indigo, 37, diagnosed in 1994, Zeb, 32, diagnosed in 2002, Amelia, 35, diagnosed in 1991, and Ken, 43, diagnosed in 1985, are some of those people who, by appearing in this booklet, want to share with you one of the most valuable pieces of information you may need to hear right now: you are not alone. Their voices are heard in the quotes throughout this booklet, and we are grateful for their honesty and insight.

This resource is an updated version of A Positive Diagnosis, originally published in 2003. The 2008 version was produced by the AFAO/NAPWA Education team (ANET)



**napwa** national association of  
people living with HIV/AIDS

Attachment	Size	Type
<a href="#">PDF version of this resource</a> [2]	3.96 MB	 PDF

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## Links:

- [1] <http://www.napwa.org.au/glossary/term/385>
- [2] [http://www.napwa.org.au/files/Next\\_Steps.pdf](http://www.napwa.org.au/files/Next_Steps.pdf)  
from the NAPWA website at <http://www.napwa.org.au/resource/next-steps>
- [3] <http://www.napwa.org.au/resource/next-steps/a-positive-diagnosis>
- [4] <http://www.napwa.org.au/resource/next-steps/what-do-i-need-to-know>
- [5] <http://www.napwa.org.au/resource/next-steps/what-does-hiv-infection-mean-in-the-long-term>
- [6] <http://www.napwa.org.au/resource/next-steps/how-will-hiv-change-me>
- [7] <http://www.napwa.org.au/resource/next-steps/fact-or-fiction>
- [8] <http://www.napwa.org.au/resource/next-steps/who-should-i-tell>
- [9] <http://www.napwa.org.au/resource/next-steps/your-rights>
- [10] <http://www.napwa.org.au/resource/next-steps/coping-strategies-the-initial-diagnosis>
- [11] <http://www.napwa.org.au/resource/next-steps/life-with-hiv>
- [12] <http://www.napwa.org.au/resource/next-steps/treating-hiv>
- [13] <http://www.napwa.org.au/resource/next-steps/coping-strategies-a-few-weeks-later>
- [14] <http://www.napwa.org.au/resource/next-steps/sex-and-relationships>
- [15] <http://www.napwa.org.au/resource/a-positive-diagnosis/what-does-hiv-mean-for-women>
- [16] <http://www.napwa.org.au/resource/next-steps/coping-strategies-a-little-while-on>
- [17] <http://www.napwa.org.au/resource/next-steps/looking-after-your-health-viral-load-and-cd4-count>
- [18] <http://www.napwa.org.au/resource/next-steps/looking-after-your-health-hiv-and-recreational-drugs>
- [19] <http://www.napwa.org.au/resource/next-steps/clinical-trials>
- [20] <http://www.napwa.org.au/resource/next-steps/transmitting-and-preventing-hiv>
- [21] <http://www.napwa.org.au/resource/next-steps/sexually-transmitted-infections>
- [22] <http://www.napwa.org.au/resource/next-steps/coping-strategies-time-passes>