

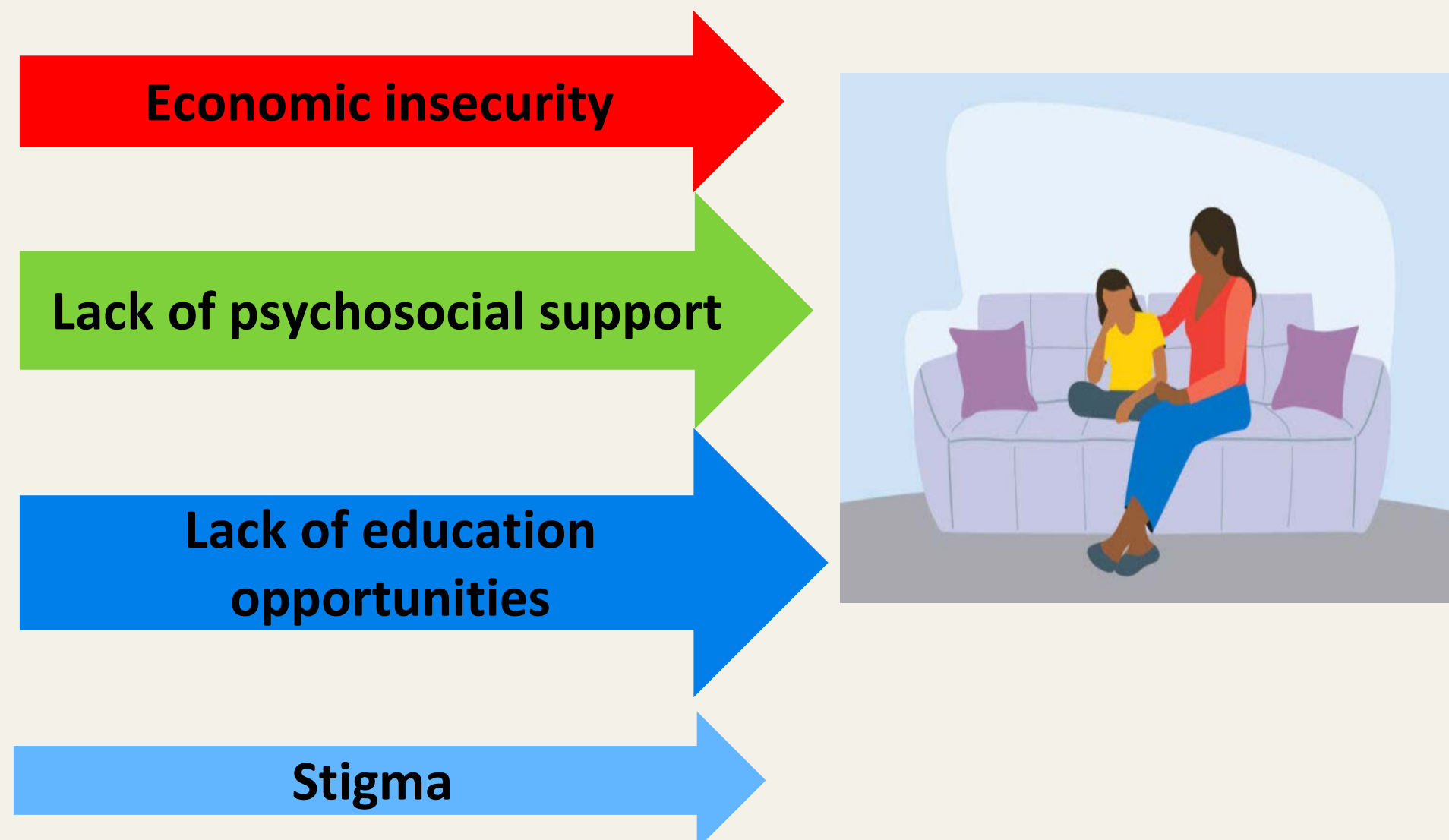
The acceptability of an economic incentive package for improving wellbeing among young caregivers of adolescents living with HIV (ALHIV) during COVID-19 in KwaZulu-Natal, South Africa

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Authors	Mkhwanazi, Z;Carries, S;Sithole, N;Sigwadhi, L;Govindasamy, D
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¹Zibuyisile Mkhwanazi, ¹Stanley Carries, ¹Nokwanda Sithole, ²Lovemore Sigwadhi, ¹Darshini Govindasamy

INTRODUCTION

Barriers to young caregiver wellbeing



AIMS

- To assess the acceptability of an **economic incentive package (cash + motivational SMS)** to improve caregiver wellbeing. *How acceptable was this pilot?*



METHODOLOGY

- Setting**: South of Durban, KwaZulu-Natal-South Africa



- CWeL trial date**: November 2021 - March 2022
- Numbers of participants recruited**: 100
- Participants**: Young caregivers of adolescents living with HIV enrolled in our pilot trial (CWeL)
- Design**: Qualitative, IDIs

PARTICIPANT FLOW

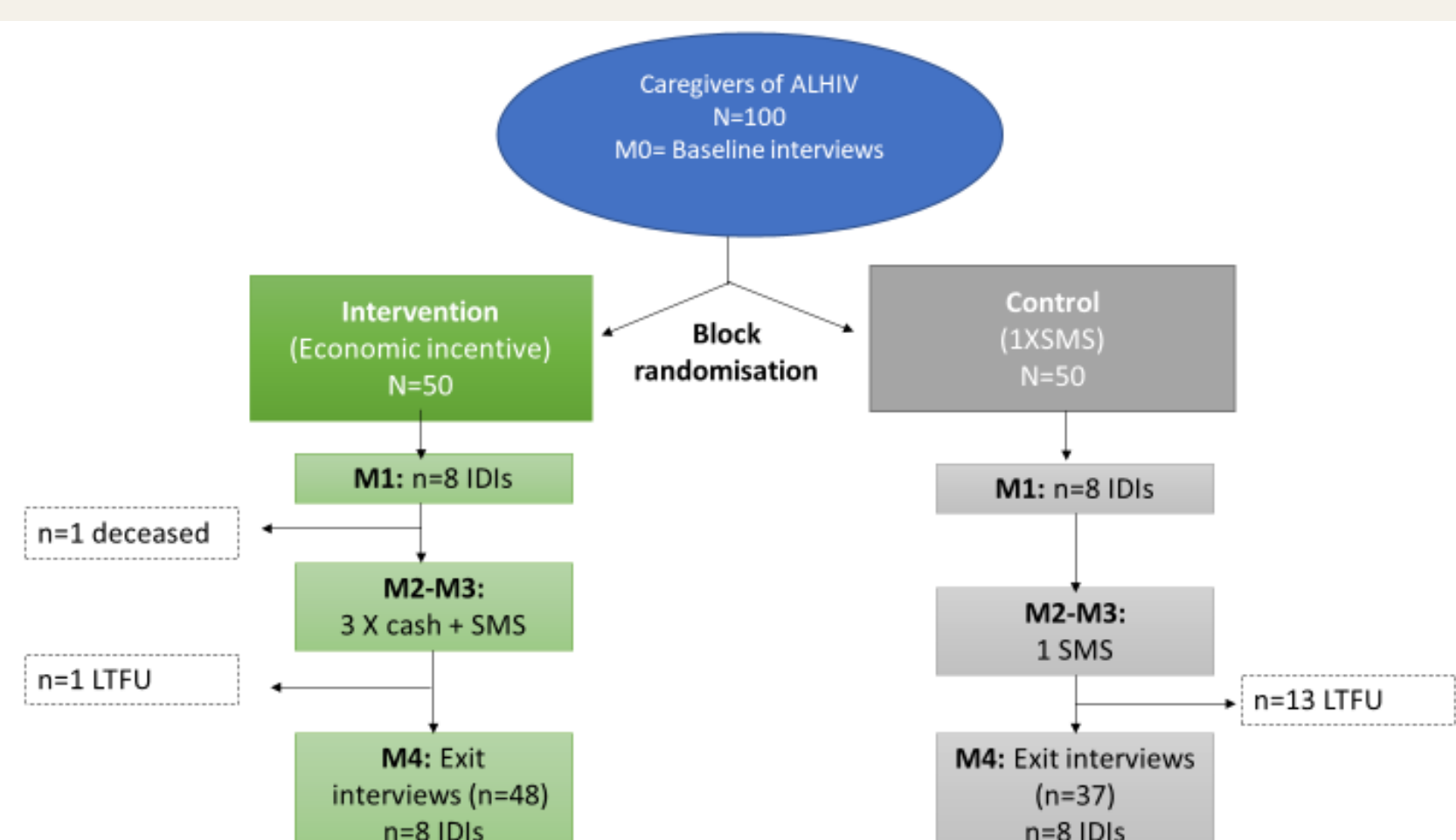


Figure 1: participant flow

R350 cash was sent to intervention participants for a period of 3 months via ABSA cash send

Motivational messages

1. Accessing care

Hello ??????,
You are special and never forget that. You can start over at any time, like today. So, cheers to: a new year, new beginning, new journey, a fresh start.

If you need to speak to someone you can call the South African Depression and Anxiety Group at no cost to you- [0800 456 789](tel:0800456789) / [0800 21 22 23](tel:0800212223)/0800 121314

Please keep a lookout for your Absa cash send SMS with your 10-digit code which will follow soon.
With love from the CWeL/SAMRC team.
Have a lovely day

2. Taking care of yourself

Hello XX, You are special and never forget that. Don't give up trying to do what you really want to do. Where there is love and inspiration, you can't go wrong. Taking care of your own needs is important so you can be there to watch your child grow. Please keep a lookout for your ABSA cash send SMS with your 10-digit code which will follow soon. With love from the CWeL/SAMRC team. Have a lovely day

3. Taking care of your family

Hello XX, you are special and never forget that. Taking care of your child and family's needs are important. May the Divine give you strength, wisdom and guidance to continue with the great work that you do looking after them. Please keep a lookout for your ABSA cash send SMS with your 10-digit code which will follow soon. With love from the CWeL/SAMRC team. Have a lovely day.

RESULTS

Table 1: BASELINE CHARACTERISTICS BY ARM

	Intervention (n=50) N (%)	Control (n=50) N (%)	p value
Mean age	42.39	42.68	0.900
Mean age (18-35)	30.83 (n=3)	28.81 (n=2)	0.804
Female	45 (90)	42 (84)	0.390
Unemployed	30 (60)	29 (58)	0.260
Married	30 (60)	29 (58)	0.840
Receives a social grant	35 (70)	32 (64)	0.520
HIV-positive	43 (86)	40 (80)	0.420
Depressive symptoms (CESD-10)	41 (82)	32 (64)	0.043*
Severe food insecurity (FIES)	31 (62)	20 (40)	0.075
Happiness score (Carer QoL VAS)	5 (3-7)	5.5 (5-8)	0.092
Wellbeing (MHC)-Flourishing	21 (42)	28 (56)	0.417

Significant level= 0.05

- We probed these questions below during our qualitative interviews with caregivers

1. Can you describe your current caregiving role?

"I have one child who is the reason we are here, an eleven-year-old boy. We are a family of four; my mother; my younger brother who is going to Grade 12 next year. The four of us live together. I am currently unemployed, but I was fortunate in obtaining learnerships which helped in getting us food." PID 3035

2. How was it like to participate in the CWeL trial?

"It been long since I felt so alive and appreciated. You all have the same energy with us, and you listen to my struggles without judging me and I wish this programme could continue in this clinic." PID 3076

"This study has changed me because I was able to start a small business with the money you were giving me." PID 3070

3. What were your thoughts on the messages in the SMS that we sent to you?

"Those messages brought comfort and made me feel like a human being, and they give you encouragement to carry on with whatever means you are trying. In fact, they are humane. It was also sent in isizulu which is my mother's tongue, they were not even long." PID 3013

4. Have you tried calling SANDAG?

"I have never tried calling the SANDAG organization." PID 3032

5. What things you manage to do with the cash ?

"I managed to buy my child's stationary, uniform and food." PID 3035

"When the first cash came, I bought cement to finish my two-room house. The second one I bought food and other school stuff for my children. The third one I spoiled myself by buying clothes." PID 3076

"When I went to withdraw the money, I went to buy two 5kg's of chicken and 10kg mealie meal and 2litres of oil. I then gave them at home." PID 3031

6. Was the cash enough?

It is never enough but it makes a difference, to be honest in finances it has never been enough. PID 3094

7. Did you have any problems when you were withdrawing the money?

No, I did not have problems in withdrawing the money, you know the first time my granddaughter went; the second time she went and showed me how to do it. PID 3096

The third time withdrawing the cash, when I got there the machine gave me a problem and I ended up calling you and they said it was old because it is rejecting other cards as well. I think it was troubling because it was at the garage. I did have the money to go and withdraw but I asked the neighbors for bus fare. PID 3013

I asked my partner to accompany me to withdraw the money before asking people who would rob me. PID 3076

CONCLUSION

- Economic incentives for promotion of young carers wellbeing are acceptable in this community.
- This intervention could be leveraged to strengthen governments COVID-19 recovery efforts

ADVOCACY MESSAGE

- Policy makers should prioritize economic incentive programmes in COVID-19 recovery plans for young carers.

ACKNOWLEDGEMENTS

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AFFILIATIONS:

- ¹ Health Systems Research Unit, South African Medical Research Council;
- ² Stellenbosch University