

How can a social worker help you?

If you have HIV, your top priority is probably to get HIV treatment and care. Many migrants nevertheless come across more than health difficulties when they are not in their own country. Sometimes they have no family and social support and probably are unaware of exactly what resources are available to them. Social workers can help you to overcome obstacles and to integrate in Spain.



Social workers are people who help to prevent and deal with social difficulties that affect vulnerable individuals, families and groups such as migrants.

To help you, these professionals will analyse your specific circumstances and establish plans of action based on the available resources. These resources can vary greatly depending on the area of the country in which you live.

Social workers can help migrants in different ways. They can offer information on legal rights and responsibilities. For example, they can provide information on applying for visas, work permits and residency application processes. They can also guide you on how to obtain useful documents such as the Foreigner's Identification Card (NIE).

Social workers can help you to adapt to the new culture and society in which you are living. They can likewise inform you about the resources available for learning the local language if your command of it is not very good.

They can also provide you with information on some basic services such as health, education and housing. These professionals can, moreover, offer information on subsidies offered by public administrations such as grants for people in situations of dependency or allowances for victims of gender violence, as well as other social and economic benefits. If you have a job, they can offer you advice on employment issues, including temporary or total disability processes, provide information on the requirements and, if necessary, help you in the application processes.

It is normal for migrants to experience loneliness. Social workers can point you to useful resources for dealing with isolation such as nearby support groups or community networks.

Lastly, they also work to prevent discrimination and marginalisation and to promote equal opportunity and inclusion in the host society.

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Where to find social workers

Most social workers generally work in the social services of town or city councils or in the autonomous government's specialist social services. There are also social workers in the healthcare system: at outpatient clinics (primary care centres) and in hospitals. There are also many social workers in non-governmental organisations (NGOs), foundations and associations that run social projects.

Ask your primary care centre (or the hospital treating you for HIV) if they offer this service. You can also ask your favourite HIV organisation. Even if they have no social workers, they will be able to tell you where to find them.



glt grupo de trabajo sobre tratamientos del VIH
ENTIDAD DECLARADA DE UTILIDAD PÚBLICA
ONG DE DESARROLLO



¿TIENES DUDAS SOBRE EL TEMA?
PREGÚNTANOS
Tel. 93 458 26 41

Descargo de responsabilidad

La información contenida en esta ficha no pretende sustituir la recibida por el médico. Las decisiones referentes a la salud siempre deberían tomarse tras consultar con los profesionales sanitarios. La información médica puede quedar desactualizada con rapidez.

Si te surge alguna pregunta tras leer esta ficha, te aconsejamos hablar con tu médico o enfermera o llamar a gTt-VIH, al 93 458 26 41, para comprobar si existe alguna novedad relevante al respecto.

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