

Project Title:

A holistic support, self-help & wellness enhancement programme for PLHIV

(Project Code: MSS 195PM)

Executive Summary:**Aim and Objectives**

The aims of the programme were to encourage participation of PLHIV to help other PLHIV and/or themselves to better cope with the illness and reintegrate to mainstream society; improve access to information and services to help PLHIV better manage their health; fostering an environment which allows PLHIV to meet, share, learn, grow, participate and deliver in order to sustain quality life; and, facilitate collaboration and partnership among other NGOs, GOs and professional units to enhance holistic care and support to PLHIV.

The objectives were to facilitate PLHIV and their associates effectively access to useful information and holistic psycho/social/personal supports to better manage their health and well-being; strengthen self-help network and mutual supports to enhance management of the illness and better cope with life after infection; maintain a centre that served as an incubator in developing PLHIV related services such as education, groups, counselling, empowerment, positive prevention as well as self-help and volunteer services; and, facilitate collaborations and partnerships among NGOs, GOs and professional bodies.

Programme Design

A centre was maintained to serve as a physical spot to help gather the PLHIV to participate; provide useful and correct information; help PLHIV and their associates build and sustain a strong supportive self-help network; provide professional emotional and psychological support services; help PLHIV and their associates better understand and manage their body/mind/soul wellness; build capacity of PLHIV volunteers and empower them in helping others.

Besides services like counselling, seminars, workshops, volunteer trainings and social gatherings that were being held at the centre, outreach counselling, clinic escorts, hospital/elderly home/home visits, peer listening hotline and VCT for HIV-negative partners of PLHIV were also provided. A website with information covering HIV/AIDS and community resources was maintained and printed materials including pamphlets on HIV medication and newsletters were generated to provide correct, useful and updated information to the PLHIV and their associates.

Target Population

PLHIV, their partners, families and care takers, workers and volunteers of other NGOs, schools and students, GOs and the three HIV clinics are all target audience of the programme.

Main Achievements

In the programme period, there were 3,815 visits by PLHIV and over 300 visits by staff and volunteers of other NGOs, GOs, pharmaceutical companies, secondary school and university students and delegates of NGOs and GOs from Macau to the centre. 237 centre-based and 161 outreach counselling sessions were provided to 102 individual PLHIV and 72.6% of them reported that they could better handle their difficulties after counselling. 774 calls were made to the peer listening hotline covering over 25,000 minutes of telephone conversations. 67 clinic escorts and 75 hospital/elderly home/home visits were performed. 35 workshops/seminars on various topics and 44 social gatherings were organized. Throughout the programme period, there were collaborations with 18 NGOs, GOs, universities and professional bodies in various forms.

Conclusion

With the increasing number of PLHIV, counselling services remain in high demand and sustained support to provide holistic supports to PLHIV is necessary.