

EXECUTIVE SUMMARY

PPE 666 PM - “Translating recommendations and findings into effective actions – maintaining Hong Kong’s low HIV prevalence”

Project 2 “Empowerment and safer sex education for people living with HIV (PLHIV)”

Aim and Objectives:

The project aims to empower PLHIV and help them maintain good sexual health, conducive to resuming quality lives and achieving effective HIV prevention.

1. To provide psychosocial supporting services for PLHIV to help them sustain HIV treatment; actualize empowerment for the purpose of increasing self-efficacy, self-acceptance and self-esteem;
2. To promote sexual health and help maintain safer sex practice among PLHIV in order to achieve secondary prevention;
3. To provide services for PLHIV elderly; and
4. To involve PLHIV as peer educators and peer volunteers.

Project Design:

Through case counselling, group work and other quality of life activities, we help reduce stress after infection and increase the self-efficacy of PLHIV and the links between society and other peers to achieve the goal of continuous treatment and secondary prevention.

Provide regular visits through recruitment and training of peer volunteers, caring for older PLHIV, and offer prompt intervention when it is required.

Target Population:

PLHIV

Main Achievements:

1. Provided counselling services for over 200 people in case work.
2. A total of 691 people involved in support groups and activities to enhance the quality of life.
3. Recruited 8 volunteers to provide 43 visit and caring activities for 36 elderly PLHIV.
4. Training was provided to 190 service providers.
5. 28 peer volunteers provided a total of 2,710 services.

Conclusions:

With the advancement of medical standards, HIV/AIDS has become a chronic disease. PLHIV need to deal with the psychological pressure brought about by the disease and the labelling problem of the society. Therefore, the demand for our services will only increase. In addition, people who have been infected for a longer period of time also have to deal with the effects of early aging and the need for social services. As elderly PLHIV populations increase, this demand of social services will gradually emerge.

Project 3 - “Man-d Project – HIV prevention and Sexual Health Programme for Men who have Sex with Men (MSM)”

Aim and Objectives:

The project aims to curb the spread of HIV among the MSM community by the following strategies:

1. To implement sexual health programmes for MSM community including YMSM, MMSM and cross-border MSM travellers;
2. To promote safer sex practice and sustain their sexual behavioural change among MSM community;
3. To promote early and regular HIV and STI testing; and
4. To mobilize MSM community through frontline workers and peer educators with support from MSM organizations, venues and businesses etc. to participate in HIV/AIDS prevention.

Project Design:

Recruiting peer educators to provide sexual health education programs to men who have sex with men from different backgrounds. Various activities, such as educational booths were set up and exhibition workshops were conducted in the tertiary institutions to promote the knowledge on sexual health and HIV/AIDS among young men who have sex with men. Promotion works through social media on the Internet and smartphone apps were also conducted to raise the awareness of HIV/AIDS and promote the importance of early testing.

Secondly, in response to the lack of support networks for mature men who have sex with men, different activities had been conducted to build up the community's cohesion and raise their awareness of the epidemic of HIV/AIDS and sexual health. In addition, through outreach activities, publicity materials were distributed to raise the community's concern for HIV/AIDS. The Foundation also answered questions from public through the internet, enquiry hotline and social media to assess the risk of infection, and provide confidential, anonymous and free antibody testing services for people who are at risk.

Target Population:

Men who have sex with Men (MSM)

Main Achievements:

1. Trained 20 peer volunteers.
2. Through conducting different activities with colleges and universities, and promotion made on social media (i.e. internet and smartphone apps), 5,439

young men who have sex with men have been reached.

3. 362 mature men who have sex with men joined the activities.
4. A total of 30,600 condom packs were distributed in Hong Kong.
5. A total of 34,500 condom packs were distributed in Shenzhen.
6. 513 HIV antibody tests were provided to service users.

Conclusions:

The rate of infection among men who have sex with men in Hong Kong is higher than other communities. It is necessary to systematically target different target groups to understand their needs and encourage the community to conduct early tests and change their risk behaviors. To reach out to the targeted MSM community, it is necessary to connect different groups within the community.

執行摘要

PPE 666 PE - “將建議和調查結果轉化為有效行動 - 維持香港愛滋病病毒低感染率”

項目二 針對HIV感染者（PLHIV）所作的充權及安全性行為教育工作

目的及目標：

為PLHIV充權、協助他們維持良好性健康、有助重拾生活質素及成功有效預防HIV而設的項目；

- 1) 為PLHIV提供心理支援，協助他們持續地接受治療，實行充權（Empowerment），增強他們的自信心，自我效能與自我接納程度；
- 2) 宣揚性健康及幫助PLHIV維持安全性行為以達至次級預防；
- 3) 為年長PLHIV提供服務；及
- 4) 招攬PLHIV作朋輩義工及朋輩輔導員。

項目設計：

透過個案輔導、小組工作及其他生活質素提升活動，協助減低感染後的壓力，增加感染者的自我效能感和社會及其他朋輩的連繫，以達到持續接受治療及次級預防的目標。

透過招募及培訓朋輩義工提供定期探訪服務，關懷年長的感染者，在他們有需要時介入。

目標群體：

HIV感染者（PLHIV）

主要成就：

1. 在個案工作方面為超過200名人士提供輔導服務。
2. 共有691人士參與支援小組及生活質素提升活動。
3. 招募了8名義工為36位年長的感染者提供43節的探訪及關懷活動。
4. 為190名服務提供者提供了培訓工作。
5. 總共28名的朋輩義工提供了2,710節的服務。

結論：

隨著醫學水平的提升，愛滋病已成為長期病患，感染者一方面需要處理於疾病帶來的心理壓力及社會的標籤問題，故此個案工作的需求只會有增無減，同時部份感染年期較為長的感染者也要處理逐漸年長所帶來身體提早衰老的影響及對社會服務的需求有所增加的問題。隨着年長的感染者逐漸增加，這方面的需求會漸漸浮現。

項目三 「Man-D」項目 — 針對男男性接觸者（MSM）的預防HIV及宣揚性健康計劃

目的及目標：

此項目旨在遏制愛滋病病毒在MSM社群中的傳播

- 1) 針對男男性接觸者（MSM）社群包括年輕男男性接觸者（YMSM）、熟年男男性接觸者（MMSM）及跨境男男性接觸者（Cross-border MSM）執行性健康教育計劃；
- 2) 在MSM社群中宣揚安全性行為的重要性及鼓勵他們持續地進行安全性行為；
- 3) 宣揚及早及定期接受HIV抗體和STI測試；及
- 4) 透過前線工作人員、朋輩輔導員和MSM團體等鼓勵MSM社群積極參與預防HIV及愛滋病。

項目設計：

透過招募朋輩義工協助向不同背景的男男性接觸者提供性健康教育計劃。在大專院校方面以攤位、展覽工作坊等不同形式的活動提升年青男男性接觸者對性健康及愛滋病的關注，同時透過互聯網、智能手機上的社交軟件開展工作，提升對愛滋病的關注及盡早接受抗體測試的意識及行動。

其次針對熟年男男性接觸者的支援網絡不足的情況，透過舉行不同的活動，凝聚這個社群的向心力，並同時提升社群對愛滋病及性健康的關注。此外，透過外展工作，派發宣傳品，提升社群對愛滋病的關注。另外，基金會亦會透過互聯網、查詢熱線及社交軟件等方式回答社群對愛滋病的查詢，同時評估其感染風險，並為有風險的人士提供保密、不記名及免費的抗體測試服務。

除此之外，港深兩地人口交流頻繁，為針對香港的男男性接觸者北上消遣的情況，基金會會同時在兩地開展預防及教育工作。

目標群體：

男男性接觸者

主要成就：

1. 訓練了20名朋輩義工。
2. 透過大專院校的不同活動及互聯網、智能手機上的社交軟件，接觸了5,439人次的年青男男性接觸者。
3. 在不同活動中接觸了362人次的熟年男男性接觸者。
4. 在香港總共派發了30,600套安全套套裝。
5. 在深圳總共派發了34,500套安全套套裝。

6. 提供了513人次的愛滋病病毒抗體測試予服務使用者。

結論：

本港男男性接觸者的感染比率較其他社群為高，需要有系統針對不同目標群體，以了解其需要，鼓勵社群及早進行測試及改變其風險行為。為了能將訊息及服務深入社群，必須連結社群內不同團體，共同努力。