

Wellness Centers:

*Community-Based Social Support
Systems for PLWHA*

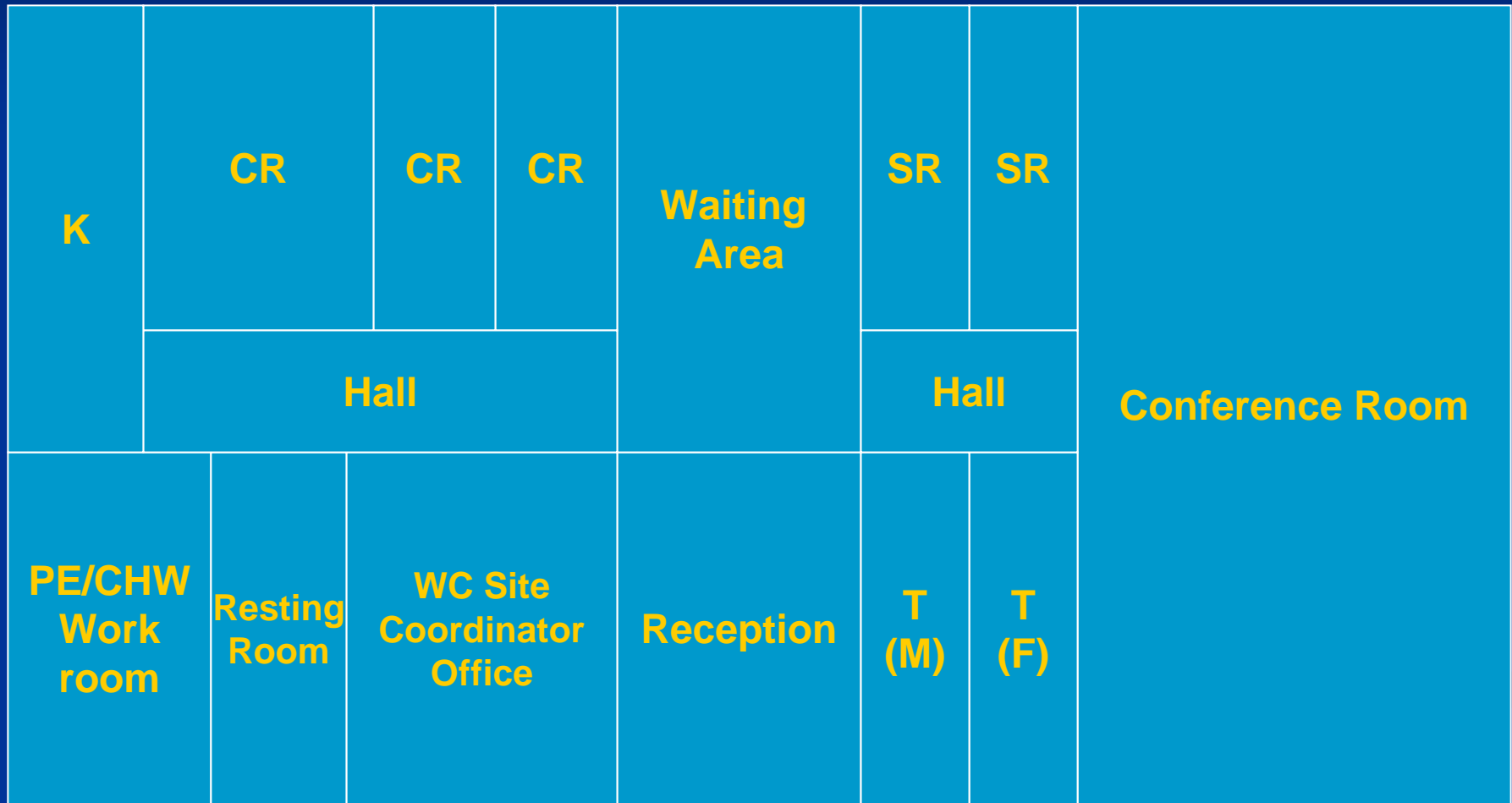
Concepts

- Collaboration between Columbia University, the Regional Training Center & ECDOH in Eastern Cape, SA
- 4 hospital sites (2 are MCAP-supported)
- Centrally based, community-owned, comprehensive social support for patients in HIV treatment & care programs
- Adherence support for ARV patients
- Creation of a social support model for other national & international HIV treatment & care programs

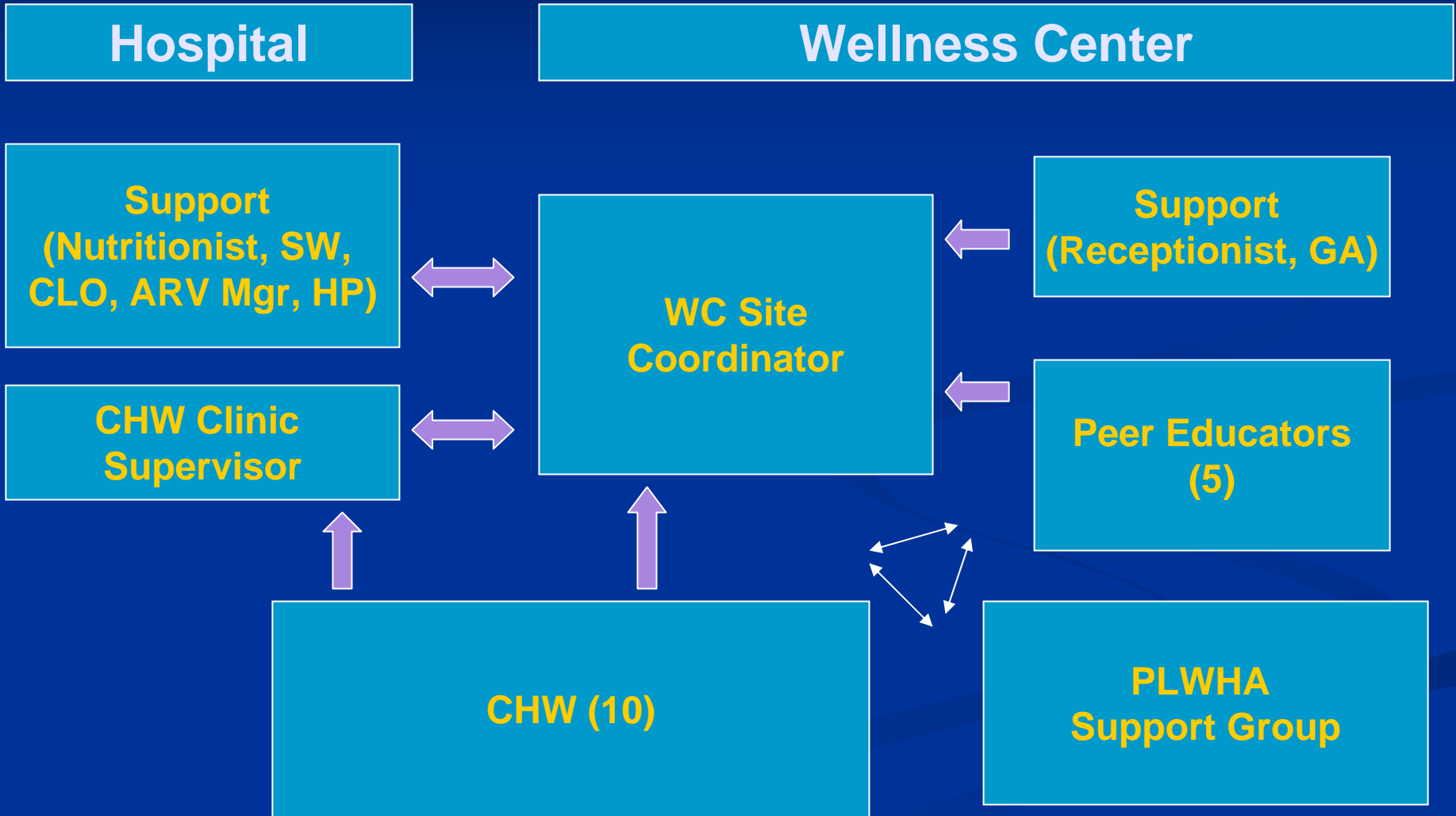
Wellness Center Programs

- **Community Health Workers:** Home visitation, clinic work & outreach education
- **Peer Educators:** PLWHA, WC-based psychosocial counseling and education, outreach education, support group leadership
- **PLWHA support groups:** Meeting space, trainings, IGA, outreach education, other activities
- **Communications:** Development and collection of materials for patient and community education
- **Nutritional support:** Gardening, meals, supplements, food vouchers
- **Transport assistance:** Taxi vouchers
- **Other types of support:** Spiritual counseling, reflexology, etc.

WC Structure



WC on-site Support System



WC Program Management

- **MCAP and RTC:** Development and overall support by Community Liaison Officers
- **Mothers' Programmes:** Management by Provincial Coordinator, Provincial Trainer, and 4 Site Coordinators
- **Community:** WC Board

Challenges

- Integration of the WC into the clinical HIV treatment & care program at each site
- Catalyst for family-centered care
- Establishing and maintaining community ownership (NGO status, functionality after CU direct support ends)
- Expansion to the feeder clinic level & general patient accessibility
- Development of a simple yet informative M&E system

Lessons to learn for expansion of the WC concept

- Are ARV program patients who attend the WC faring better in adherence and overall health than those who do not attend the WC?
- What programs within the WC are particularly effective, and which ones need improvement?
- Are the patients' needs being met? What other types of social support programs may be needed, and how can they best be provided?



