

Indicators of complex social needs in a small cohort of HIV+ adults



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Background



Adults living with HIV may have complex practical needs that contribute to their overall wellbeing and productivity



BHIVA 2013 Standards of Care state:

"Unmet financial and social care needs are common in people with HIV and may have a deleterious impact on retention in care"



Impact of Complex Social Needs- On Health

- ☀️ Impede a patient's self-management abilities
- ☀️ Exacerbate risk for comorbidities
- ☀️ Represent a public health risk



Impact of Complex Social Needs- On Mental Health

- ☀️ Poverty, isolation, stigma, and low social capital contribute to and exacerbate mental health inequality in PLWH
- ☀️ Enhance risk for mental health issues (and mental health issues can increase complex social needs)
- ☀️ Undermine resilience

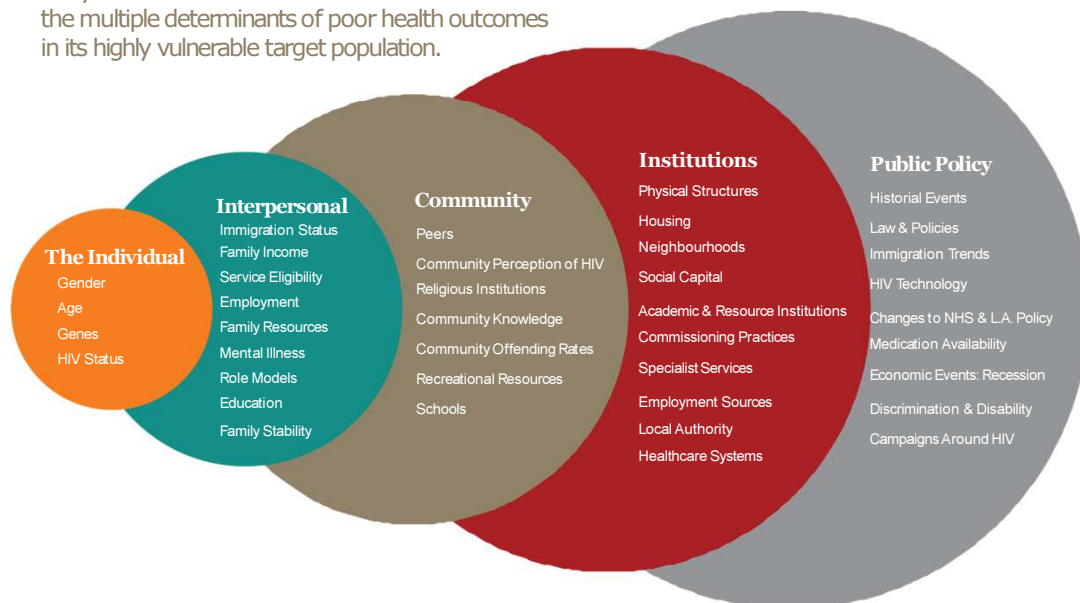


Impact of Complex Social Needs - On Families

- Financial insecurity can lead to: poor housing, poor nutrition, family crisis, lack of options, etc.
- Greater reliance on social services
- Individuals who are HIV-affected (who have close family members or partners who are HIV positive) are also comparatively vulnerable to poor outcomes, especially children (Cochrane Library 2009, UNAIDS 2013)
- Poor mental health jeopardises family function and makes it harder for families to overcome crises

The Social Ecological Model: Our Approach

Body & Soul uses this model to ensure it addresses the multiple determinants of poor health outcomes in its highly vulnerable target population.



Background

- Recent changes in social services provision in the UK due to austerity measures may have impacted the social wellbeing of this population. The purpose of this service-related needs assessment is to utilize several factors to explore complex needs of adults aged 20+ living with HIV.

Methods

- A survey comprising multiple choice and short-answer questions was administered to a convenience sample of 107 adults aged 20+ whilst they accessed a third-sector support service.
- Questions were structured to capture basic indicators around social wellbeing, and participants were able to opt out of the survey or specific survey questions.
- 100 participants met inclusion criteria.

Methods



Survey Items Covered:

- ↳ Employment
- ↳ Social Services Involvement
- ↳ Poverty measures including:
 - ↳ Area resources
 - ↳ Home Security
 - ↳ Food Security



Participant Demographics



52% of respondents were female.



19% of respondents were aged 20-29 years



19% aged 30-39



28% aged 40-49



29% aged 50+

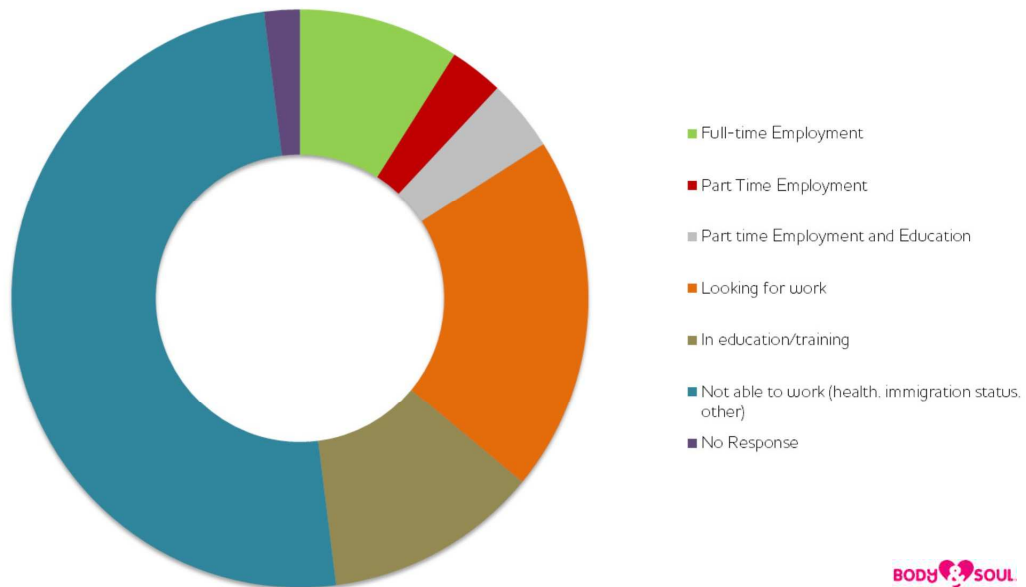


5% no response

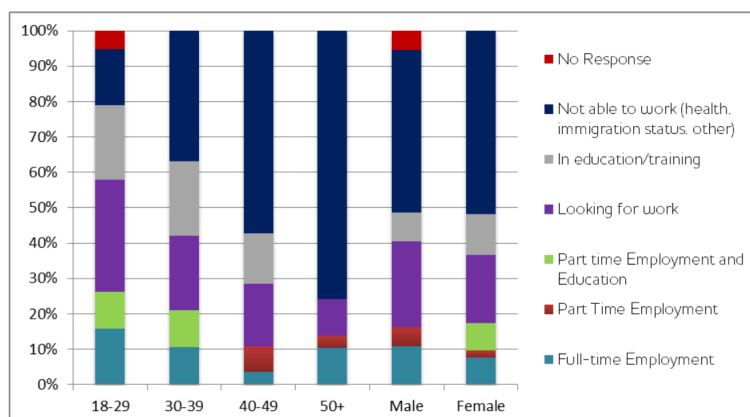


Majority identified as Black African

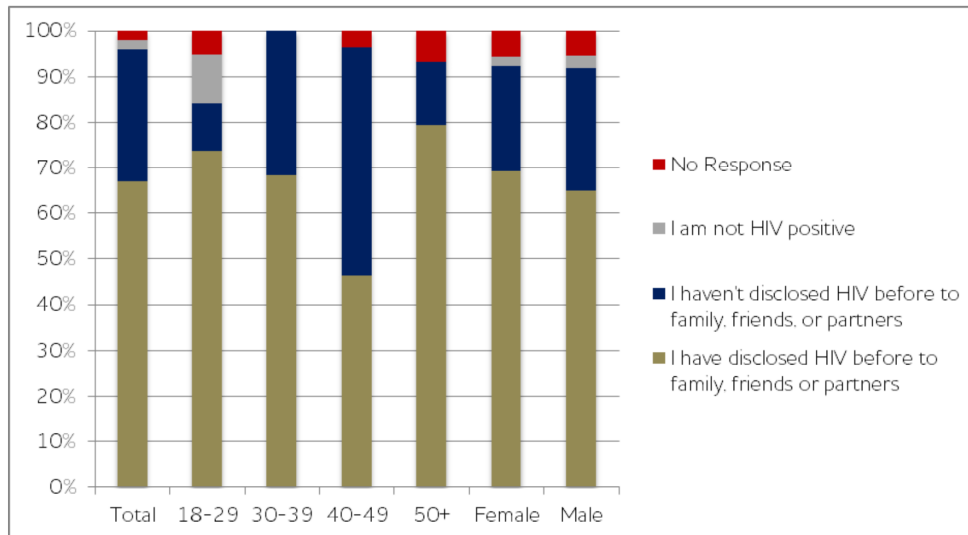
Results - Employment



Results - Employment



Have you ever disclosed your HIV status to family, friends or partners?

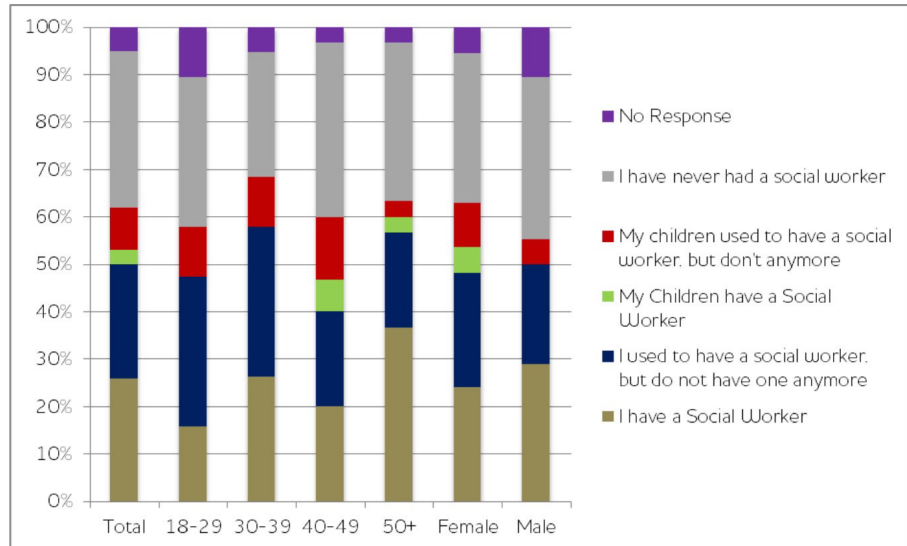


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Employment Results - Summary

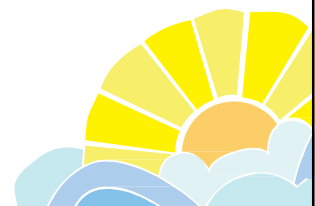
- 💡 50% of respondents reported not being able to work due to health, immigration, or other factors.
- 💡 Older adults aged 50+ were more likely to report an employment barrier than adults younger than 40 (75.9% versus 27%).
- 💡 Younger adults were the group most likely to be looking for work, and also most likely to be concurrently enrolled in education programmes.

Social Services Involvement



Social Services Involvement, Summary

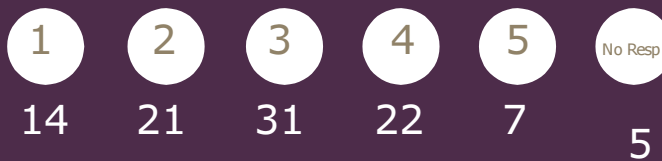
- 💡 26% currently had a social worker
- 💡 24% previously had a social worker
- 💡 12% have never had a social worker but their children either currently or previously have been under social care.



Poverty Measures- Area Resources

- 💡 Only 1/3rd reported that it was easy to access support services like benefits advice, counselling, or other advocacy in their local area.

How easy it is to access support services (like benefits advice, counselling or therapies) in your local area?



Poverty Measures- Home Security

- 💡 34% have been homeless
- 💡 25% do not feel safe in their neighbourhoods

Poverty Measures - Food Security



45% regularly do not have enough food or money for food

MEAT



VEG



GRAINS



|Other Social Indicators



76% report being worried about their future



51% feel like people treat them differently because of their HIV status



Study Limitations

- 💡 Small sample size of 100 participants
- 💡 All participants currently accessing social support and/or professional support
- 💡 This needs assessment looked at indicators, not at cause



Conclusions

- 💡 Adults living with HIV may have practical barriers to wellbeing and productivity.
- 💡 This service-improvement related needs assessment highlights several practical challenges faced by this cohort.



Conclusions



Current policy changes **COULD** impact ability for PLWH to maintain health and social productivity

Implications



Social support services in the UK need to recognize and respond to the complex needs of this group.



Further, better-powered research is needed to identify factors that contribute to these needs.

Implications

-  Data used to inform Body & Soul service delivery
-  Expanding professional support including:
 - ↳ Social work support
 - ↳ Legal support (250K annually)
 - ↳ Mental Health support
 - ↳ CBT
 - ↳ Psychotherapy
 - ↳ Motivational Interviewing
 - ↳ Life Coaching
-  Continued and expanded peer support

For more information

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