

# The Dr. Peter Centre Enhanced Supported Housing Model

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# The Dr. Peter Centre

- Located in Vancouver, BC., the Dr. Peter Centre provides support to vulnerable citizens who face poverty, homelessness, and mental health and addiction issues in addition to HIV/AIDS.
- By 2010, the Centre was operating two core programs:
- A seven-day-a-week Day Health Program providing service to more than 400 individuals and a 24-hour specialized nursing care Residence providing care to up to 43 adults a year living with HIV/AIDS and complex health issues including mental health illness and active addiction.

# The Challenge

- While many residents can transition out of the Dr. Peter Centre Residence into traditional supported housing supports, others cannot due to the intersection of HIV, active addiction as well as mental and other health issues.
- Without adequate housing support, these individuals are at a very high risk for deterioration of physical and mental health

# A Solution

- In 2011, the Dr. Peter Centre and other community partners started the Enhanced Supported Housing (ESH) program for adults Living with HIV/AIDS and Complex Health Issues Including Mental Illness and Addiction
- The program was started as a cost-effective and care-efficient response to a particular gap in the continuum of HIV/AIDS supported housing care.

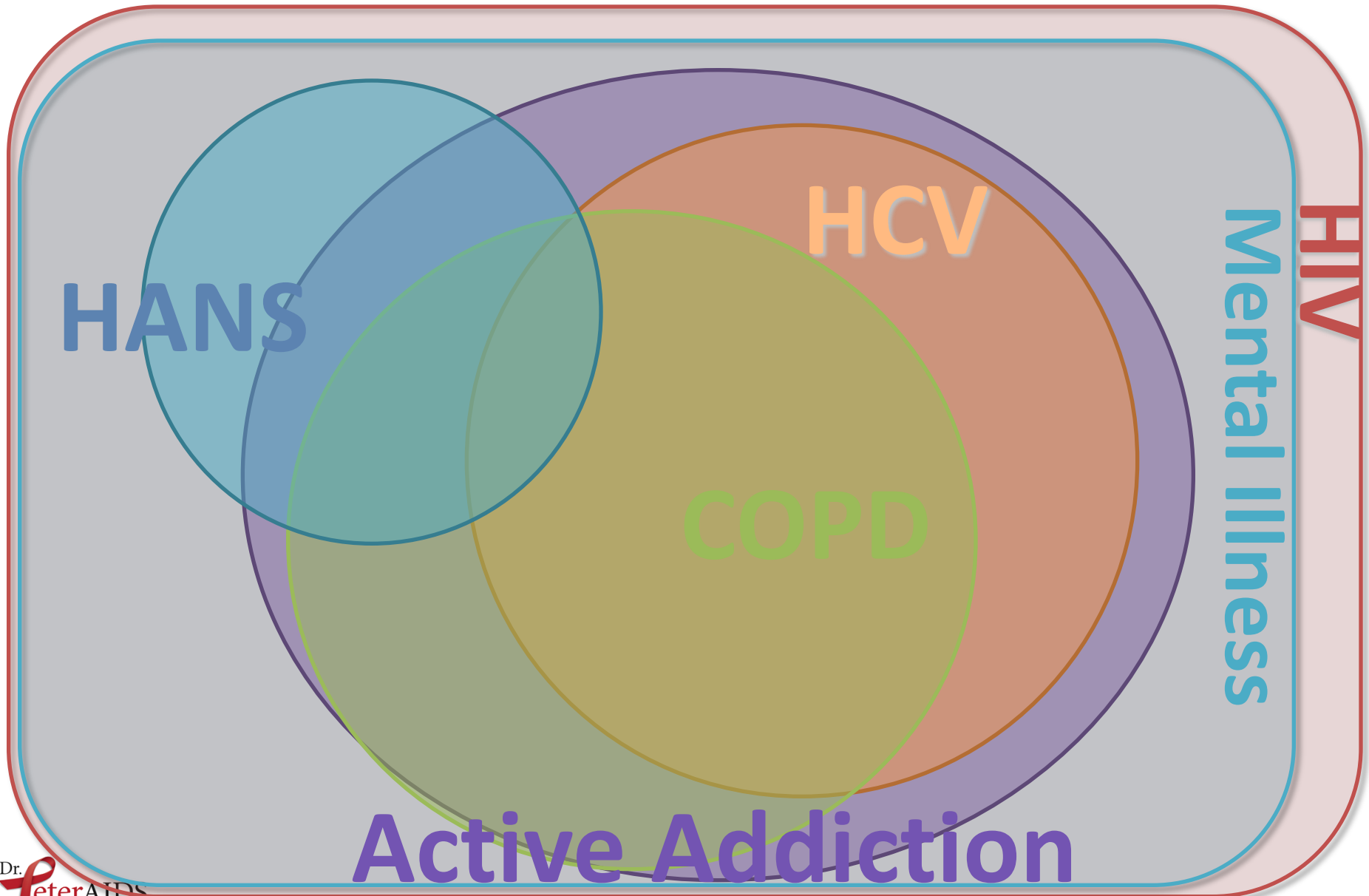
# Description

- Individual furnished suites in close proximity to the Centre
- A case manager provides support for community living and adherence to HIV and health treatment as outlined in individual care plans, care aides provide individualized living skills support and a housekeeping team provides environmental support.
- Seven-day-a-week nursing support for medication adherence, and therapeutic support (including meals) through the Dr. Peter Centre Day Health Program, and after hours support by nursing staff (including an evening meal) in the Dr. Peter Centre 24-hour Specialized Nursing Care Residence

# Admission to the Program

- Adults who can safely live independently but who require regular structured support for physical and mental health needs, and assistance in maintaining a healthy physical environment.
- HIV and complex health issues including mental illness and active addiction
- Often a history of homelessness, poverty and trauma.

# Dr. Peter Residence – Long Stay Resident Profile



# Active participant in the plan

- Support for transition to community independent living
- Daily and after hours health and psycho - social supports
- Assistance with IADL's for example home management, appointment scheduling, meal preparation skills, budgeting
- Responsible for basic rent
- In agreement with 'tenant' rules ( e.g. noise, visitors, property)



# Enhanced Supported Housing Clinical Engagement : April to June, 2013

- The individuals continued to use Dr. Peter Centre Day Health Program on a daily basis: average attendance to the day health program was 99%.
- When individuals used the Day Health Program, they averaged four clinical contacts per day attended, and attended for an average of 29 minutes per clinical contact. (A contacts may include basic support, brief engagement, counselling, music, art and recreation therapy, medication management, treatment, health care adherence support, or self care support.)
- The individuals continued to connect with the Dr. Peter Centre Residence: average attendance to the Dr. Peter Centre Residence for evening medication support and evening meals was 93%.
- The average adherence to ARVs for the four individuals was 99%.

# Resident Perspective



*Alex is one of the first residents in the Dr. Peter AIDS Foundation's new enhanced supportive housing program.*



*Alex at the door of his studio apartment.*

# Resident Perspective

- “It gives me more freedom. I’m grateful for the supports that are in place for me so that I can live independently. You know, I feel safe.”
- “I like my freedom. I feel more sane, like a normal person. I’m happy to have the people who help me from the Centre and the Residence.”

# Conclusion

- Current data demonstrates the Enhanced Supported Housing Program Model provides a housing environment that is conducive to adherence to HIV treatment and sustained health outcomes.