

# ROUTES THROUGH CARE

**FIND  
your  
FOUR**

**Learn about the different types of care so you can talk to your healthcare team about the services and support you need.**

## *primary* CARE

Primary care services are normally the first places you will contact about your health.

This might be:

- GPs or family doctors
- Nurses based either in GP surgeries or in the community
- Dentists
- Pharmacists
- Opticians

To access primary care, you may need to be registered with a GP. The GP surgery, or your HIV support worker, can help you fill in the registration forms. You do not need a proof of ID to register.

## *secondary* CARE

If you need more treatment or care than you are able to get from primary care, then you will be sent on to a secondary care service.

These services are often based in hospitals, and will focus on specific parts of your health.

Secondary care includes treatment and care for HIV but you do not need to be referred into HIV services, you can go to a HIV or sexual health clinic directly.

Secondary care services could include:

- A cardiologist – if you need to see someone about your heart or blood pressure
- A dietician – if you need additional support and advice on your food intake
- A psychologist – if you need extra support with your thoughts, emotions, and feelings

## *HIV* SERVICES

HIV specialist services give support to people living with HIV. They focus on ensuring you are on the right treatment as well as caring for your mind and body whilst living with HIV. Your HIV team may refer you on to other secondary services if you have additional needs.

Your HIV specialist healthcare team will conduct regular blood tests to check your HIV treatment is working as it should.

How regularly you see your HIV healthcare team will depend on a range of factors including how well your treatment is working for you, and whether you have any other issues affecting your health.

## *charity and peer support* SERVICES

As well as the NHS, there are other places that can support you to live well with HIV.

Charity and advocacy groups can give you information and help you through your journey with HIV. Visit [www.hivfindyourfour.co.uk/hiv-support-organisations](http://www.hivfindyourfour.co.uk/hiv-support-organisations) to find links to organisations that can support you.

There are people living with HIV you can talk to, known as peer support workers, who can provide person-to-person advice, support and a chance to share your experiences of living with HIV.

Charity groups can support people with many areas of their lives, including finances, legal support, social support and many others.