

Personalised HIV Care at Eleanor Clinic

At Eleanor Clinic we provide compassionate and expert HIV care in a safe, inclusive and welcoming environment. Our highly trained doctors, including [Dr. Eunice Sales](#) and [Dr. Aidan Allen-Hall](#), both accredited S100 prescribers, are focused on our patients receiving tailored treatment plans designed to meet their unique needs.

Eleanor Clinic offers

1. **Personalised Care**

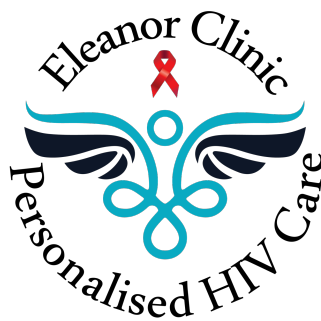
- *Initial Appointments.* During your first 30-minute consultation your doctor will get to know you. They will ask about your medical history and assess your immune system health, and create a customised treatment plan.
- *Starting Treatment.* Starting treatment quickly is what matters to us, particularly for patients with low CD4 count, pregnancy, or HIV-related conditions.
- *Ongoing Monitoring.* Regular blood tests will track your progress, ensuring your treatment remains highly effective. We have pathology on-site, so you don't have to travel anywhere else.

2. **Collaborative Team Support**

- If needed, your doctor will coordinate additional supports through a multidisciplinary team, which may include medical, psychological, or social services.

3. **Working as a team**

- We value open communication and encourage you to share details about your health, lifestyle, and any concerns so we can provide you with the very best care. Topics you may wish to discuss include:
 - Emotional and physical well-being.
 - Current medications, supplements, or recreational substance use.
 - Lifestyle habits, including diet, exercise, smoking, and alcohol consumption.



At Eleanor Clinic we are committed to keep you supported, informed and empowered throughout your health journey. We are always available to answer your questions and work collaboratively with you to determine the best treatment plan for your needs.

Please note: Eleanor Clinic operates as a private billing clinic. To access bulk-billed HIV treatment, please visit the [Western Health Infectious Disease Clinic](#).

Helpful links

- **Information on HIV, testing and treatment**

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/hiv-and-aids>

- **Letting partners know you have HIV**

If you have just been diagnosed with HIV, it will likely be a difficult time. You might still be struggling to come to terms with diagnosis. During this time, it is important to let any sexual or injecting partners know they may have been exposed to HIV as soon as you can, so they can be tested and offered PEP (post-exposure prophylaxis) if appropriate.

You do not have to do this alone. Your doctor or the Department of Health Partner Notification Officers can help you through this process and ensure your identity is not revealed.

<https://letthemknow.org.au>

<https://napwha.org.au>

- **Living Positive Victoria, Peer Navigation Support Service**

Our peer navigators can provide one on one support for you on your journey with HIV, helping you achieve your goals and reach full physical and emotional wellbeing.

☎ (03) 9863 8733

One-on-One Support

<https://forms.livingpositivevictoria.org.au/forms/one-one-support>

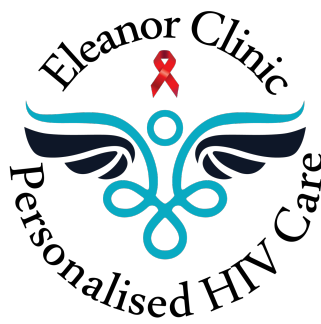
Other Services

- **Phoenix – workshop for supporting the recently diagnosed**

<https://livingpositivevictoria.org.au/programs-and-services/workshops/phoenix/>

- **Ageing Peer Support Network – social network for older people with HIV**

<https://wellbeyond50.livingpositivevictoria.org.au/>



– **Programs and Services for Women and Hetero Men**

<https://livingpositivevictoria.org.au/programs-and-services/social-events/adult-lunch-for-women-and-heterosexual-men/>

– **Planet Positive – Quarterly social activity for people with HIV**

<https://livingpositivevictoria.org.au/programs-and-services/social-events/planet-positive/>

– **Services for Families**

<https://livingpositivevictoria.org.au/programs-and-services/social-events/family-day/>

– **Positive Women Victoria, Peer Navigation Support Service**

Positive Women Victoria provides peer support, information and advocacy for women who are living with HIV.

☎ (03) 9863 8747, info@positivewomen.org.au

– **Thorne Harbour Health, Community Support Service**

Thorne Harbour Health has been supporting people living with HIV through a range of services over the last three decades. While many of these are delivered from our Positive Living Centre in South Yarra, there are services for people living with HIV at several of our sites and beyond.

<https://thorneharbour.org/services/hiv-positive-services/>

☎ (03) 9863 0444, plcfeedback@thorneharbour.org