INVITE-Home

What Patients & Treatment Buddies Told Us About Home-Based Long-Acting Injectable Antiretroviral Therapy (LAI-ART)

What is INVITE-Home?

INVITE-Home is evaluating home-based LAI-ART, in which injections are administered at home by a trained treatment buddy (TBY)—a trusted partner, family member, or friend chosen by the patient (PWH).
PWH and TBY feedback helped shape the INVITE-Home training program and study procedures.

Who shared their perspectives?

16 PWH

15 TBYs

- Interviews conducted before home injections
- Recruited from 4 SF Bay Area HIV clinics
- All PWH previously received LAI-ART in clinic

WHY PEOPLE WERE INTERESTED

Convenience & less stress

- Fewer clinic visits
- Less time away from daily responsibilities
- Lower transportation costs

> *"It comes down to convenience & accessibility... Less time in the car, less money on gas... less worry dealing with scheduling."* -PWH

Privacy

- Less risk of unwanted disclosure
- Less stigma
- Care in a familiar setting

> *"When you can have the medicine come to your home... that makes it all even better."* -PWH

Comfort & emotional support

- A calmer environment
- Care from someone trusted
- More relaxed injections

> *"...to do it at home is more comfort. You're more in your comfort zone, & you can be more relaxed."* -PWH

Autonomy & shared empowerment

- Greater control over care
- TBYs feel proud to help
- Strengthening relationships through shared responsibility

> *"I'm getting some knowledge & a chance to take care of & do something for my wife."* -TBY

WHAT CONCERNS CAME UP

Injection safety

- Giving injections correctly
- Hurting a loved one
- Needlestick injuries

Training & confidence

- Hands-on training
- Clear step-by-step guidance
- Ongoing support

Medication storage & delivery

- Need for reliable refrigeration
- Delivery delays & missed shipments
- Troubleshooting problems

Keeping injections on schedule

- Fear of missed or delayed injections
- Reminders & planning tools

WHAT WOULD MAKE IT WORK WELL?

Choosing the right TBY

- Trusted & reliable
- Respects privacy & confidentiality
- Willing to give buttock injections
- Communicates with the clinic & study team
- Committed over time

More than convenience. Choosing a TBY requires trust, reliability, & long-term commitment.

What participants said they need to feel safe & supported

Training alone was not enough. Participants wanted ongoing access to study & clinic staff between injections.

- Clear, practical, hands-on training
- Ongoing access to trusted staff
- Help with medication delivery & storage
- Injection supplies & safe disposal options
- Clear emergency plans & follow-up support

One option among many

Home-based injections should expand choices, not replace clinic care. People should choose what works best for them.

Why this matters

- Expand access to HIV care
- Reduce transportation, stigma, & time barriers
- Support flexible treatment options

Success depends on training, communication, trust, & support – not just injections.

Source: Bolton et al. 2026, PLOS One. Patient and injection partner perspectives on barriers and facilitators to home-based administration of long-acting injectable antiretroviral therapy.

Learn more