

Best Practice: Psychosocial Support Services and Empowerment Centers



Cyprus League of People with Rheumatism (CYLPER) |
AGORA Conference



About the Cyprus League of People with Rheumatism (CYLPER)

- The Cyprus League of People with Rheumatism (CYLPER) is a non-profit organization representing people with rheumatic and musculoskeletal diseases (RMDs) in Cyprus.
- Founded in 1984, the organization has been providing empowerment and support services to people with rheumatic diseases for over four decades. Its mission is to support, inform, and empower people living with RMDs.

Identified Need

- Many patients with RMDs face emotional, social, and psychological challenges.
- There was a lack of structured support services and community-based psychosocial care for people with RMDs in Cyprus.





The Practice

- CYLPER established Psychosocial Support Services and Empowerment Centers in Nicosia, Larnaka and Limassol with Psychologist and Social Worker.
- Services offered:
 - Individual psychological support
 - Social work consultations
 - Empowerment and self-management workshops
 - Peer support groups
 - Visits are conducted at the Government Hospitals of the Nicosia, Larnaca, and Limassol districts in the day care units by the Organization's social worker, with the aim of communicating with patients undergoing biological therapies.
 - In addition, visits are made to the Makarios Hospital by the Organization's psychologist, who engages with parents and children living with rheumatic diseases.

Goals of the Practice

- Empower individuals with RMDs
- Improve psychological well-being and resilience
- Promote social inclusion
- Encourage active participation in society and in managing their condition





Results & Impact



- Over 150 individuals supported since implementation
- High levels of satisfaction reported by beneficiaries
- Improved self-esteem and coping strategies
- Strengthened sense of community and belonging

Reproducibility & Next Steps

- The model can be replicated by other patient organizations with proper coordination and funding.
- Next steps:
 - Expand services to more cities
 - Train volunteers and peer mentors
 - Evaluate long-term impact





Contact Information



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THANK YOU!

