



# HIV 50+ STRONG & HEALTHY MENTAL HEALTH

A TRAINING BY

DISCUSS **Michelle Lopez**

 HIV50+  
STRONG & HEALTHY

 NMAC  
leads with race



# ZOOM LOGISTICS

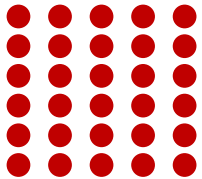
- Turn your camera on
- Don't put call on hold
- Mute your phone unless speaking
- Use hand signals
- Use the chat room

# INTRODUCTIONS



- Your name
- Your gender pronouns  
(he, them, ze, etc)
- Something that makes you happy

• **One word that describes your experience with joy!**





# COMMUNITY PROMISES

**01.**

Be respectful of other viewpoints and experiences

**02.**

Be open to learning

**03.**

Vegas Rule  
(what happens here,  
stays here)




## OUR AGENDA

- Basic Facts of Mental Health
- HIV and Mental Health
- Prevention
- Treatment Options
- Staying Healthy





A photograph of two men standing in a traditional Chinese street setting. The man on the left has grey hair and is wearing a light-colored shirt. The man on the right is wearing a black hat, yellow-tinted glasses, and a patterned jacket. The background features traditional Chinese architecture with red lanterns hanging from the buildings. The entire image has a semi-transparent red overlay.

# MODULE 1: BASIC FACTS OF MENTAL HEALTH

# COMMON MENTAL HEALTH ISSUES AS WE AGE ...

The most  
common are:

- Depression
- Dementia
- And Anxiety



WebMD. What to Know about Mental Health in Older Adults. Retrieved from:  
<https://www.webmd.com/healthy-aging/mental-health-in-older-adults>

# LIFE TRANSITIONS AS WE AGE ...

## COPING WITH CHANGES

- It may mean retirement, and the opportunity to pursue life goals.
- It also may mean dealing with significant life transitions, such as:
  - the death of a loved one,
  - relocating or down-sizing,
  - loss of income,
  - or experiencing the body and health changes we go through as we age.





# I FEEL ALONE ...

- Being socially isolated and feeling lonely may not sound like mental health issues but they are.
- As we age, our social networks may become smaller. We may have fewer social outlets and opportunities. While there are people around us, we don't feel a connection
- Our ability to socialize may be more limited due to health and mobility considerations or the lack of financial resources. We cannot get out to do the things we would like to do.



# CAN BEING LONELY AFFECT MY HEALTH?

- Loneliness and social isolation can affect your health in many ways.
- For example, you may lose the desire to do things that keep you healthy, like exercise or eating healthy foods.



# LONELINESS AND PHYSICAL HEALTH

Loneliness/social isolation has been linked to:

- High blood pressure
- Obesity
- Heart disease
- Weak immune system
- Cognitive decline
- Alzheimer's disease



# IS LONELINESS A REAL PROBLEM?

- An estimated 14 percent of the population experiences loneliness. But many still question if it is a health issue.
- However, many are recognizing it and are taking steps to address it. Several years ago, England appointed a Minister for Loneliness to address the issue.



# WHEN TRAGEDY STRIKES ...

## SUICIDE

- Older adults have the highest rate of suicide, in comparison to other groups. While there may be many reasons behind the decision, including declining health and quality of life, for many it comes down to a loss of the desire to live.





# THINGS TO WATCH FOR ...

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- Sleep pattern change (insomnia or oversleeping)
- Constant stress and worry
- Inability to find anything positive in life
- Unusual ideas or behaviors
- Dependence on drugs and alcohol
- Sense of hopelessness
- Constant headaches and pain
- Anger and irritability
- Taking part in high-risk activities
- Suicidal thoughts



A person wearing a white t-shirt is holding an orange awareness ribbon. The background is a gradient from dark brown at the top to red at the bottom. The text is overlaid in white.

# MODULE 2: HIV & MENTAL HEALTH

# CHALLENGES AS WE AGE WITH HIV

## IS IT ME OR IS IT MY HIV?

- People aging with HIV are more likely to experience mental health and neurocognitive impairment than people who are not living with HIV.
- People with HIV, of any age, are twice as likely to experience depression than people who do not have HIV.
- Approximately 30-50 percent of people with HIV develop HIV-associated neurocognitive disorder (HAND). They experience a decline in brain function and movement skills. They also experience shifts in behavior and mood. We address HAND in another training.



HIVinfo.gov. HIV and Mental Health. Retrieved from: <https://hivinfo.nih.gov/understanding-hiv/fact-sheets/hiv-and-mental-health>  
Psychosocial, Mental Health, and Behavioral Issues of Aging with HIV. Retrieved from:  
[https://www.natap.org/2014/HIVAGE/Psychosocial, mental health, and behavioral issues.7.pdf](https://www.natap.org/2014/HIVAGE/Psychosocial_mental_health_and_behavioral_issues.7.pdf)





**HOW TO COPE?**

**WHAT ARE THE  
STRATEGIES?**

 **HIV50+**  
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# DISEASE COPING

Disease coping is something we are all familiar with—after dealing with HIV. It is:

- Understanding medications and their effects;
- Being able to manage medication in our daily lives; and
- Having a good relationship with our provider.



Psychosocial, Mental Health, and Behavioral Issues of Aging with HIV. Retrieved from:  
[https://www.natap.org/2014/HIVAGE/Psychosocial, mental health, and behavioral issues.7.pdf](https://www.natap.org/2014/HIVAGE/Psychosocial_mental_health_and_behavioral_issues.7.pdf)



A woman with short grey hair is sitting in a garden. She is wearing a light-colored top and has her arms crossed. The background is filled with green plants and string lights. A semi-transparent red overlay covers the bottom half of the image.

# MODULE 3: PREVENTION



# WHAT CAN I DO?

## SELF CARE

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There are things we can do related to self care. If you have taken part in any of these trainings, or probably, if you recently talked to your doctor. You know what these are.

- Daily exercise
- Healthy diet
- Stay hydrated
- Get good sleep
- Find a way to relax (e.g., meditation, yoga)
- Set goals for each day/week/month
- Gratitude (be thankful for the good things in our life)
- Be positive (look for the good)
- Connect (with family, friends, community)



NIH, National Institute of Mental Health. Caring for Your Mental Health. Retrieved at: <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

# YOUR SELF CARE ... MEETING YOUR NEEDS

- Interactions with friend and loved ones
- Hobbies
- Exercise
- Puzzles
- Volunteering
- Know that it can take time to figure out what activities you need to support your mental health.





**WHAT ARE TRIGGERS?**

**... AND HOW TO DEAL  
WITH THEM**





# MODULE 4: TREATMENT





# TREATMENT OPTIONS

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- Depending on the condition, there are various treatment options.
- Symptom-oriented interventions, such as therapy and stress management.
- Cognitive and/or behavioral therapy and motivational supportive interventions, such as support groups, psycho-education groups, and other self-care techniques like meditation and yoga.
- Pharmacological interventions. This means taking a prescribed drug.



# THE GOOD NEWS

There are lots of resources available.

- *Always talk with your providers*
- *Reach out to your support network*
- *Take advantage of community resources, such as support groups, activities, etc.*

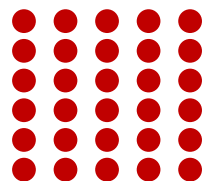


# MODULE 5: STAYING HEALTHY



# SELF CARE!



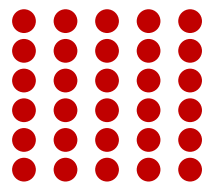


- Substance Abuse and Mental Health Services Helpline:  
<https://www.samhsa.gov/find-help/national-helpline>
- CDC. Mental Health Website.  
<https://www.cdc.gov/mentalhealth/index.htm>
- NIH. National Institute of Mental Health.  
<https://www.nimh.nih.gov/health/find-help>
- National Alliance for Mental Illness  
<https://www.nami.org/Blogs/NAMI-Blog/January-2022/Understanding-Mental-Illness-Triggers>

# RESOURCES







**THANK YOU!**

**Facilitator: email address  
NMAC [magosto@nmac.org](mailto:magosto@nmac.org)**

