



HIV 50+ STRONG & HEALTHY HEALTHY LIVING

A TRAINING BY

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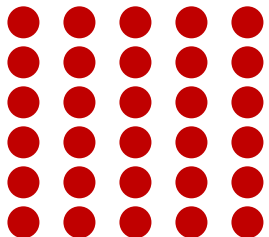




INTRODUCTIONS

- Your name
- Your gender pronouns (he, them, ze, etc.)
- When you were diagnosed
- Involvement in HIV services

- **One word that describes your experience with aging!**





COMMUNITY PROMISES

01.

Be respectful of other viewpoints and experiences

02.

Be open to learning

03.

Vegas Rule: what happens here, stays here



ZOOM LOGISTICS

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



MODULE 1: OUR EXPERIENCES

Making sure we honor our experience



AGING: THE GOOD & THE BAD

What is it like to age with HIV?

AGING : THE GOOD AND THE BAD

- Everybody ages and some of our experiences might be common to everyone they age. It is also essential to recognize that aging with HIV may have some differences. We will all have different experiences.

A photograph of two Black women sitting together in a doorway, smiling warmly. The woman on the left has long braids and is wearing a dark top. The woman on the right has short, curly grey hair and is wearing a dark top. The background shows a doorway and a wall with a small lantern-style light fixture. The entire image is overlaid with a semi-transparent red filter.

MODULE 2: OUR ENVIRONMENT

Making sure we have the support we need.

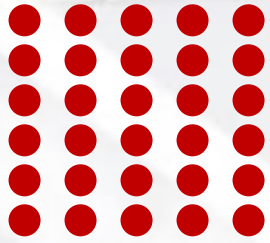
OUR ENVIRONMENT



- To thrive we need to live in a healthy and supportive environment. We need our basic needs met.

This includes:

- Financial security
- Stable housing
- Access to transportation and healthy food.



**WHAT ARE YOU
EXPERIENCING IN
TERMS OF MEETING
YOUR DAILY NEEDS?**



INCOME & FINANCIAL RESOURCES

Making sure we have the financial support we need.

OUR FINANCIAL RESOURCES

- Some older people feel a need to move from where they live to an area where it is less expensive. This can mean they lose their long-time social network. It can be hard to make friends in a new place.



WHAT ARE YOUR CONCERNS IN TERMS OF MONEY?



SAFE & STABLE HOUSING

Making sure we have a roof over our heads.

SAFE AND STABLE HOUSING



- It is important for us to consider:
 - Is my housing safe for me as an older person?
 - Do I have access to the services I need, given my transportation options?
 - Can I take care of myself? Do I need help, like a home health aide?
 - What resources are available to keep me in my home?



MEETING DAILY NEEDS

Food and transportation

FOOD AND TRANSPORTATION

- How far away are the things you need? Where are the stores you need to access?
- Do you have transportation, either your own car, public transportation, or transportation services?



WHAT ARE YOUR CONCERNS IN TERMS OF DAILY TASKS OF LIVING?

PLANNING FOR THE FUTURE

- Retirement: 401(k)? Social Security? When to enroll in Medicare? Do you have someone you can speak to about your specific financial situation?
- Planning Documents:
 - Power of Attorney: Designates a person who will make decisions for a person in the event they cannot speak for themselves
 - Advanced Directives: Oral and written instructions, like living wills, about future medical care should a person become unable to make decisions

It can be difficult to think about these decisions, but it is important to take some time to plan-ahead and make sure your voice is heard.



**WHERE WE LIVE:
URBAN, SUBURBAN,
& RURAL**

The cities, the suburbs and the countryside.

WHERE WE LIVE:

URBAN, SUBURBAN, & RURAL



- Where we live impacts the services available and how we can access them. It also impacts how we live. For example, living in a rural area can be isolating and there may not be many services available.
- What happens if you lose your drivers' license?
- What transportation services are available, and how do you pay for them? Does your health plan cover them?
- If I use public transportation how long will it take? Are you physically able to ride the bus or the subway? Are there options designed for seniors?



TECHNOLOGY & SOCIAL MEDIA LITERACY

Everything is moving online. Are we ready?

SOCIAL MEDIA:

EVERYTHING IS MOVING ONLINE. 

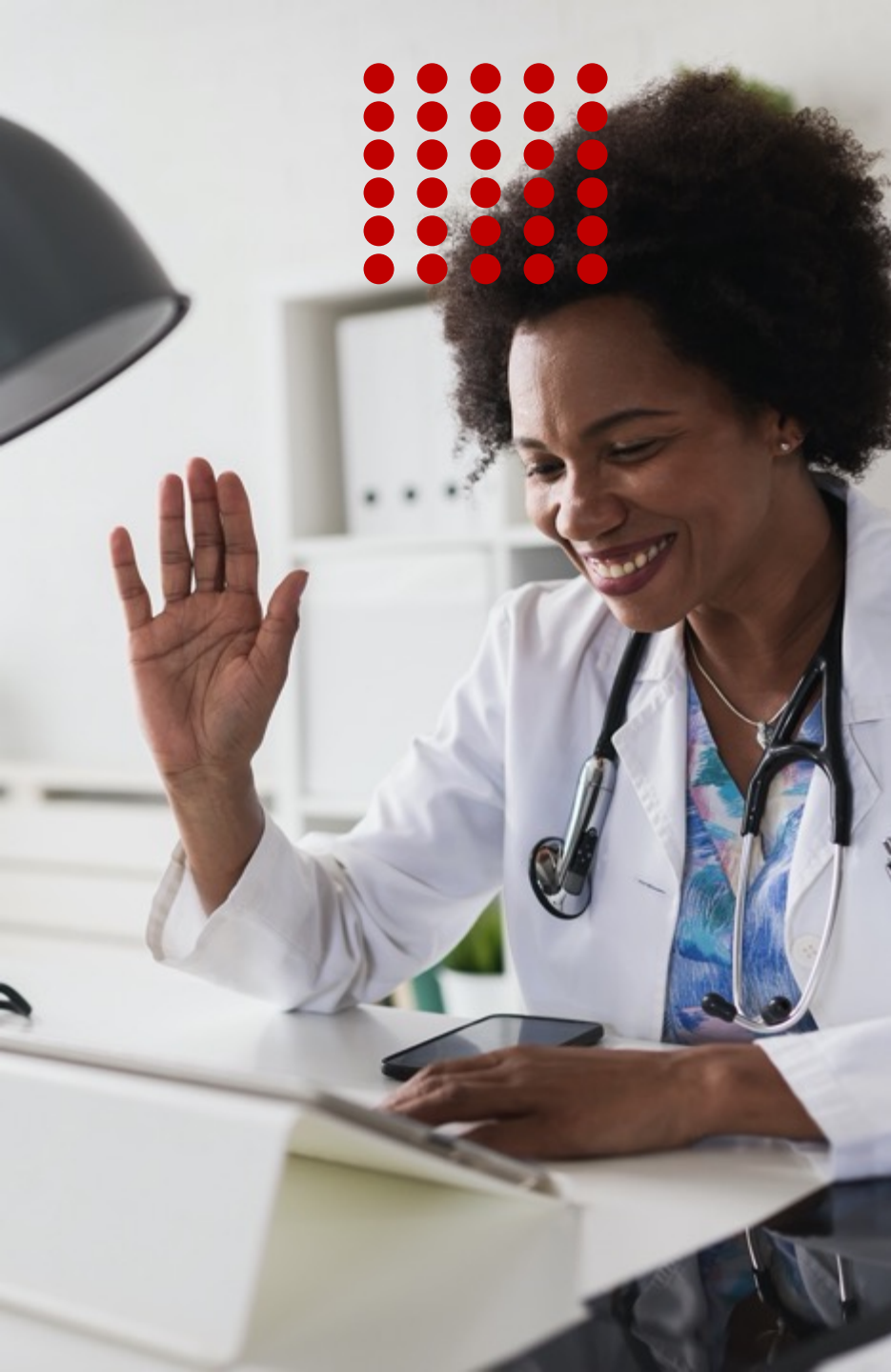
ARE WE READY?

- Everything is moving online. Are we ready?
- Do aging people with HIV have the tech savvy to access needed services?
- Do people have access to the necessary technology?
 - Access to the internet?
 - Access to devices, such as iphone, ipad?




EMERGING ISSUES: TELEHEALTH

Do you want telehealth to go on beyond COVID?



WHAT HAS BEEN YOUR EXPERIENCE WITH TELEHEALTH?



MODULE 3: OUR BODIES

What we need to be aware of as we age with HIV.



CO-MORBIDITIES: HIV & OTHER CONDITIONS

Our health is more than just undetectable HIV viral load.

CO-MORBIDITIES



- If you are a long-term survivor and have been on HIV medication for a long time, this can impact your health. Long-term inflammation and drug side effects can cause early co-morbidities like cardiovascular disease, liver disease, central nervous system disorders, renal and metabolic disorders, and osteoporosis.
- Managing these co-morbidities means you need to work with your care team. You and your team are partners in managing these conditions.

Chawla A, Wang C, Patton C, et al. A Review of Long-Term Toxicity of Antiretroviral Treatment Regimens and Implications for an Aging Population. Infect Dis Ther. 2018;7(2):183-195. doi:10.1007/s40121-018-0201-6



POLYPHARMACY: TAKING MULTIPLE MEDICATIONS

Too many pills. How to discuss with our doctor?

POLYPHARMACY



- We know what it is like to take multiple medications and manage the side effects. This will only increase as we age.
- It is essential to ensure providers are aware of all the drugs you take, looking out for possible drug-drug interactions.
- These interactions can make drugs less effective or result in overdosing.

A close-up portrait of an older Black man with a slight smile, looking off to the side. The image is overlaid with a semi-transparent red filter. The text 'SEXUAL HEALTH FOR OLDER ADULTS' is centered over the image in a large, white, bold, sans-serif font.

SEXUAL HEALTH FOR OLDER ADULTS

DEBUNKING MYTHS OF SEXUALITY AND AGING

- “Sex is only for the young or conventionally ‘attractive’”
- “Older adults are unable to have sex because their bodies are too old or sick”
- “Residents of nursing facilities can’t have sex”
- “Older adults with dementia or Alzheimer don’t or shouldn’t have sex”

Many people who are 50+ are still sexually active and enjoy sex!

** courtesy of the Iowa Department of Aging, Office of the State Long-term Care Ombudsman*

SEXUAL HEALTH INFO FOR OLDER ADULTS

- Talk with your medical provider/care team about your sexual health questions, including concerns about physiological changes that impact sex
- Condoms, PrEP, PEP and other forms of risk reduction
- Medical providers should be offering regular STI screenings to all sexually active individuals, especially those who have multiple partners



GERIATRIC SYNDROME

What does it mean?

GERIATRIC SYMDROME



Geriatric syndromes include several conditions typical of, if not specific to, aging, such as dementia, depression, delirium, incontinence, vertigo, falls, spontaneous bone fractures, failure to thrive, and neglect and abuse. Geriatric syndromes are associated with reduced life expectancy. To be considered a geriatric syndrome, these conditions must interfere with a person's daily life.

A group of four diverse elderly people (two men and two women) are smiling and laughing outdoors. The image is overlaid with a semi-transparent red filter. The text 'HIV & GERIATRIC CARE' is centered over the image in a large, white, bold, sans-serif font.

HIV & GERIATRIC CARE

The primary care for the aging individual.



MODULE 4: MENTAL HEALTH

Something to remember as an important priority.



MENTAL HEALTH & AGING

An important issue to pay attention to.

TRAUMA & PTSD



(PTSD: Post Traumatic Stress Disorder)

Because people with HIV are disproportionately impacted by trauma.

DEPRESSION & ADHD

(Attention Deficit Hyperactive Disorder)

Many people with ADHD also suffer
from depression



SUBSTANCE USE DISORDER & RECOVERY



MODULE 5: STAYING HEALTHY

Because we can!

SOCIAL ACTIVITIES & NETWORKS

A photograph of a man with short, grey hair, wearing orange-rimmed glasses and a dark suit jacket over a light-colored shirt. He is smiling broadly, looking slightly to the right. The background is blurred, suggesting an indoor setting. The entire image is overlaid with a semi-transparent red filter.

We all need friends and enjoy life.

SOCIAL ACTIVITIES & NETWORKS



- Connect with the people around you
- Join virtual parties
- Video call a friend
- Attend watch parties with peers

HEALTHY FOOD

A photograph of an elderly couple sitting at a table in a kitchen. The woman on the left has short, grey hair and is wearing a light-colored V-neck shirt. The man on the right has grey hair and a mustache, wearing a purple V-neck shirt. They are both smiling warmly at the camera. The background shows a kitchen with shelves and a doorway. The entire image is overlaid with a semi-transparent red filter.

Healthy Body

HEALTHY FOOD



- Watching caloric intake
- Include lots of fruits, vegetables, whole grains and beans
- Enjoying everything else in moderation and ask your doctor

EXERCISE & PHYSICAL ACTIVITY



Are fundamental for good health and long life.

EXERCISE & PHYSICAL ACTIVITY



- Assess your level of fitness.
- Be as physically active as you can.
- Do at least 150 to 300 minutes of moderate-intensity physical activity a week, or an equivalent amount (75 to 150 minutes) of vigorous-intensity activity.

MENTAL FITNESS

Exercise for the mind

A photograph of an elderly man with short, grey hair and a mustache, wearing light-colored glasses. He is looking upwards and to the right with a thoughtful expression. The background is a blurred outdoor setting with a building and a tree. The entire image is overlaid with a semi-transparent red filter.

MENTAL FITNESS



- Try something new.
- Rediscover an old interest.
- Play strategy games.
- Learn how to cook your favorite food.
- Learning new things will make you more confident as well as being fun.

A SENSE OF PURPOSE




We all need a reason to get up each morning.

A SENSE OF PURPOSE



- Do something nice for a friend, or a stranger.
- Volunteer your time.
- Join an HIV advocacy group
- Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.



**MODULE 6:
SHARING OUR
KNOWLEDGE &
EXPERIENCE**

NMAC'S PEER EDUCATION PROJECT

A photograph of two women sitting at a table, engaged in a conversation. The woman on the right is speaking and gesturing with her hands, while the woman on the left listens attentively. The background is blurred, suggesting an indoor setting like a library or community center. The image has a semi-transparent red overlay.

Online training to HIV50+ scholars to train peers in their local communities.