

HIV & Aging

Fact Sheet and Resources

STATISTICS from San Francisco Department of Public Health as of December 31, 2017

- 15,952 People Living With HIV/AIDS (PLWHA) in San Francisco
 - Decrease of 16,010 from 2016
- PLWHA Over age 50 = 10,340 as of December 31, 2017
 - Increase of 286 from December 31, 2016
 - Men Over age 50 = 9626 (increase from 9360)
 - Women Over age 50 = 545 (increase from 531)
 - Transgender Female Over age 50 = 166 (increase from 163)
- By 2020 70% of PLWHA will be over age of 50
- In San Francisco, 65% of PLWHA are over age of 50 as of December 31, 2017
 - Of these, 90% were aged 50-64 years
- Those aged 50 years and older had a higher proportion of whites
 - While those under age 50 had higher proportions of Latinos and Asian/Pacific Islanders

CULTURAL INCLUSIVENESS/COMPETENCY/PRESERVATION

It is important that mainstream frontline providers be educated on the needs of this special population, and HIV Frontline providers need training to be equipped to address issues around aging. We want to work to improve capacity to serve older adults with HIV while being mindful that programs serving this population are vulnerable to budget cuts.

ISSUES FACED BY POPULATION

- Disclosure
- Didn't Plan to Live/Didn't Plan Financially
- Live on fixed incomes
- Pay over 50% of income to rent; many over 70%
- Private Disability ends at age 65
- Face Threat of Losing their homes
- Higher Levels of Mental Health Issues
- Experience higher levels of stigma & isolation

COMPLICATIONS OF CHRONIC DISEASE & AGING WITH HIV FOR THOSE AGE 50 & OLDER

- Age-related **stigma, social isolation, & quality of life**
- Have three times the co-morbidity & mental health conditions of those who are not positive and in their 70's
- Complicated treatment regimens especially for long term survivors
- Trouble coping with demands of illness management (i.e., keeping medical appointments, adhering to treatment)
- Navigating systems of care gets more difficult
- Role as caregivers (now for aging parents and older lovers) as well as role of care recipients – interdependency (people both receive care and provide care to other people)
- Most caregiving is provided by informal social networks – friend centered – are those friends really going to be able to provide care, or will they be limited by their own issues. Friendship networks were decimated by the HIV virus and it is difficult to make new friends who they can rely upon.
- Consistent role of loss and grief

HOUSING IS HEALTHCARE

PLWHA and especially those who participate in **SFAF's Elizabeth Taylor 50-Plus Network** have identified affordable housing as their greatest unmet need. Across the United States, studies with homeless and marginally housed persons show links between unstable housing and HIV infection, delayed treatment, poorer adherence to antiretroviral therapy, lower CD4 cell count and other indicators of advanced HIV disease, and greater mortality due to HIV/AIDS-related illnesses.

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NEED TO INCREASE AVAILABILITY AND ACCESS TO MENTAL HEALTH & PSYCHOSOCIAL SERVICES

Deaths due to suicide and overdose among people with HIV have been increasing for several years. It is well known and documented that long-term survivors have higher rates of depression, anxiety, and PTSD. The need for these services substantially exceeds supply. Provide information & referral, emotional support, client advocacy, care navigation, volunteer peer support matches, and services for clients' emotional support animals.

RESOURCES FOR PROVIDERS & CLIENTS

Alzheimer's LGBT Program www.alz.org

Alliance Health Project www.ucsf-ahp.org

Curry Senior Center www.curryseniorcenter.org

Golden Compass at San Francisco General Hospital's Ward 86 www.ari.ucsf.edu/clinical-care/ward-86

Institute on Aging www.ioaging.org

Project Open Hand www.openhand.org

Open House www.openhouse-sf.org

PRC Employment Services www.prcsf.org/employment-services

GUIDE TO THRIVE For People Over 50 and Living with HIV:

www.prcsf.org/wp-content/themes/whmcreative/docs/PRC-GuideToThrive-50PlusResourceGuide.pdf

San Francisco AIDS Foundation www.sfaf.org

Elizabeth Taylor 50-Plus Network www.sfaf.org/client-services/50-plus/

Senior Disability Action www.sdaction.org

Shanti www.shanti.org

RESOURCE ARTICLES

What is AIDS Survivor syndrome? By Emily Land 2018: www.betablog.org/aids-survivor-syndrome/

Therapy for Long Term Survivors? By Emily Land 2017: www.betablog.org/magic-mushrooms-therapy-long-term-hiv-survivors/

What Does "Undetectable" Mean? By SFAF 2018: www.betablog.org/hiv-undetectable-video/

Aging is Not a Disease By Meredith Greene, MD 2017: www.betablog.org/aging-not-disease-time-stop-treating-way/

Can We Say Goodbye To The Word AIDS? By Emily Land 2016: www.betablog.org/goodbye-aids/

Getting older with HIV By Meredith Green, MD 2015: www.betablog.org/getting-older-with-hiv-earlier-development-of-geriatric-syndromes/

A Trans Perspective on Aging with HIV by Cecilia Chung 2015: www.thebody.com/content/76375/who-will-be-there-for-me-a-trans-perspective-on-ag.html

Helping Cope with Brain Changes SFAF 2014: www.betablog.org/helping-cope-brain-changes/

Sign up for PLUS Housing by SFAF 2017: www.sfaf.org/hiv-info/hot-topics/from-the-experts/plus-housing-hiv.html

Why is Stable Housing Important for People with HIV by HIV.gov 2017: www.hiv.gov/hiv-basics/living-well-with-hiv/taking-care-of-yourself/housing-and-health

HOUSING IS HIV HEALTHCARE 2014: www.federalaidspolicy.org/wp-content/uploads/2014/03/Housing-is-HIV-Health-Care-9-12.pdf

GO-TO WEBSITE FOR AGING WITH HIV: www.hiv-age.org

THE VIEW FROM DOWN HERE by Hank Trout for A&U Magazine July 2018 www.aumag.org/2018/07/07/the-view-from-down-here/

RESOURCE VIDEOS

LAST MEN STANDING: videos of LONG-TERM AIDS SURVIVORS SF Chronicle 2016:

www.projects.sfchronicle.com/2016/living-with-aids/documentary/

ATLAS 2018: Videos of San Francisco Long Term Survivors for the International AIDS Conference July 2018:

www.atlas2018.org/america-2-2-5/