

SF HIV FOG Presents



HIV & Aging

Thursday, January 31, 2019

11:30 am - 5:00 pm

San Francisco AIDS Foundation

1035 Market Street, Suite 400

San Francisco CA 94102

TIME	AGENDA
11:30	Check-in
12:00	Lunch & Group Exercise
12:30	Welcome & Introductions
12:45	Golden Compass Mary Shiels, RN & Helen Lin, LCSW
1:45	Break
2:00	Psychosocial Supports Vince Crisostomo
3:15	Break
3:20	Community Spotlight Facilitators: Jessica Price & Alynia Phillips Curry Senior Center Open House Alzheimer's Association LGBT Dementia Care Project PRC Employment Services Institute on Aging
4:20	Reflection & Closing Announcements

LEARNING OBJECTIVES

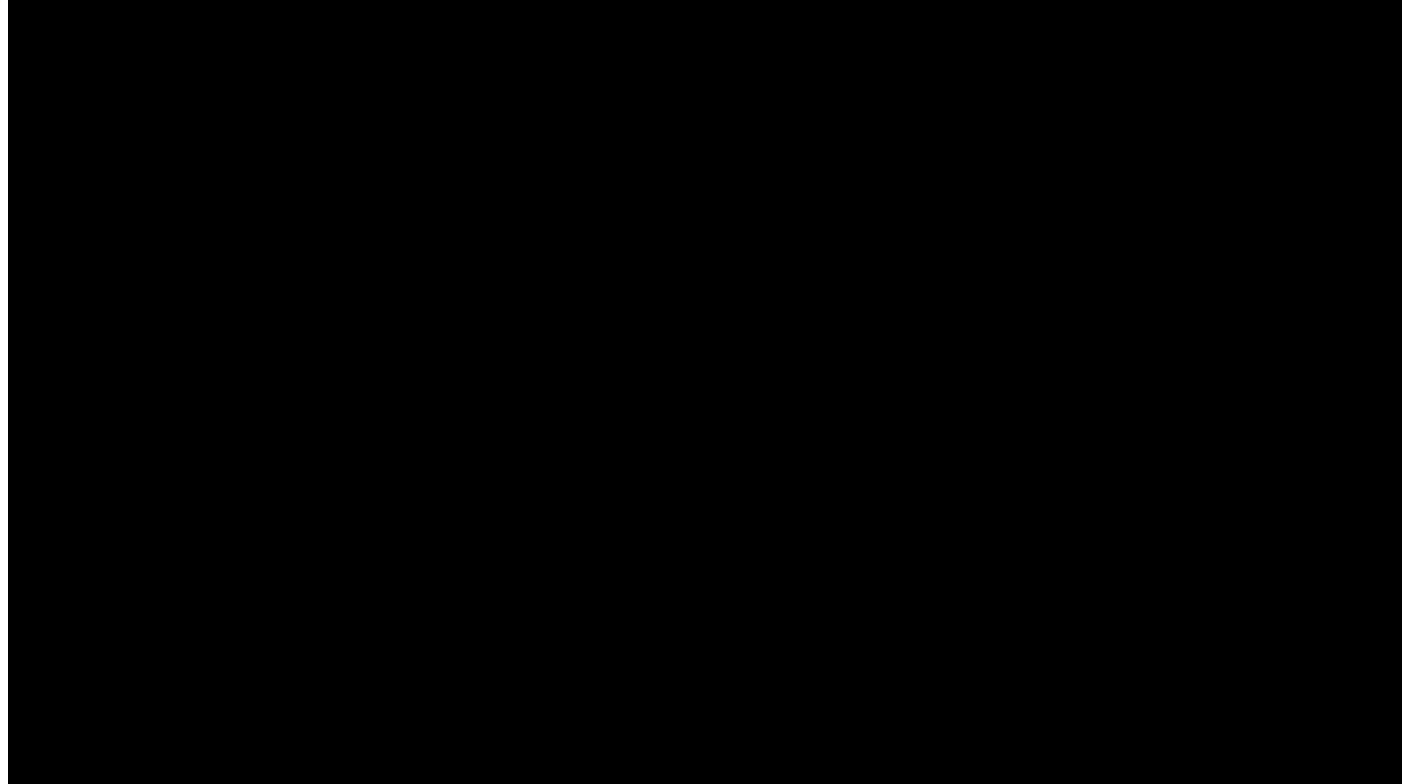
By the end of this training, HIV Frontline workers will be able to:

- Describe how caring for the aging HIV population is different from caring for younger populations.
- Describe three challenges faced by people living with HIV who are 50 and older.
- Identify three resources that support people living with HIV who are 50 and older.



Jesus in San Francisco

ATLAS2018.org shown at the
2018 International AIDS Conference in Amsterdam





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Welcome

Ande Stone, Community Mobilization Manager
San Francisco AIDS Foundation

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Current Campaign



SAN FRANCISCO

Undetectable = Untransmittable

HIV & Aging

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Guide to Thrive

For People Over 50 and Living with HIV



Chuan Teng, Managing Legal Director
PRC

HIV & Aging

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Golden Compass

Mary Shiels, RN & Helen Lin, LCSW
San Francisco General Hospital's Ward 86:
Golden Compass

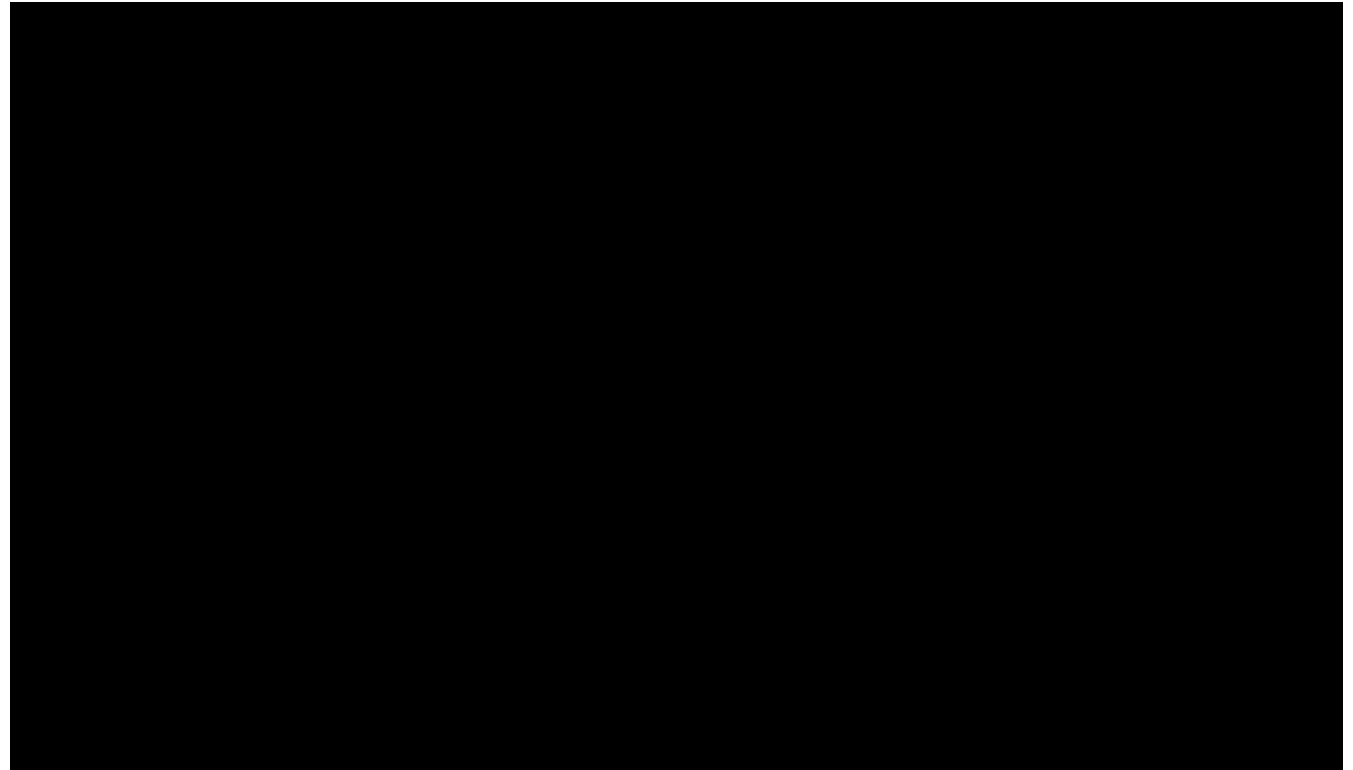
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Surviving Voices - The API Community & AIDS

2018 Honoree National AIDS Memorial



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Psychosocial Supports

Vince Crisostomo

The Elizabeth Taylor 50-PLUS Network

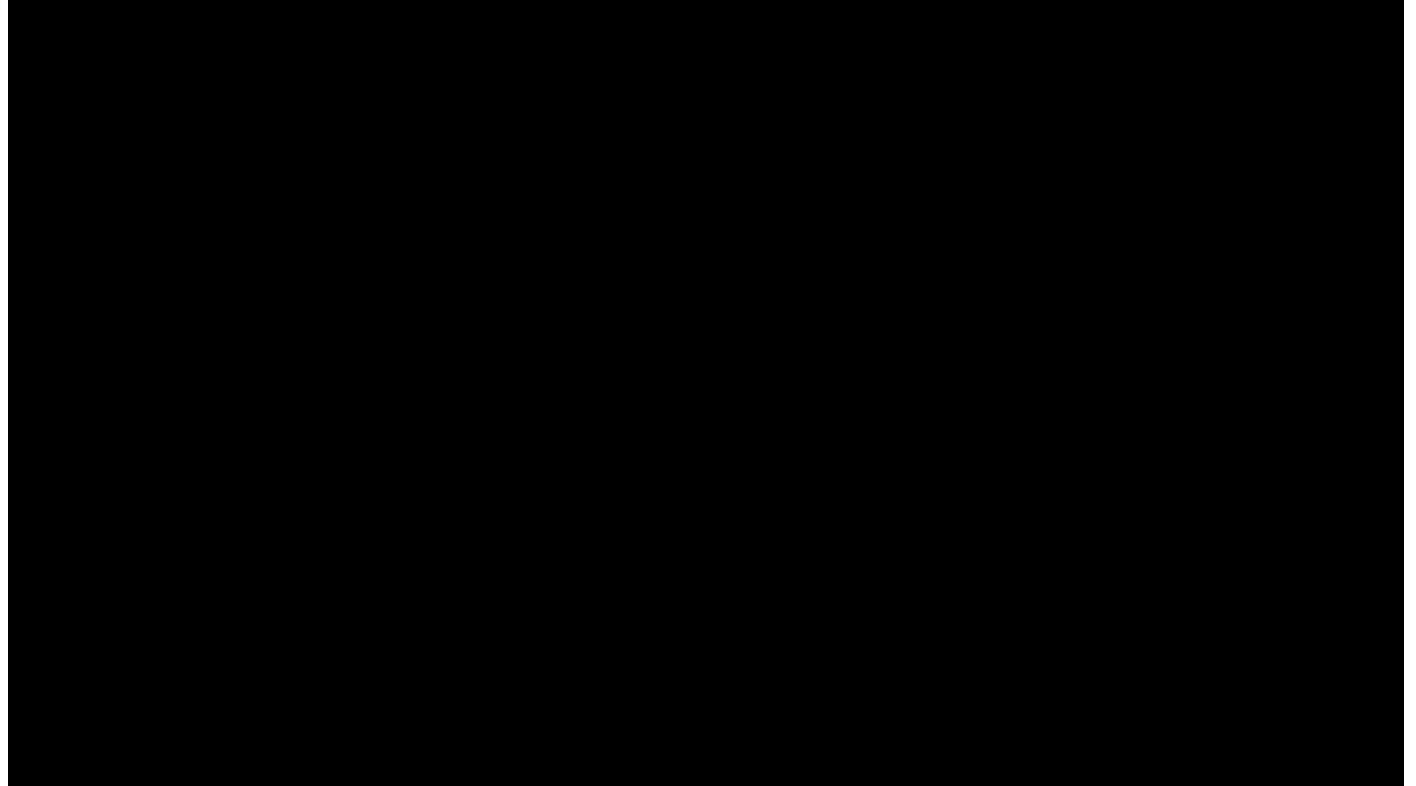
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Surviving Voices - Women and AIDS

2017 Honoree of National AIDS Memorial





Community Spotlight

Facilitators:

Jessica Price, Program Coordinator at AETC

Alynia Phillips, Outreach Attorney at ALRP

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Curry Senior Center

Jessica Price, Program Coordinator at AETC
Alynia Phillips, Outreach Attorney at ALRP

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Open House

Michelle Alcedo

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Alzheimer Association's LGBT Program

Arthur Chan

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PRC

Employment Services

Dennis Reilly, Supervising Employment Specialist

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Institute on Aging

(XXXXXXX)

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Reflections

LEARNING OBJECTIVES

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Evaluations

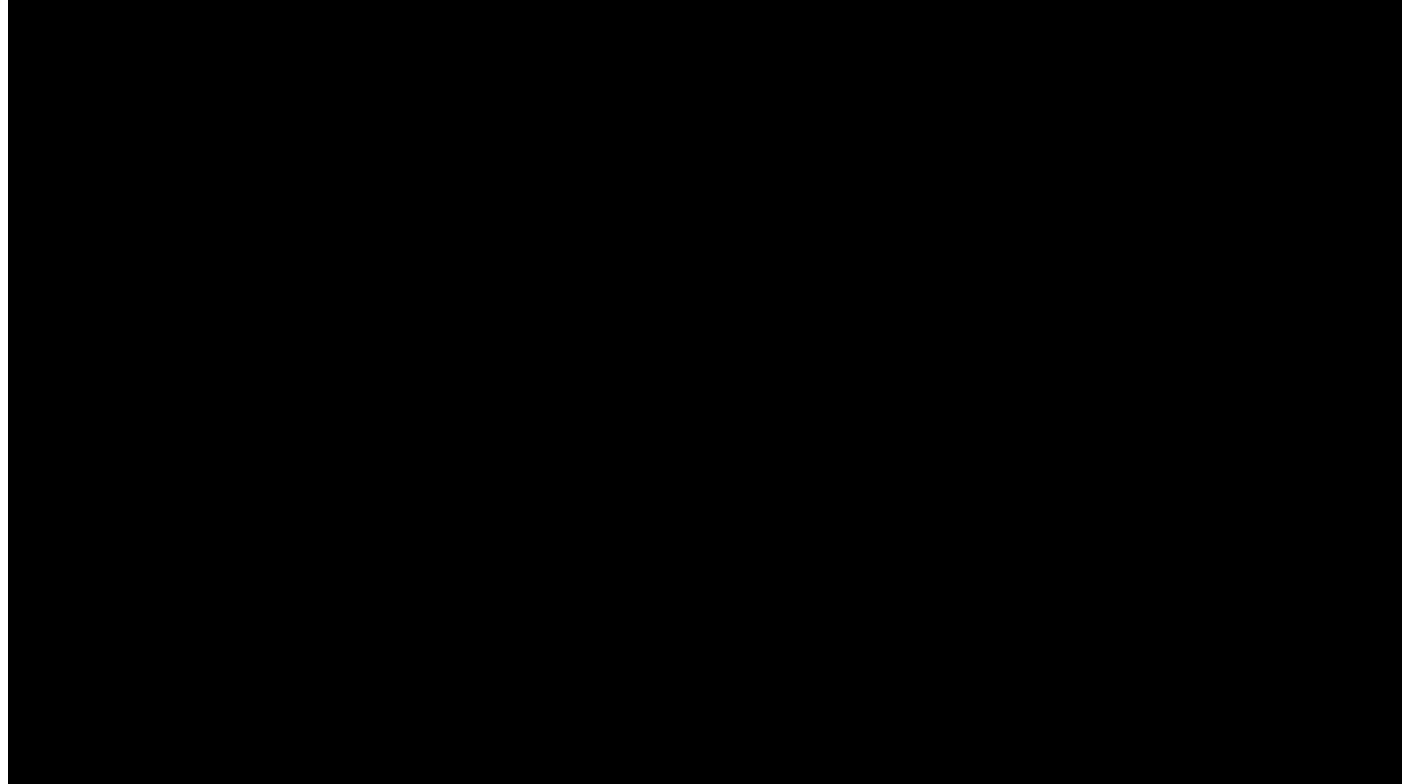
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George in San Francisco U.S.A.

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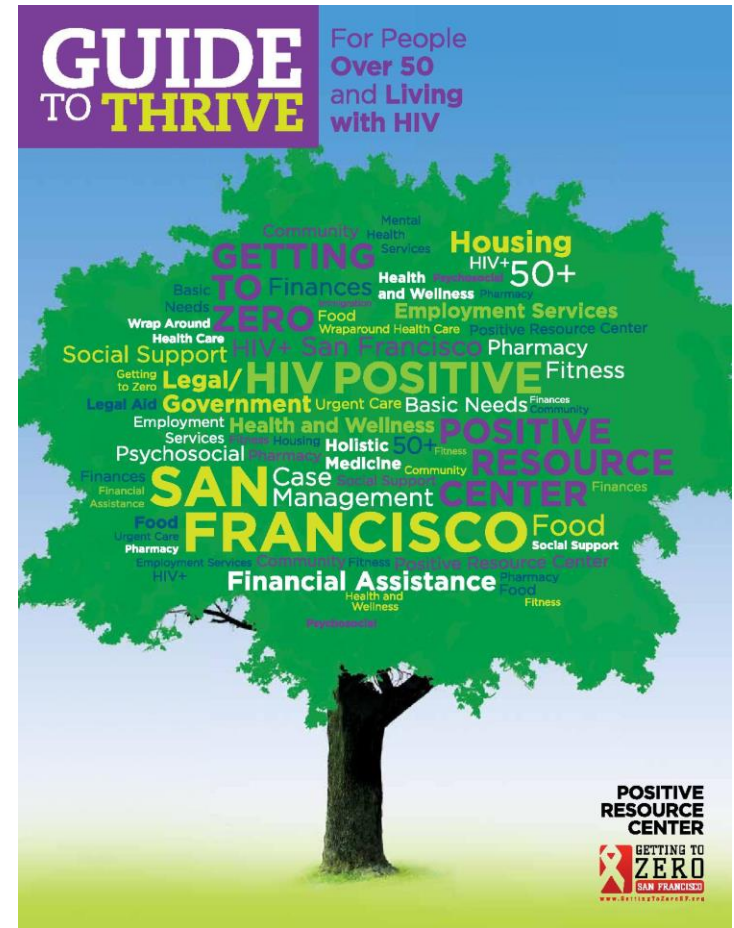
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Guide to Thrive

For People Over 50 and Living with HIV



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Current Campaign



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THANK YOU



For Hosting
Today's Training

For the Ongoing Support



San Francisco
Department of Public Health



HIV & Aging

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SF HIV FOG

Steering Committee

Alynia Phillips, Outreach Attorney, **ALRP**

Amanda Newstetter, Project Director, **AETC**

Andy Scheer, Medical Social Worker, **SF City Clinic**

Ande Stone, Community Mobilization Manager, **SFAF**

Beth Mazie, Supervising Attorney, **PRC**

Chuan Teng, Managing Legal Director, **PRC**

Dawn Evinger, Communications Coordinator, **PRC**

Dianne Georgetti, RN/PHN, **Westside Community Services & Shanti**

Jessica Price, Program Director, **AETC**

Ruby Koger, Senior Medical Case Manager, **SF Community Health Center**

Talisha Hervey, Patient Navigator, **LINCS Navigation Program Zuckerberg SF General**

Kevin Hutchcroft, HIV Health Services & ADAP Coordinator, **SF DPH**

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Golden Compass

Mary Shiels, RN & Helen Lin, LCSW
San Francisco General Hospital's Ward 86:
Golden Compass

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Psychosocial Supports

Vince Crisostomo

The Elizabeth Taylor 50-PLUS Network

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Questions for 50 and Older Discussion Group

2016 Integrated HIV Prevention and
Care Planning Process



HIV Care for 50 and Older Populations

- What are some of the key issues and barriers that people 50 and older are currently facing in regard to HIV care?
- Housing is Healthcare
 - Mental and Psychosocial Services
 - Substance Use/Harm Reduction Services
 - Transgender Services



HIV Care for 50 and Older Populations

- What are some of the key issues and barriers that people 50 and older are currently facing in regard to HIV care?
- Food Security
 - Co-morbidities
 - Changing Needs
 - Legal Services



HIV Care for 50 and Older Populations

- What are some ways that care for 50 and older populations could be improved?
 - HIV Care in a “hub” or centralized location
 - Mobile outreach van and/or mobile person / team of people
 - New program to help older people with HIV be integrated into the larger DAAS system of care
 - Phone app / internet portal
 - Shorter wait times
 - Socialized place to integrate linkage to care



HIV Prevention and PrEP for 50 and Older Populations

- What are some of the key gaps in how the current system is addressing HIV prevention among persons 50 and older?
 - Public health officials to develop outreach and educational programs that are designed for this population (particularly MSMs and transgender women)
 - Social interactions at planned events
 - PrEP
 - Providers outside of HIV care need education
 - Sexual health for older population is just as important as younger population



HIV Prevention and PrEP for 50 and Older Populations

- What are some of the key gaps in how the current system is addressing HIV prevention among persons 50 and older?
 - Providers to learn trans health: anatomy, physiology, and emotional components
 - Harm reduction and sober rehab programs appropriate for seniors
 - Standard of care for HIV negative seniors: screening, PrEP, PEP, safer sex practices, overall sexual health
 - Cultural/generational humility



HIV Prevention and PrEP for 50 and Older Populations

- What are some ways that HIV prevention efforts among persons 50 and older could be improved?
 - Existing prevention tools need to be adapted to the older population
 - One stop shop for older population: events to enroll in senior programs, mental health services, food pantry, etc.
 - Better transportation to services



Community Spotlight

Facilitators:

Jessica Price, Program Coordinator at AETC

Alynia Phillips, Outreach Attorney at ALRP

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Curry Senior Center

Scott Hyatt-Suka,

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Open House

Michelle Alcedo, Director of Programs

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Alzheimer Association's LGBT Program

Arthur Chan, Family Care Specialist, Diversity
and Inclusion

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Dennis Reilly, Supervising Employment Specialist

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Institute on Aging

Rea Marie Laguna, Friendship Line Manager

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Reflections

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Evaluations

Why they are important

There are TWO

1. Half Sheet Paper Today
2. Online – link has been sent to you

The Next Training

SF HIV FOG presents



HOUSING 201

Save-the-Date

Monday, May 13, 2019




Watch the SF HIV Frontline Workers ListServ
for more information and registration details



Thank You For Attending

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HIV & AGING

Mary Shiels, RN, MS

Helen Lin, LCSW

January 31, 2019

SF HIV FOG



Question- raise your “paddle”:

How many people in the room
currently work with PLWH who are
50 years of age or older?

Question- raise your “paddle”:

**How many people in the room work
with aging populations who are HIV
negative?**

Question- raise your “paddle”:

Are there any differences between PLWH who are aging, and aging clients who are HIV negative?



Learning Objectives:

1. Describe the HIV+ Aging population.

2. Identify aspects of normal aging.



3. Describe 5 key medical considerations for HIV+ adults over 50 year of age.

4. Discuss Stigma and special considerations for aging populations.

5. Explain how to connect a patient to Aging services at Ward 86/Golden Compass Program.

PLWH and Aging Population- USA

47%

HIV+ over 50

1 in 6

New Dx >50+

42%

New Dx- Black/African American, >50

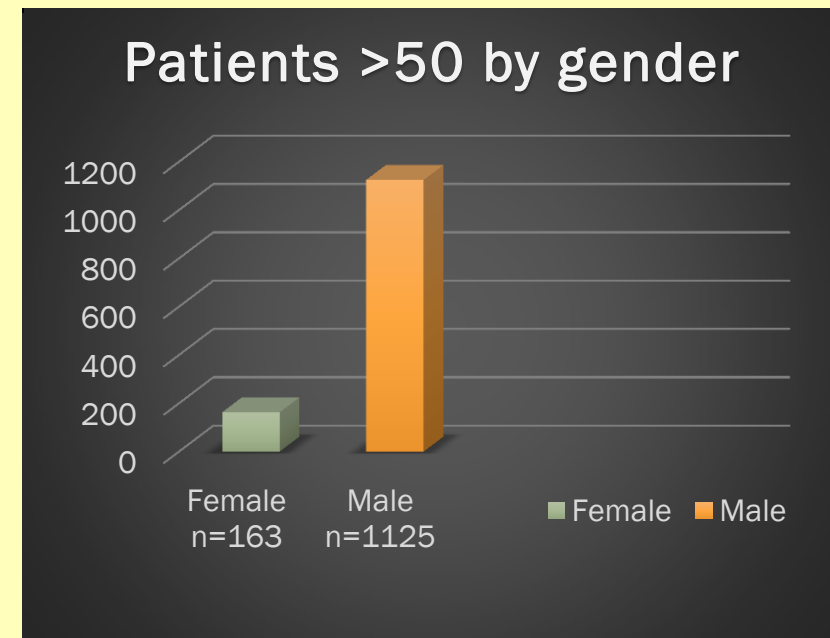
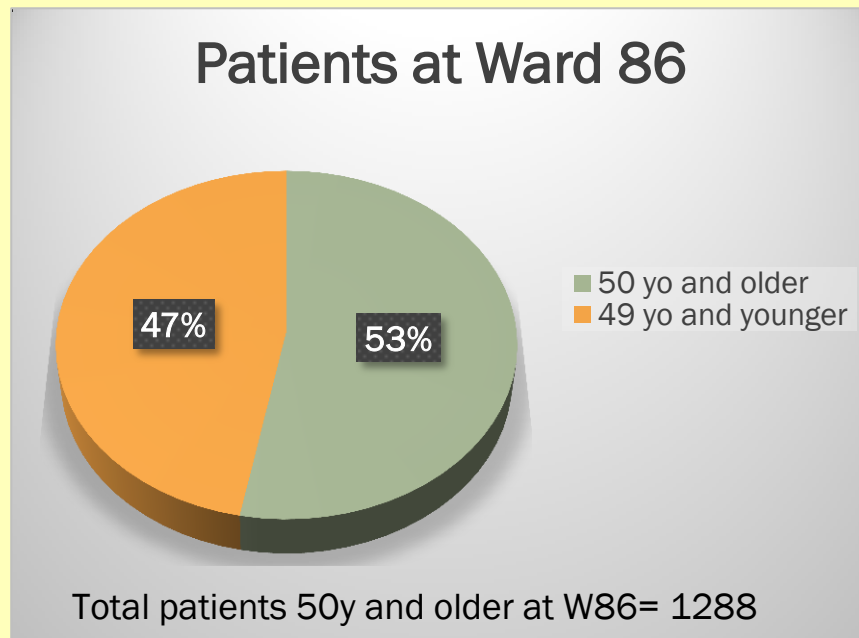
49%

New Dx- Gay/Bisexual men >50

25%

New Dx- female, >50

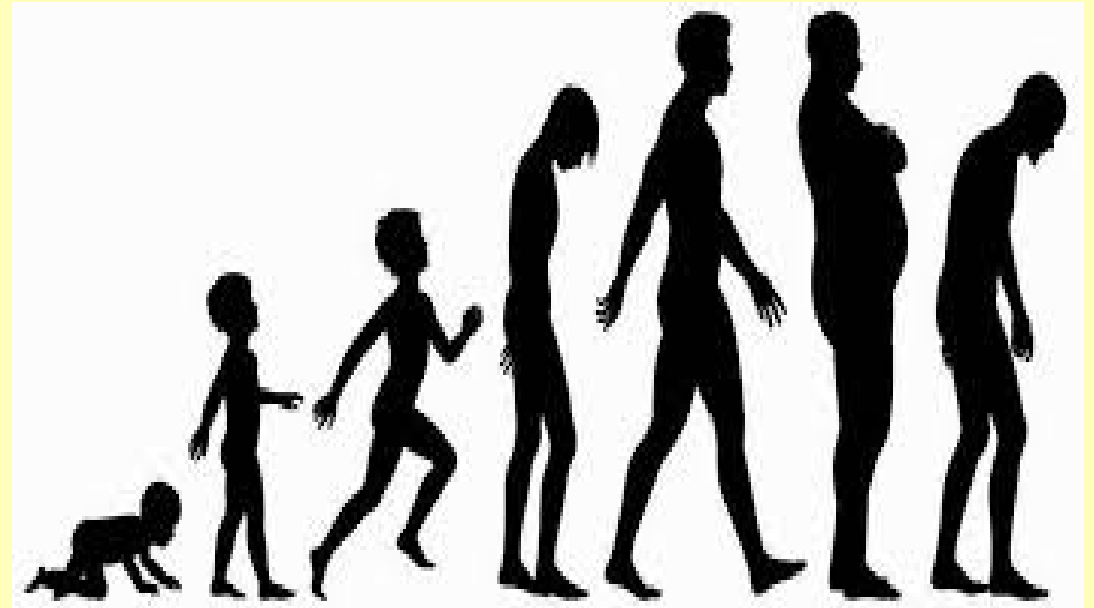
PLWH and Aging Population @ Ward 86



- Average age at initial Aging Clinic visit at Ward 86: **64** (range: 40-81).

Common Age-related Presentations:

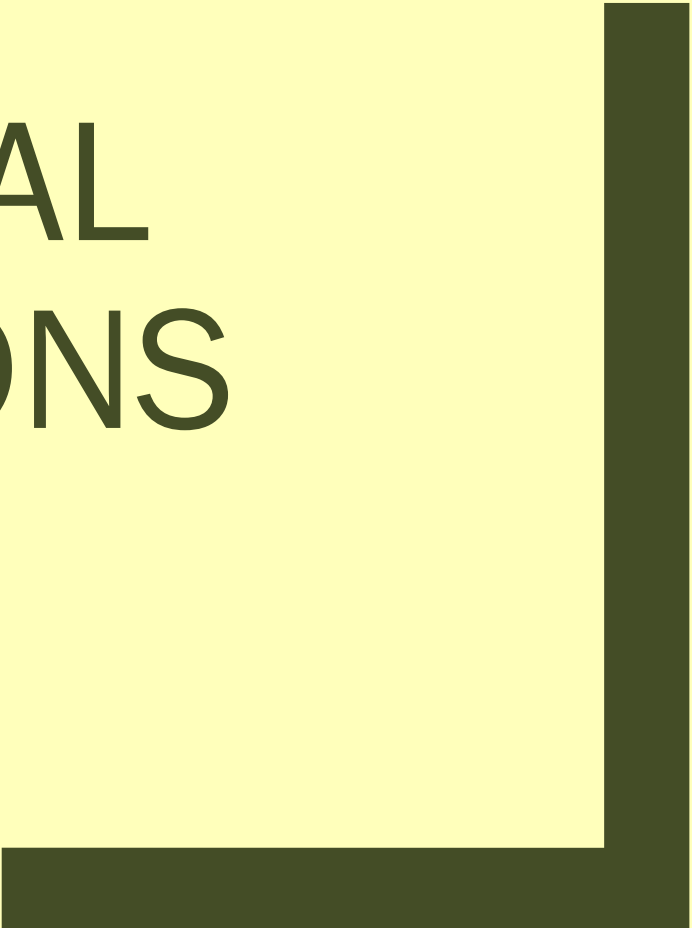
- Multiple chronic conditions.
- Changes in physical or cognitive abilities.
- Increased stressors-increased vulnerability.
- Polypharmacy (5 or more medications).





TOP 5 MEDICAL CONSIDERATIONS

HIV & AGING



#5- The Big Picture: Aging Earlier

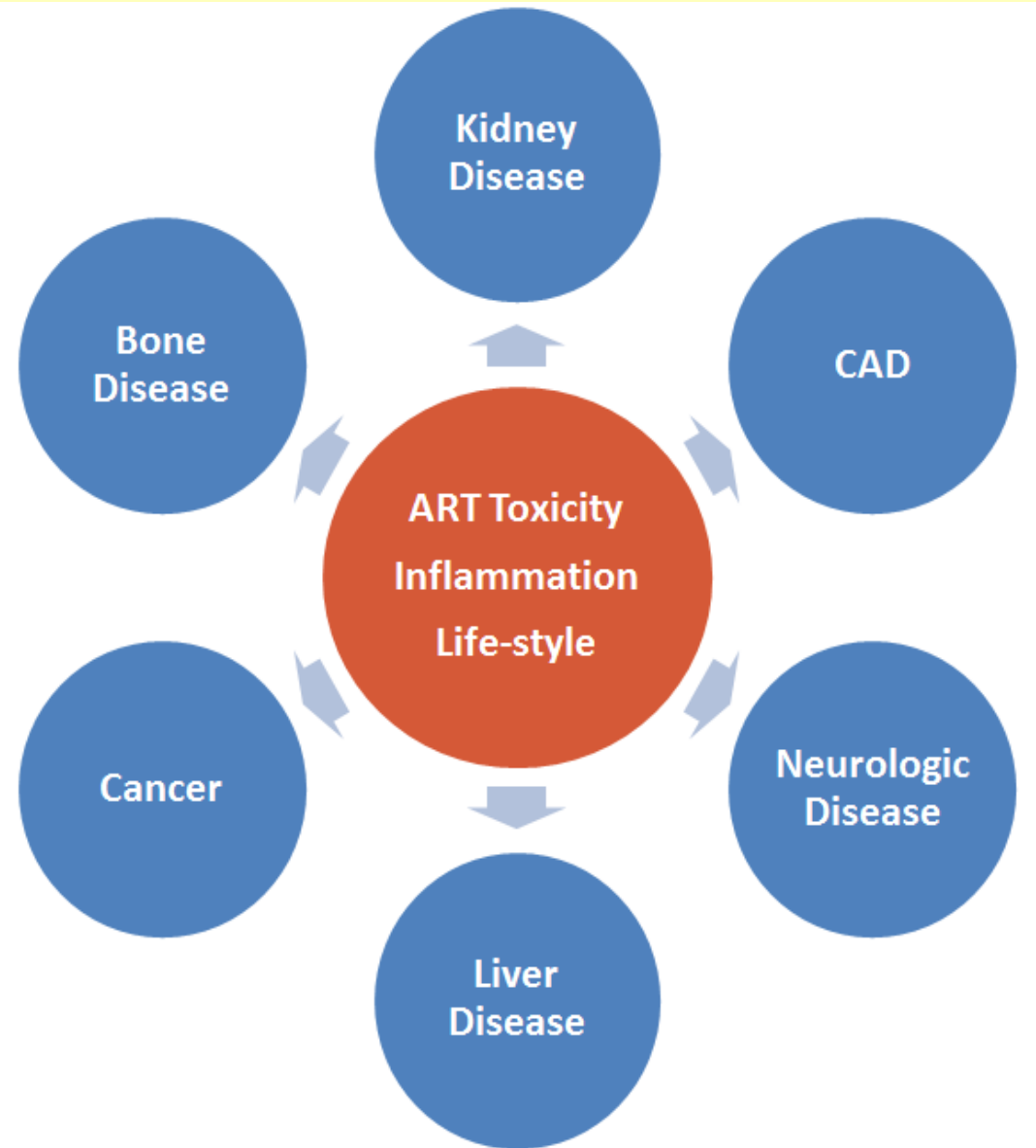
- Earlier than average onset of age-related chronic disease and frailty.
- Similar to those seen in very old but otherwise healthy people.
- Like old age- HIV is associated with chronic low level inflammation.



#4 – HIV Associated Non-AIDS conditions (HANA)

Comorbidities and geriatric conditions occur at younger ages in HIV+ population.

50 years and older vs 65 years and older for general population.



#3- Medications

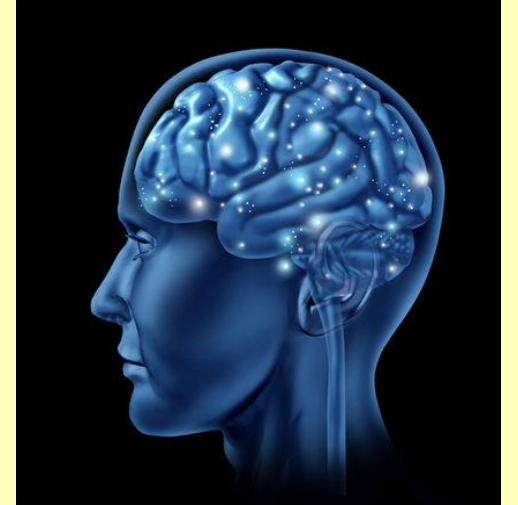


- Everyone should be on therapy/ART at any age.
- Although older folks can be diagnosed later, treatment adherence and viral suppression is better than those under 50, except in setting of cognitive impairment.
- CD4 response to ART may be blunted in older population, especially if delayed dx.
- No age specific first line regimen.
- Pill burden- HIV burden decreased but offset but non-ART pills.
- REMEMBER- Older adults can have increased sensitivities at standard doses, and increased sedation (ie: benzodiazepines).

(Greene, 2018)

#2- Cognitive Changes- HAND

- AIDS-related dementia now rare.
- HAND (HIV- Associated Neurocognitive Disease) is common.
- Usually not debilitating, but negative impacts on quality of life.
- Increased risk of HAND in long term survivors.
- WHAT is HAND?
 - *Deficits in executive functioning, attention, language, information processing, motor skills, memory.*
 - *Not always evident on assessment (ie: MOCA).*



#1- Mental Health and Stigma

- Depression more common in HIV+ than HIV- adults.
- Cognitive changes can be low-level but frustrating.
- Ageism +
 - *homophobia*
 - *Racism*
 - *sexism*
 - *substance use*
 - *loss of social networks*
 - *isolation*
- Stigma



Stigma

-negative attitudes and assumptions may negatively impact:

- quality of life
- self image
- behaviors
- tx adherence
- disclosure



Stigma & Intersectionality: Aging and HIV

- Identity Stigmas increase isolation: Ageism and HIV
- Aging and feeling “slower”: patients need more time to process their creativity and self directed solutions.

INTERVENTIONS TO ADDRESS STIGMA @ WARD 86:

- Classes that aim to create psychic well being: “Brain Health”, “Telling your Story”
- Community by volunteering: patient advisory committee
- Honoring patient experiences, creating space for patient to express themselves.

How is Ward 86's Aging Clinic (The Golden Compass Program) Addressing these concerns?

Medical Support

- Initial consultation and follow up with Geriatrician.
- Targeted assessment with Nursing.
- Medical evaluation with Pharmacist.
- Cardiology Clinic
- Targeted Referrals to DEXA scans, Vision, Hearing, Dental,



Social Support

- Cognitive assessments and referrals to neurocognitive testing.
- Case management referrals.
- Exercise classes.
- Social and support groups.

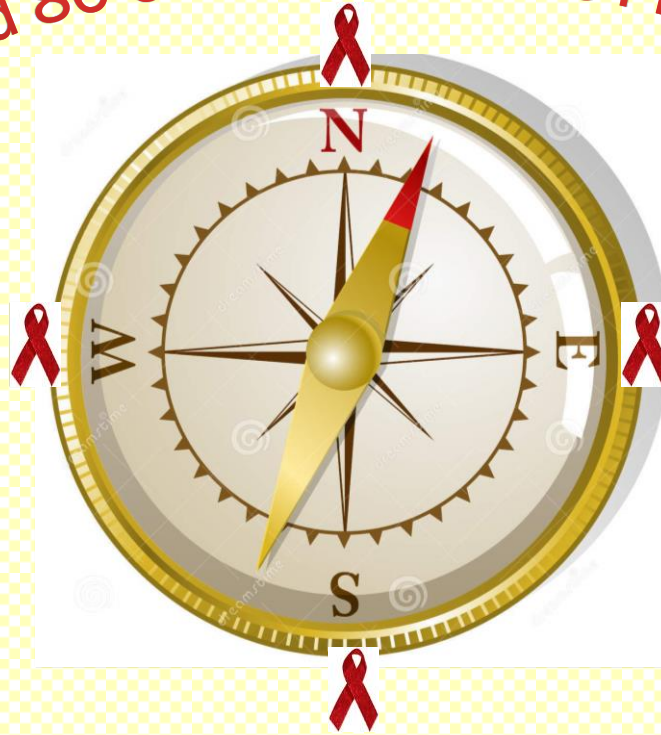
Golden Compass Classes



- Who? Anyone in SF who is HIV+ and 50 years or over.
- Patients and/or community health workers can call 415-206-2473 to RSVP, or get more information.

- **Movement and Exercise:** Wednesdays, 10am, ZSFGH Wellness Center.
- **Women's Group:** 2nd and 4th Tuesdays, SVMH, Female identity only.
- **Brain Health:** Fridays, 10 week class. Starts in February. Ward 86, 4th floor.
- **"Telling Your Story"**- this Friday, Ward 86, 4th floor.

Ward 86 Golden Compass Program



**Helping People Living with HIV Navigate their
Golden Years**

**Golden Compass Clinic: Friday afternoons, Ward 86.
Specialty (aging) visit with Dr. Meredith Greene for
patients age 50+.**

**Call 415-206-2400 to make an appointment (Ward
86 front desk) or talk to your doctor.**

Questions? Call 415-206-2473

QUESTIONS?

- Mary Shiels- Mary.shiels@ucsf.edu
- Helen Lin- Helen.Lin@ucsf.edu
- Golden Compass Information: 415-206-2473

Thank you!

ARE YOU AN HIV+ SURVIVOR WHO IS OVER 50?

HOPE

LIFE

CONNECTION

Do you want to connect with other people over 50 who are also survivors?

Do you want to join a peer support group and talk to others?

Would you like professional therapy?

Do you want to make any changes to your substance use?

AHP offers individual and group services to people who are survivors of the HIV/AIDS epidemic.

COURAGE

Our counselors have lived through it and want to help.

SUPPORT

How to Contact us:

Call 415-476-3902 Monday through Friday, 9 am-5 pm and ask for triage.

Drop-in 1930 Market Street on Mondays, Wednesdays and Fridays from 9 am-11 am.

Funded by the San Francisco Department of Health, HIV Services Division

The UCSF Alliance Health Project supports the mental health and wellness of the lesbian, gay, bisexual, transgender and queer (LGBTQ) and HIV-affected communities in constructing healthy and meaningful lives.

AHP GROUPS

For more information: ucsf-ahp.org

For more info, call 415-476-3902 and ask for the triage staff person.

Most groups require an assessment process. Drop-in groups do not require an assessment or RSVP.

For People who
are Lesbian, Gay,
Bisexual, Transgender,
or Queer

Sex & Sobriety*

A 12-week group looks at navigating sober sexuality and attaining emotional intimacy. For gay and bisexual men with at least two months of continued sobriety from substances that have been problematic.

Gay & Bi Men's Group*

Ongoing group for gay and bisexual men exploring issues of mental and physical wellness.

Taking the Wheel*

A 12-week substance use disorder group that will explore a different topic each week to help participants identify coping strategies to reach and maintain their goals of recovery from problematic drug and alcohol use. A 12-week commitment is required.

Trans Support Group*

Ongoing support group for transgender and non-binary people who want to explore their gender, relationship issues, self-esteem, and mental and physical well-being. Open to all genders.

For HIV+ People

Living and Thriving with HIV Support Groups

Ongoing groups to talk about relationships, dating, sex, aging, being positive in San Francisco, medical issues, and more. Ongoing groups require three-month commitment.

Long-Term HIV Survivors

Ongoing group for those with long-term HIV and mental health concerns.

OPEN TO ALL

Psychoeducation Group*

A 10-week group focused on topics—including communication, finances, and mental health—that enhance living skills and increase overall wellness.

Home Base Drop-In Group for People with Substance Use Concerns

Thursdays, 10:30 am to 12:30 pm. Group limited to 12 participants; it is suggested that participants sign-in by 10:20 am. Harm Reduction based group.

Wellness Group*

Ongoing group explores issues of aging, building social skills, managing mental health symptoms, and living with chronic physical health concerns.

Support Group for People Considering Returning to Work or Other Activity

For HIV-positive people and those recovering from a disabling mental illness who want to discuss the possibility of returning to work or other gainful or meaningful activity.

Seeking Safety

A highly structured group created to support people in addressing issues related to trauma, substance use, and/or other mental health concerns. A new topic is explored each week and the focus of the session is on relating each topic to your own life in order to build skills to deal with struggles in your daily life.

* Membership in groups marked with a star (*) is limited based on income and insurance restrictions.



San Francisco Village

San Francisco Village is a non-profit, membership organization that connects older adults to the community, programming and expertise they need to continue living lives of purpose and meaning.

Learn more about San Francisco Village and how you can get involved as a member or volunteer:

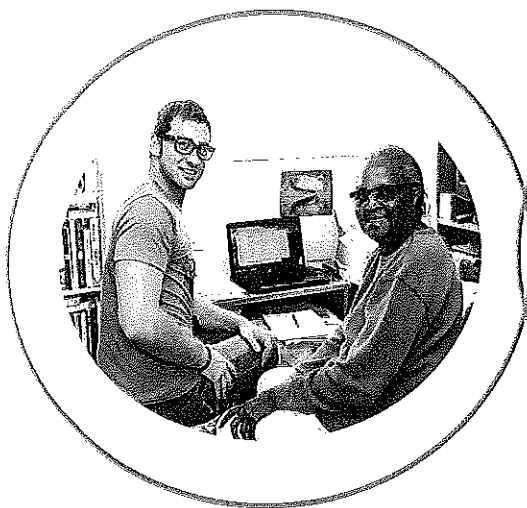
- Visit our website: www.sfvillage.org
- Call us: (415) 387-1375
- Send us an email: info@sfvillage.org
- Come by for a visit: 3220 Fulton Street (at 8th Ave.)

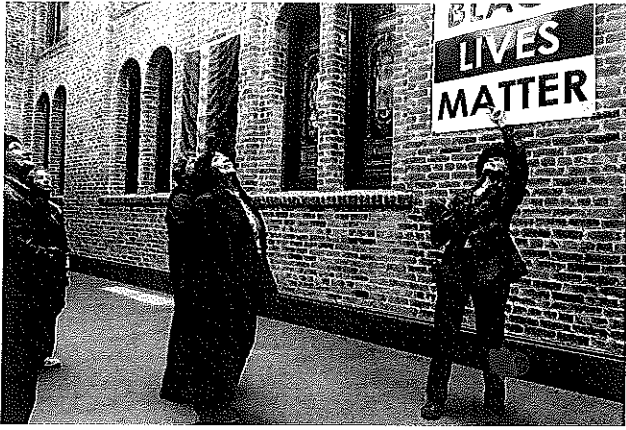
San Francisco Village

is a non-profit, membership organization that connects older San Franciscans to the community, programming and expertise they need to continue living lives of purpose and meaning.

At San Francisco Village, we believe relationships across generations are life-changing. Every day, we foster the connections that keep our members engaged, curious and giving back, whether by mentoring a young person, tackling the latest technology with a volunteer, or simply sharing their personal stories together. Because when older adults value themselves and are valued by the community, we all benefit, and create a better experience of aging than the one we have known before.

San Francisco Village helps members navigate the transitions of aging by connecting them to an engaging series of programs, a robust volunteer corps, and a trusted network of professional providers, all of which are covered by a reasonable monthly fee.





Engaging Programs

Our vibrant programming is the gateway through which members gain empowering information, share experiences, and develop a deep sense of belonging to the community. Programs are continually evolving, reflecting the interests of our dynamic membership, and cover a wide array of topics from cultural outings and intergenerational mentoring to healthy aging and expressive arts.

Volunteer Corps

Today there are more than 150 trained volunteers of all ages who regularly respond to a member's request for help. A ride to a medical appointment, assistance with laundry or grocery shopping, and technology troubleshooting are some of the most frequent requests.

San Francisco Village welcomes volunteers of all ages, and we encourage our members who are able to share their time and skills with others to volunteer as well. Volunteers enrich our community and provide members with the additional support they need in order to continue living independently in the homes they love. Volunteers give as much or as little time as they can afford. We offer one-time projects, as well as long-term commitments, to accommodate busy schedules. By getting involved with San Francisco Village, volunteers gain a new perspective on aging and what it means to be part of an inclusive, multi-generational community.



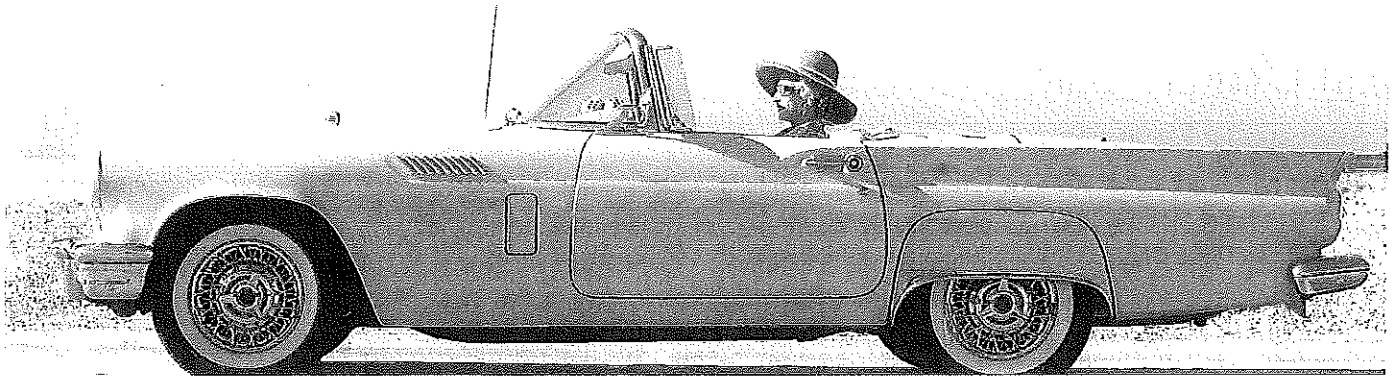
If you are interested
in joining
San Francisco Village
as a member
or a volunteer,
please contact our staff at
info@sfvillage.org or
(415) 387-1375.

Professional Provider Network

Sometimes a member's request for support requires professional expertise. A financial advisor, health care advocate, home care agency, or handy man may be needed. In fact, our provider network includes dozens of categories and is growing all the time. We pre-screen providers and request feedback from members as a way to ensure quality referrals.



San Francisco Village



Institute on Aging

Institute on Aging (IOA) brings together resources, education and services to help older adults and adults living with disabilities remain or return home, engaged with others, and independent for as long as possible.

Home Care & Support Services

IOA provides personalized care for aging adults in the comfort of their own homes. Licensed, bonded, and insured caregivers are available 24 hours a day, 7 days a week. Certified clinicians and caregivers together meet with clients and their families to design and implement a personalized home care plan.

Care Management: The plans developed by IOA's skilled care managers target concerns including self-neglect, isolation, depression, injuries, medication, substance abuse, and home maintenance.

Financial Services: IOA helps aging adults maintain peace of mind regarding their finances. Our Financial Services program includes helping with bill paying, money management and protection against abuse. If you have concerns about being taken advantage of, we can assist by ensuring your finances are well accounted for by our licensed financial experts.

Medical Management: IOA's nurses can accompany you and be your advocate at medical appointments. We can serve as a liaison between you and your health care providers. Our Medical Management nurses can help with: advocacy and accompaniment to medical appointments, medication pick-up, filling, and refills of medi-sets.

Social Day Program

As adults grow older, socializing and remaining active may become difficult challenges. IOA has a variety of day programs available that encourage and foster fun, social, and engaging activities for aging adults. IOA can arrange free transportation from your home, to and from the centers. The program offers safe, supportive environments for people in early and later stages of mental decline and memory care along with aging adults with decreased mobility.

Community Living Services

IOA's Community Living Services assists those who qualify for Medicare/Medi-Cal coverage as they are transitioning out of nursing homes and care facilities, back to living in the community.

Multipurpose Senior Services Program (MSSP): The Multipurpose Senior Services Program aids San Francisco residents over the age of 65 who prefer to live at home, rather than in a nursing facility. IOA provide skilled nurses and social workers that collaborate to help each client monitor medical conditions, offer support in the home, talk with primary care providers, and work with families and loved ones to manage all the necessary services.

Linkages: For San Francisco residents over 18 living with disabilities, IOA offers help to organize and administer support services. Securing effective care for independent living is sometimes expensive. Linkages helps each client remain independent, and live within their means.

www.ioaging.org | 800.430.8026 | 415.750.4111

San Francisco
3575 Geary Blvd
San Francisco, CA 94118

Marin
930 Tamalpais Ave
San Rafael, CA 94901

Peninsula
881 Fremont Ave #A2
Los Altos, CA 94024

San Mateo County
1660 South Amphlett Blvd #330
San Mateo, CA 94402

Santa Clara County
17555 Peak Ave #100
Morgan Hill, CA 95037

Alameda County
Contra Costa County
2100 Embarcadero #101
Oakland, CA 94606

Community Living Services Cont.

Community Living Fund: IOA's Community Living Fund helps lower income San Francisco County residents transition out of hospitals and care facilities so they can live independently. We help aging adults and people living with disabilities get out of care facilities if they do not belong there, or do not wish to be there. Community Living Fund is a short-term program designed to assist individuals by connecting to needed medical and psychosocial services that will support independent living.

Community Care Settings Pilot Program (CCSP) and Community Living Connection (CLC): The Community Care Settings Pilot program (CCSP) assists Health Plan of San Mateo County members and the Community Living Connection program assists the Santa Clara Health Plan members to transition out of nursing facilities and back to living independently in the community. Both programs provide services to individuals living in the community, or those who are in acute care settings, that are at imminent risk of institutionalization.

Program of All-inclusive Care for the Elderly (PACE)

On Lok Lifeways pioneered the model of care known as "Program of All-inclusive Care for the Elderly" or PACE. On Lok Lifeways' PACE allows seniors who are ill or disabled to live in their own home, whether home is a family residence, apartment, retirement village or hotel room. IOA is proud to participate in providing services to several hundred PACE participants.

Psychology & Counseling Services

Many older adults are struggling with depression or anxiety as they cope with changes related to aging, or with learning to live with a disability. IOA's trained clinical staff works with individuals who might be experiencing mental or emotional distress.

In-Home and Outpatient Psychotherapy: Psychotherapy services are available for clients on a short-term and long-term basis. IOA practices supportive, evidence-based therapies including: cognitive behavioral therapy, problem solving therapy, supportive therapy, reminiscence therapy, sleep and relaxation coaching, pain management therapy, and bereavement therapy.

Friendship Line: The Friendship Line offers the nation's only accredited 24-hour crisis hotline specifically for aging adults and adults living with disabilities. The Friendship Line also offers a "warm line" that provides routine outbound phone calls—sometimes even daily—for emotional support, and well-being checks to any who request it.

The Center for Elderly Suicide Prevention (CESP): Our Center for Elderly Suicide and Prevention provides counseling, referrals, grief support programs, and even well-being checks for older and disabled adults in California and beyond.

Education

IOA offers professional and community education through our: clinical training; Elder Abuse Prevention program; internships; Speakers' Bureau; and workshops and conferences.

Elder Abuse Prevention Program: To help fight against the abuse, neglect, and exploitation of older adults, IOA offers many programs and services aimed at identifying and educating others of signs of elder abuse.

Psychology Clinical Training: IOA offers comprehensive training in Geropsychology including a post-doctoral fellowship and practicum training program. The practicum training program is a member of Bay Area Practicum Information Collaborative (BAPIC) and psychology trainees receive weekly individual and group supervision as well as comprehensive didactic trainings that focus on topics specific to the practice of Geropsychology.

Conferences & Workshops: IOA offers educational opportunities through conferences, workshops and lectures for aging-services professionals, family members and older adults.

Continuing Education Units (CEUs): Continuing Education Units are often available for maintaining licenses and certifications, and we currently offer the following CEUs: APA; BBS; BRN; MCLE; and RCFE.



The Friendship Line

24-hour toll-free hotline/warmline for older adults and adults living with a disability

The Friendship Line at Institute on Aging is the nation's only accredited 24-hour toll-free hotline for older adults and adults living with a disability. The Friendship Line is both a crisis intervention hotline and a warmline (non-urgent calls); our services provide older adults and adults living with a disability reassurance, crisis intervention, information and referrals.

In addition to receiving incoming calls our volunteers make routine outbound phone calls that provide emotional support, and well-being check-ins.

For many depressed and lonely seniors, we offer a lifeline of hope. In every call, the goal is to help the individual feel safe and valued.

The Friendship Line is accredited by the American Association of Suicidology.

24-Hour Hotline/Warmline

Available 24 hours a day, 7 days a week:

- Crisis intervention
- Emotional support
- Well-Being check-ins
- Information and referrals

Call the Friendship Line anytime, day or night, 7-days a week at 1-800-971-0016 and introduce yourself to one of our staff members or volunteers - It's that easy.

Who can call the Friendship Line?

- Any person aged 60 years or older
- Adults living with a disability 18 years & older
- Caregivers of older and disabled adults

Call-In Service

We are available to people 60+ who may be lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide. We also welcome calls from caregivers and/or adults living with a disability of all ages.

*Call-Out Service

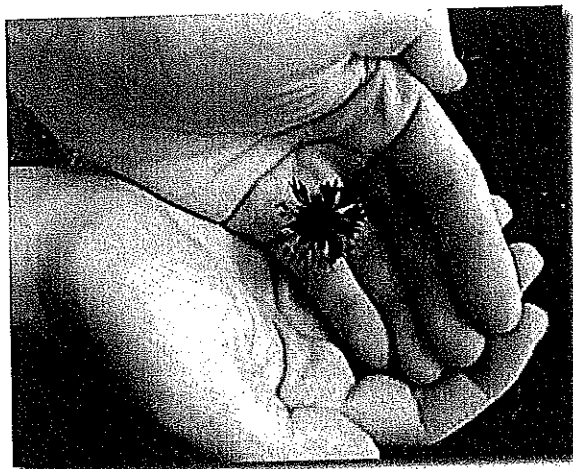
We make outbound emotional support calls to older adults who request it. These calls can be arranged by contacting Institute on Aging at 415-750-4111.

*Must live in a county providing funding to the Friendship Line

The Friendship Line - 24-Hour Hotline/Warmline
1-800-971-0016

Grief Support Group

*It can be helpful to share your feelings of grief with a group of people who understand. Please join us each Saturday morning for this **FREE** drop-in support group.*



Every Saturday 10:30 AM to 12:00 PM

**Institute on Aging
3575 Geary Blvd.
San Francisco CA**

**Any inquiries please contact us at:
415-750-4138 or friendshiplinestaff@ioaging.org.**

Donations are much appreciated!

Linkages

Helping people with disabilities live independently at home

The independence of living in your own home or apartment is very important. And while independence and self-reliance are wonderful, some of the tasks of living independently can be difficult. Whether it be installing grab bars in your home or helping with your shopping or having activities to interest you during the day, Linkages can help you find the services to keep you independent.

Through the Linkages program, a social worker visits you in your home to determine with you what services you require. With this information, a Care Plan is developed to meet your needs.

Using this Care Plan, a social worker at Linkages arranges for the appropriate services. To make sure that you are getting what you need, the social worker stays in close touch with you, adjusting your Care Plan as necessary until your needs are met.

Who is eligible?

Linkages is available to low income disabled San Francisco residents, 18 and older, who are unable to manage their care by themselves.

Linkages can connect you to a wide array of services, including:

- Transportation
- Home safety modifications
- Medical Care
- Housekeeping
- Legal assistance
- Senior companion
- Home-delivered meals
- Money management
- Day activity programs
- Vocational skills
- Housing
- Counseling
- Government benefits
- Emergency help with problems such as abuse or eviction notices

For more information, call 415.750.4111

The Linkages program is funded by the San Francisco Department of Aging and Adult Services. Services are available in English, Spanish, Cantonese, and Russian. Translation services are available for most other languages.

Support @ Home

Ages 18 and Up



Support @ Home provides financial assistance for:

- Recovering surgical patients
- Temporary injuries
- Temporary disabilities
- Permanent disabilities
- And others


Home care services include:

- General housework
- Errands
- Appointment accompaniment
- Non-medical personal care
- And others

Space is limited!

Call 415.750.4111 or visit www.ioaging.org/supportathome

Institute on Aging's mission is to enhance the quality of life for adults as they age by enabling them to maintain their health, well-being, independence, and participation in the community.

AgeOn®  Institute on Aging



Put your experience to work

In as little as four hours per week,
you can help local students improve
their reading skills!

AARP Foundation[®]
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CORPS

Guiding the next generation of readers
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Please Contact Paul Chilvers
415.745.5670 or pchilvers@aspiranet.org
www.experiencecorpsbayarea.org

alzheimer's  association®

LGBT CAREGIVER CONCERNS

IMPORTANT CONSIDERATIONS
FOR LGBT CAREGIVERS



alz.org/care

The Alzheimer's and Dementia Caregiver Center provides reliable information and easy access to resources, including:

- » Alzheimer's Navigator® – Assess your needs and create customized action plans of information and support.
- » Community Resource Finder – Find local resources.
- » ALZConnected® – Connect with other caregivers who can relate to your situation.



alz.org/findus

We're in communities nationwide.



800.272.3900

24/7 Helpline – Available all day, every day.
(TTY: 866.403.3073)

alzheimer's  association®

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Our vision is a world without Alzheimer's disease®.

800.272.3900 | alz.org®

This is an official publication of the Alzheimer's Association but may be distributed by unaffiliated organizations and individuals. Such distribution does not constitute



LGBT CAREGIVER CONSIDERATIONS

As a caregiver for someone with Alzheimer's disease, you will face various challenges. Some are common among all caregivers, while others may be unique to those who are lesbian, gay, bisexual or transgender (LGBT). The Alzheimer's Association® offers support to all individuals who are facing the disease and provides assistance in finding helpful community resources.

Planning for the future

Making long-term and end-of-life care decisions can be emotional and difficult. Openly discussing these situations with the person with dementia while they are still able to do so can help ensure you understand their wishes and prevent stress or family disagreements.

Due to the cognitive decline that occurs as a result of dementia, at some point, the individual will not be able to make medical and care decisions. Regardless of marital status, it's important for all couples to create advance directives — legal documents that specify preferences, including end-of-life care — to ensure that their wishes are followed. In the absence of advance directives, treatment and care decisions will be the responsibility of the person's spouse, or if the person is not married, a blood relative, usually a parent or sibling.

The two primary types of advance directives are:

» **Durable power of attorney for health care:**

A document naming a health care agent to make health care decisions on behalf of another person who is incapable of doing so.

» **Living will:** A document expressing a person's wishes for medical treatment in certain situations, including the use of artificial life support.

Many legal forms can be completed without professional help. However, if you have questions or concerns, it's a good idea to seek professional advice. It's also important to know your local laws, as laws determining who can make care and medical decisions vary from state to state.

Accessing quality health care

It's important for you and the person with Alzheimer's to seek supportive health care providers who make you feel comfortable. Check for referrals to health care providers from the Gay and Lesbian Medical Association (GLMA.org) or an LGBT community center in your area.

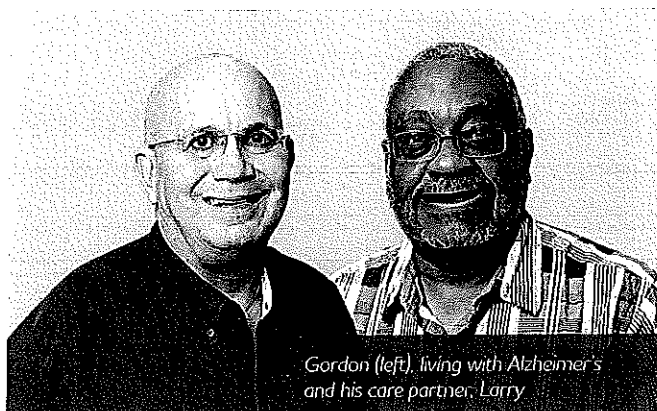
Finding support

For some LGBT individuals, a family of origin is not present in their lives and cannot be relied on during difficult times. If this is true of your situation, it's important to find other sources of support as you face the demands of caregiving. Information and support are available all day, every day through the Association's **24/7 Helpline (800.272.3900)**. All calls are confidential.

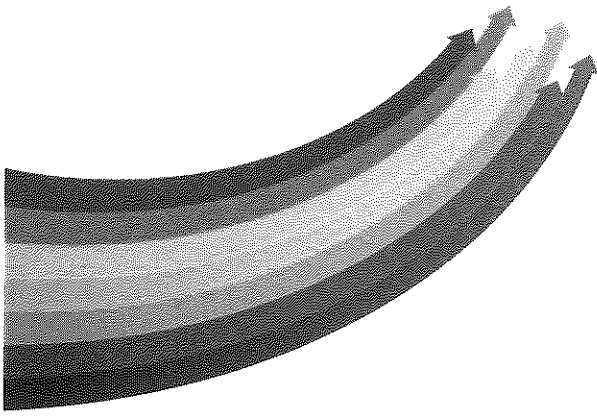
Disclosing your sexuality

When and to whom you disclose your sexual orientation and/or gender identity is a very personal choice. You may worry that service providers will respond negatively to your LGBT identity. Trust your instincts and be sure you are comfortable with what you share.

Visit alz.org/care to find helpful caregiving information and resources.

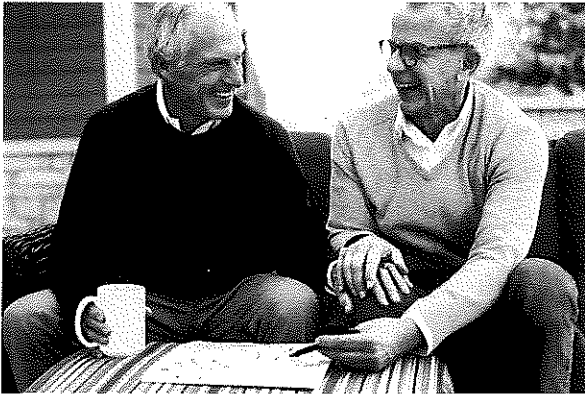


Gordon (left), living with Alzheimer's and his care partner, Larry



THE SAN FRANCISCO LGBT DEMENTIA CARE PROJECT

*Increasing Access to Dementia
Capable Care for the LGBT
Community*



The Alzheimer's Association, in partnership with Openhouse and Family Caregiver Alliance, is offering free trainings to health and social service providers on the care needs of LGBT seniors living with dementia and their care partners.

Training topics include:

- Overview of dementia
- Understanding the needs and challenges unique to the LGBT dementia population
- Recommendations for working with LGBT individuals living with dementia and their care partners



To request a training, please visit:

<http://bit.ly/LGBTdementiatraining>

For more information, contact Pauline Martinez, pmartinez@alz.org, 408-372-9951.

This program is funded by the San Francisco County Department of Aging and Adult Services, and provides services regardless of race, ancestry, national origin, creed, gender, gender identity, religion, sexual orientation, disability, income, or age.

The Alzheimer's Association is an approved vendor for providing continuing education. This course meets the qualifications for 3 CE units/ hours for the following certified license entities:

Certified Nurse Assistant (CNA) and Home Health Assistant (HHA). Approved by the California Department of Health Services (Provider #06329).
Registered Nurse (RN) and Licensed Vocational Nurse (LVN). Approved by the California Board of Registered Nursing (Provider #CEP12415).

Licensed Marriage Family Therapists (LMFT) and Licensed Clinical Social Workers (LCSW). Course meets the qualifications for 3 hours of continuing education credits for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences (CAMFT Provider #63035).

Nursing Home Administrator Program (NHAP). (BNHA Course Approval No. 1546003-5881/P)

Residential Care Facility for the Elderly Administrator (RCFE). (Administrator Certification Program RCFE Course Approval No. 072-0311-29235)

housing, services, and community for LGBT seniors
openhouse

FCA
FAMILY CAREGIVER ALLIANCE®
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LGBT COMMUNITY

Alzheimer's Disease Facts and Figures



MORE THAN
5 MILLION
AMERICANS ARE LIVING
WITH ALZHEIMER'S DISEASE

1 IN 3 SENIORS
DIES WITH
ALZHEIMER'S
OR ANOTHER
DEMENTIA



SAN FRANCISCO IS HOME TO
25,000 LGBT
SENIORS

ALZHEIMER'S DISEASE IS THE
**6TH LEADING
CAUSE OF
DEATH**
IN THE UNITED STATES

LGBT MIDDLE-AGE AND OLDER
ADULTS SERVE AS CAREGIVERS AT A
HIGHER RATE THAN THE
GENERAL POPULATION

**22 PERCENT
COMPARED TO
13 PERCENT.**

LGBT SENIORS AT RISK FOR ISOLATION AND
LACK OF SUPPORT AND RESOURCES

60% OF LGBT OLDER
ADULTS IN SAN
FRANCISCO LIVE ALONE

63% ARE NEITHER
PARTNERED OR
MARRIED



3-4X LESS LIKELY TO
HAVE CHILDREN TO
SUPPORT THEM

50% OF INDIVIDUALS
WITH HIV
EXPERIENCE
**COGNITIVE
IMPAIRMENT**

IN 2017, ALZHEIMER'S AND OTHER
DEMENTIAS WILL COST THE NATION
\$259 BILLION

LGBT
SENIORS
ARE **5X** LESS LIKELY TO ACCESS
HEALTH AND SOCIAL
SERVICES DUE TO FEAR
OF DISCRIMINATION OR
INADEQUATE TREATMENT

THE SAN FRANCISCO
LGBT DEMENTIA CARE PROJECT

housing, services, and community for LGBTQ+ seniors
openhause

FOA
FAMILY CAREGIVER ALLIANCE
National Center on Caregiving

alzheimer's 
association

*1/29 or 1/31***STATISTICS FROM SF DEPARTMENT OF HEALTH AS OF DECEMBER 2017**

- 15,952 PLWHA in San Francisco (down from 16,010)
- PLWHA Over age 50 = 10,340 as of December 31, 2017
- Increase of 286 from December 31, 2016
- Men Over age 50 = 9626 (up from 9360)
- Women Over age 50 = 545 (up from 531)
- Trans Female Over age 50 = 166 (up from 163)
- By 2020 70% of PLWHA will be over age of 50
- In SF, 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 NOTE: Mainstream providers must be educated on the needs of this special population and HIV 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
- Trouble coping with demands of illness management (i.e. keeping medical appointments, adhering to treatment)
- Navigating systems of care
- 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:

San Franciscans living with HIV 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.

RESEARCH IN OLDER ADULTS WITH HIV 2.0: R.O.A.H. 2.0:

A thorough Needs Assessment must be conducted to clearly identify needs and allocate resources. This would be a follow-up to ACRIA's **R.O.A.H.** released in 2010 so we are actively seeking support for **R.O.A.H. 2.0**:

- The most recent statistics on this population from 2006.
- There is a goal to get the SF sample size from 200 to 400.
- ACRIA has secured some funding to conduct **R.O.A.H. 2.0** in Oakland
- Plans are to use data and findings from **R.O.A.H. 2.0** to establish an evidence base to be available for policy, advocacy, program development, to address the growing population of older adults with HIV in San Francisco

Opportunity: International AIDS Conference **AIDS 2020** confirmed to be hosted by San Francisco & Oakland in 2020

OPENING OF GOLDEN COMPASS FEBRUARY 2017

Golden Compass is a program within the **Ward 86** clinic currently located at **Zuckerberg San Francisco General Hospital**. **Ward 86** offers a comprehensive range of medical and psychosocial services to approximately 2,800 publicly insured and uninsured HIV-positive patients throughout San Francisco. 1600 of those patients are over the age of 50.

The clinic already has in place a structure of multidisciplinary provision of care (e.g. MD providers, NP providers, RNs, social workers, case managers, specialty MD providers, nutrition, Psychiatry) which gives an ideal foundation for incorporating geriatric approaches to care and addressing the complex needs of older adults. Within this setting an integrated geriatric HIV clinical program has been developed to help meet the needs of the aging population in our city-beginning with the most vulnerable served in our county's safety net system -with plans to expand to privately-insured patients over time.

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 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.

2017-2018 LTCCC (Long Term Care Coordinating Committee) POLICY AGENDA:

A document outlining LTCCC policy priorities generated by the workgroups was finalized in July. Focus area #4 was "support increasing services and quality care for individuals aging with HIV." Included in that category were:

- 1) Additional funding for Golden Compass
- 2) Research on older adults with HIV
- 3) Wellness Programs for older adults with HIV (including legal, financial and employment services, availability and access to mental health and psychosocial services, volunteer peer support, and access to emotional support animals)
- 4) Transgender inclusion
- 5) Training for both medical and non-medical providers

MISC ISSUES:

- Long-term Survivors** – The specific needs of this population, including medical complications and experiences of sustained trauma, might be an area to focus on over the next year.
- DPH** – We will need to open up lines of communication with the Department of Public Health as well as Dept of Aging & Adult Services,
- Private Disability policies** – People with HIV are continuing to age out of their private disability policies as the population as a whole ages. ALRP provides counseling to those facing aging out of disability, but this population has historically been difficult to reach because they haven't needed services in the past and therefore aren't well connected to the system. Maybe we could hold an event/clinic on this topic?
- Mental Health** – There are people needing a variety of levels of mental health care, ranging from those needing more social opportunities to those needing psychiatric care. We might invest some time thinking about how to increase mental health resources.
- Women's issues** – Women tend to be less represented in groups and forums for all older adults with HIV. Perhaps a women-only event could be organized?

ARTICLES:

- LTS SYNDROME:** <http://betablog.org/aids-survivor-syndrome/> (2018)
- THERAPY LTS:** <http://betablog.org/magic-mushrooms-therapy-long-term-hiv-survivors/> (2017)
- UNDETECTABLE:** <http://betablog.org/hiv-undetectable-video/> (2018)
- AGING:** <http://betablog.org/aging-not-disease-time-stop-treating-way/> (2017)
- GOODBYE TO THE WORD "AIDS":** <http://betablog.org/goodbye-aids/> (2016)
- AGING WITH HIV:** <http://betablog.org/getting-older-with-hiv-earlier-development-of-geriatric-syndromes/> (2015)
- TRANSGENDER AGING WITH HIV:** <http://www.thebody.com/content/76375/who-will-be-there-for-me-a-trans-perspective-on-ag.html> (2015)
- BRAIN CHANGES:** <http://betablog.org/helping-cope-brain-changes/> (2014)
- PLUS HOUSING:** <http://sfaf.org/hiv-info/hot-topics/from-the-experts/plus-housing-hiv.html#> (2017)
- STABLE HOUSING:** <https://www.hiv.gov/hiv-basics/living-well-with-hiv/taking-care-of-yourself/housing-and-health> (2017)
- HOUSING IS HEALTHCARE:** <http://federalaidspolicy.org/wp-content/uploads/2014/03/Housing-is-HIV-Health-Care-9-12.pdf> (2012)
- GO-TO WEBPAGE FOR AGING WITH HIV:** <http://hiv-age.org/> (On-Going)
- FUNDING CHANGES:** <http://www.thenonproffitimes.com/news-articles/hiv-charities-change-fundraising-direction/> (2016)

LAST MEN STANDING: FILM FOLLOWS LIVES OF LONG-TERM AIDS SURVIVORS

<http://projects.sfchronicle.com/2016/living-with-aids/documentary/> Special Report: Eight men who had the remarkable luck to survive the AIDS epidemic, and the brutal misfortune to live on.

ATLAS 2018: Video portraits of San Francisco Long Term Survivors shot for the International AIDS Conference held in Amsterdam July 2018: <http://atlas2018.org/america-2-2-5/>

THE VIEW FROM DOWN HERE: Article/Essay written by Hank Trout for A&U Magazine July 2018 <http://aumag.org/2018/07/07/the-view-from-down-here/>

