

Aging with HIV



Monday, January 30, 2023

Native Land Acknowledgement

We would like to acknowledge the Ramaytush Ohlone people, who are the traditional custodians of this land.

We pay our respects to the Ramaytush Ohlone elders, past, present, and future who call this place their home.

We are proud to continue their tradition of coming together and growing as a community.

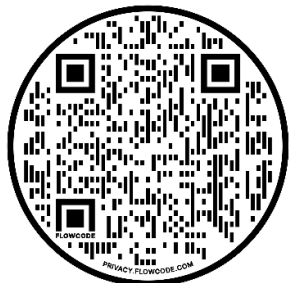
We thank the Ramaytush Ohlone community for their stewardship and support, and we look forward to strengthening our ties as we continue our relationship of mutual respect and understanding.

Whose land are you on?

Option 1: Text your zip code to 907-312-5085

Option 2: Enter your location at Native-Land.CA

Option 3: Access Native Land website via QR Code



SF HIV Frontline Organizing Group

Steering Committee

Andy Scheer, LCSW | SF City Clinic

Brian Elliott, MSW, JD | ALRP

Dawn Evinger | PRC

Jason Cinq-Mars, JD | PRC

Jessica Price | PAETC-Bay Area

Juba Kalamka | St. James Infirmary

Katie Faulkner, MSW | Shanti



SF HIV Frontline Organizing Group

Overarching Goals

Building the capacity of HIV Frontline Workers to best support their clients

Stimulating professional relationships in support of cross-agency collaboration

Investing in workers' professional development and career growth



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HIV and Aging



Meet Ryan White!



<https://www.youtube.com/watch?v=rXnnbXwHkwE>

HIV and Aging Definition

- ▶ December 6th, 2022-Ryan White would have been 51 years old!
- ▶ HIV and Aging:
 - ▶ **Folx living wth HIV who are 50+**
 - ▶ **In the United States, more than 50% of folx living with HIV are over the age of 50**
 - ▶ **As of December 2020, 71% of people living with HIV (11,207) in San Francisco were over age 50***

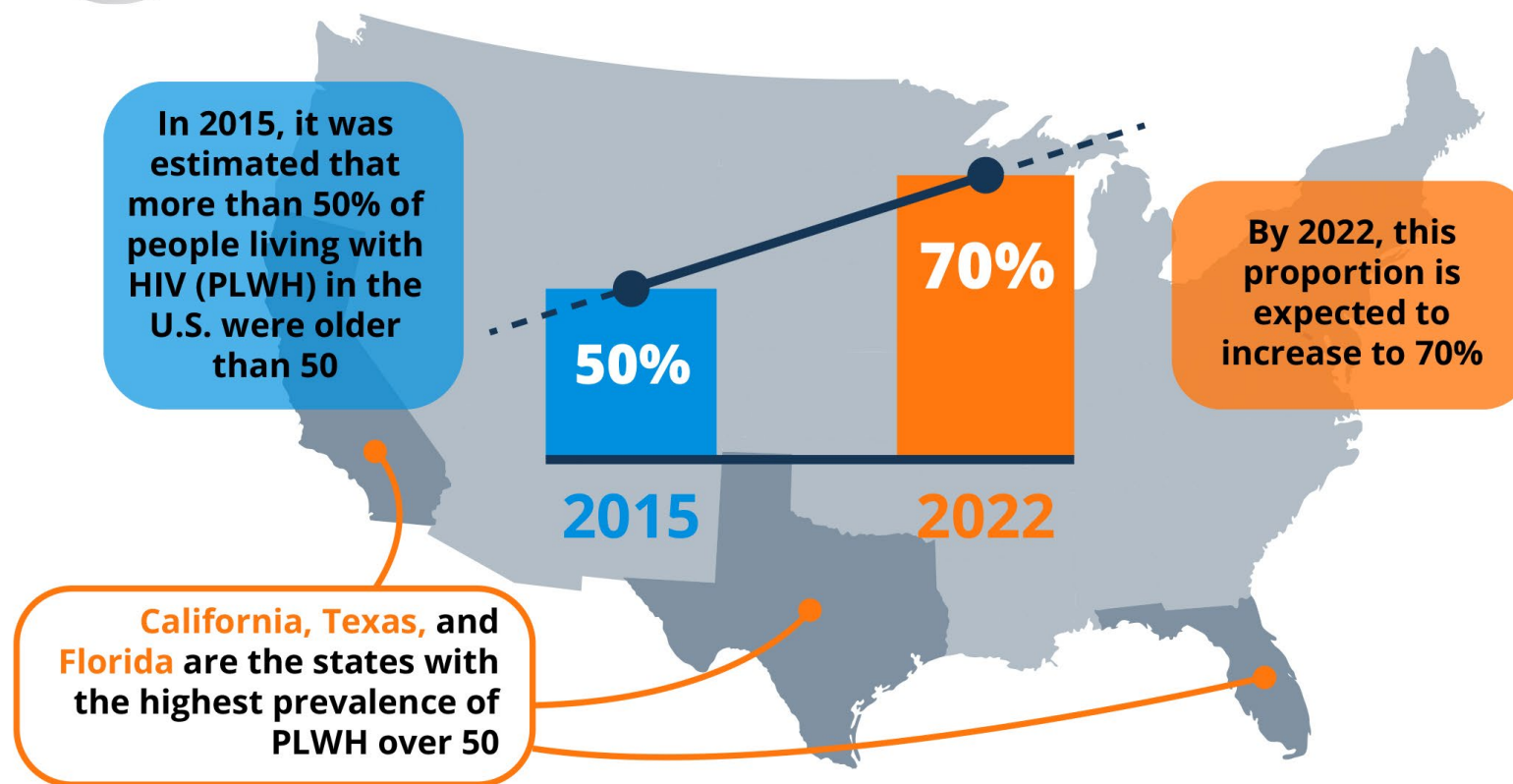
[*https://www.sfaf.org/resource-library/hiv-hep-c-statistics/](https://www.sfaf.org/resource-library/hiv-hep-c-statistics/)

HIV and Aging Statistics



CALIFORNIA
HIV/AIDS POLICY
RESEARCH CENTERS

HIV & AGING



Let's Play a Game!

(there are no wrong answers, just prizes)!

Why is the number of PLWH and Aging Increasing?



Why is the number of PLWH and Aging Increasing?

- ▶ Powerful HIV drugs are allowing many people to lead longer, healthier lives with HIV.*
- ▶ Most new HIV cases occur in younger people; however, people over 50 are acquiring HIV at increasing rates.*
 - ▶ **Older adults are less likely to get tested due to mistaking pains/aches of normal aging.**
 - ▶ **Stigma among older adults to get tested.**
 - ▶ **Providers may not think it's necessary to test older adults.**
 - ▶ **Treatment options may be more limited.***

[*https://www.thewellproject.org/hiv-information/aging-and-hiv](https://www.thewellproject.org/hiv-information/aging-and-hiv)

[*https://www.nia.nih.gov/health/hiv-aids-and-older-adults](https://www.nia.nih.gov/health/hiv-aids-and-older-adults)

PWLH/Aging and other Chronic Conditions

- ▶ Increased risk of (even at a younger age):

- ▶ **Cardiovascular Disease**

- ▶ **Dementia**

- ▶ **Diabetes**

- ▶ **Osteoporosis**

- ▶ **Frailty**

- ▶ **Some Cancers**

PLWH/Aging and Other Considerations

- ▶ Long-Term Survivor Guilt
- ▶ Long-Term Medication Use/Impact on the body
 - ▶ **Physical and Cognitive Concerns**
- ▶ Mental Health/Other (Higher Risk of):
 - ▶ **Depression**
 - ▶ **Substance Use Disorder**
 - ▶ **High stress or anxiety levels**
 - ▶ **A feeling of emptiness or sadness**
 - ▶ **Finding less enjoyment in things they used to enjoy**
 - ▶ **Thoughts of suicide**

[*https://www.nia.nih.gov/health/hiv-aids-and-older-adults#:~:text=For%20example%2C%20people%20living%20with,be%20more%20likely%20to%20fal](https://www.nia.nih.gov/health/hiv-aids-and-older-adults#:~:text=For%20example%2C%20people%20living%20with,be%20more%20likely%20to%20fal)

[*https://www.medicalnewstoday.com/articles/323890#causes](https://www.medicalnewstoday.com/articles/323890#causes)

PLWH/Aging and Other Considerations Cont.

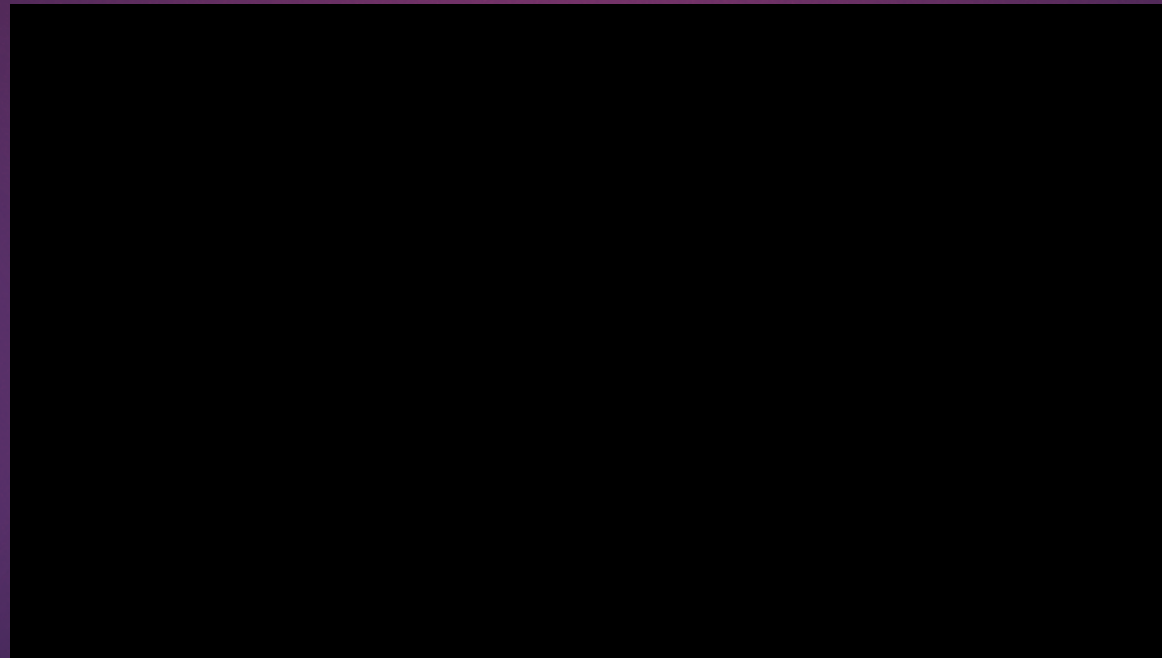
- ▶ Stigma
- ▶ Lack of social supports-including family
- ▶ Lack of supportive housing
- ▶ Financial Issues
- ▶ Isolation*
- ▶ Treatment Fatigue

▶ **(Do not be afraid to ask this question)**

[*https://www.nia.nih.gov/health/hiv-aids-and-older-adults#:~:text=For%20example%2C%20people%20living%20with,be%20more%20likely%20to%20fal](https://www.nia.nih.gov/health/hiv-aids-and-older-adults#:~:text=For%20example%2C%20people%20living%20with,be%20more%20likely%20to%20fal)
!

Long-Term Survivor Guilt

- ▶ Who is a long-term HIV survivor (thrivor)?
 - ▶ **Today, HIV Long-Term Survivors (HLTS) represent a diverse group of people diagnosed with HIV before the advent of Highly Active Antiretroviral Therapy or HAART in 1996.***



Treatment Fatigue

- ▶ Psychological Exhaustion of taking daily medications*
 - ▶ **Long-Term Medication use**
 - ▶ **Daily reminders of chronic condition (ie: no cure)**
 - ▶ *Especially seen in PLWH and Diabetes*
 - ▶ **Concerns with self-care/lack of motivation**

[*https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4465180/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4465180/)

Treatment Fatigue Cont.

General Demands = daily life tasks (e.g., roles in family, at work)

Treatment Burden = demands of disease management (e.g., time, effort, self-care)



General Resources = social support, finances, transportation, self-efficacy, motivation, knowledge, physical functioning (e.g., mobility), cognitive (e.g., attention), affective (e.g., stress, mood)

Illness Burden = disease symptoms (e.g., physical fatigue, pain; varies by condition)

What can you do to support PLWH/Aging?

- ▶ Build rapport
- ▶ Understand their history
- ▶ Attend appointments or that first support group (if possible)
- ▶ Understand their interest
- ▶ Identify challenges they may experience
 - ▶ Financial circumstances
 - ▶ Lack of social support
 - ▶ Isolation

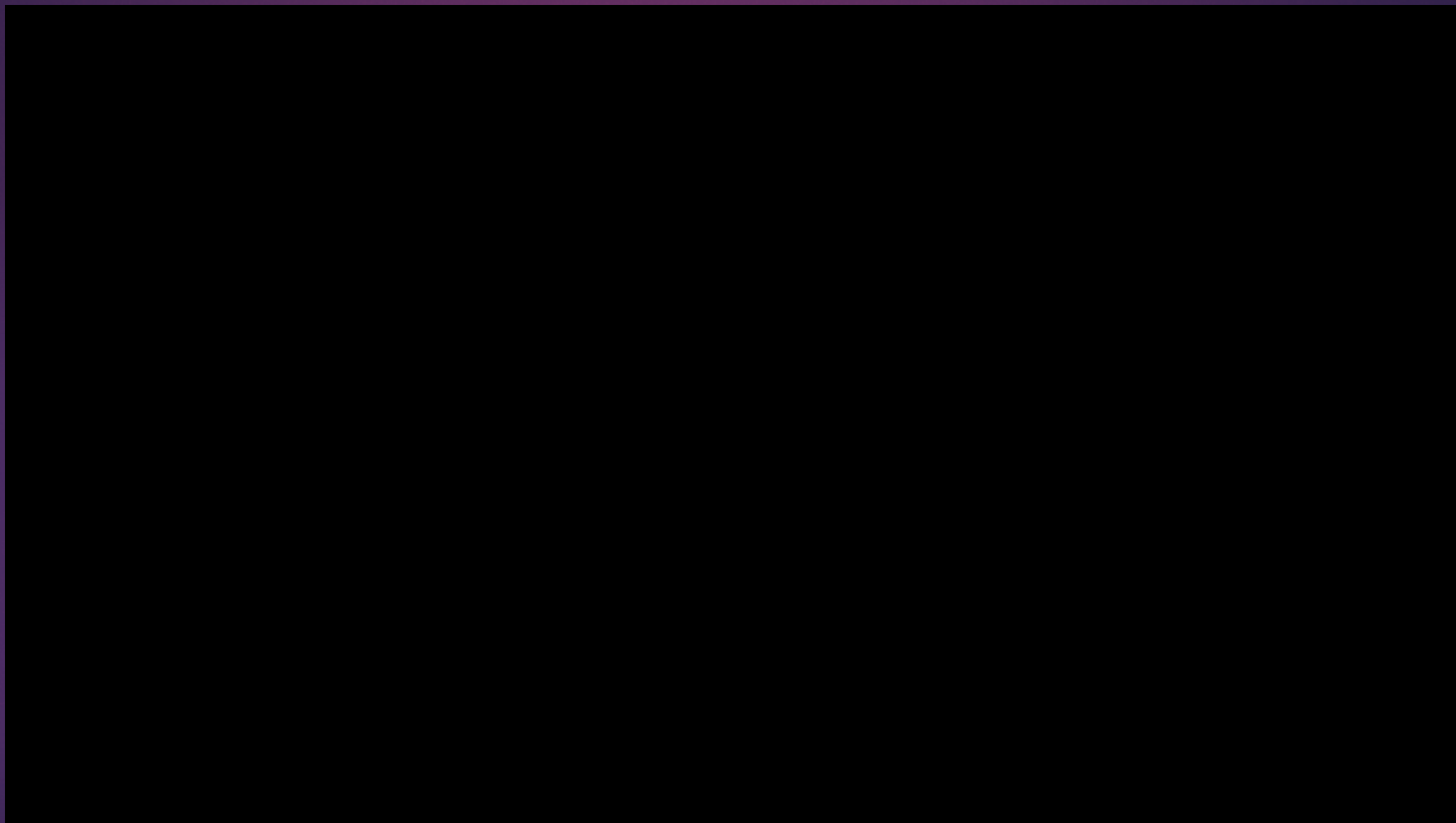
Resources

- ▶ San Francisco AIDS Foundation
 - ▶ The Elizabeth Taylor 50-Plus Network
- ▶ Institute on Aging
 - ▶ **Friendship Line**
 - ▶ **Social Day Program**
 - ▶ **Home Care/Support Services**
- ▶ Positive Resource Center
- ▶ Shanti Project
 - ▶ **Positive Seniors (over 50)**
 - ▶ **Stepping out (over 50)**
- ▶ Meals on Wheels (60 and over...may want to ask)!!!
- ▶ ADAP (AIDS Drug Assistance Program) -check out their Medicare programs!

Resources Cont.

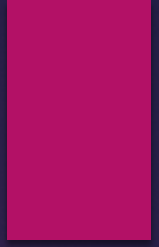
- ▶ In-Home Support Services
- ▶ Open House
 - ▶ **On Lok (55 and older)**
- ▶ Westside Community Health Services
- ▶ Maitri Compassionate Care
- ▶ Peter Claver Community
- ▶ Project Open Hand
- ▶ San Francisco Community Health Clinic
- ▶ AHP (Alliance Health Project)
 - ▶ **50+ Long-Term HIV Survivors Support Group**

Ending on a good note...



<https://www.youtube.com/watch?v=zOcG1EEQhuY>

Questions?



THE TIME IS NOW!

Keep Your Medi-Cal

Report changes in any of the following to the county:



NOTIFY

Human Services Agency of San Francisco
1440 Harrison Street, San Francisco, CA 94103
(415) 558-4700 or **SFMedi-Cal@SFgov.org**

SF Residents Living with HIV? PRC can help.
(415) 972-0870 or **EAHP@prcsf.org**

Sponsored by San Francisco Department of Public Health



Opportunity Drawing

Wise Before Their Time

by Ann Richardson and Dietmar Bolle

The Journalist of Castro Street:

The Life of Randy Shilts

by Andrew E. Stoner



Thank you for Attending

Aging with **HIV**



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