



LIVING AND AGING WITH HIV

EXPLORING YOUR THOUGHTS AND CONCERNS

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If you are living with HIV and are over the age of 50, you are not alone. By 2020, 70% of people living with HIV in NYS will be age 50 or older. Chances are you have been living with HIV for a number of years, which can be challenging. Maybe there was a time in your life when you didn't think you would be around to see your 50th or 60th or 70th birthday, but here you are. This tool will help you think about some important facts about HIV and aging and can help you identify keys to aging well. Consider completing this by yourself or with a Peer Worker, support services provider or your health care provider. It's intended to help you think about aging with HIV, identify your needs and discuss them with the members of your care team. This tool can also be used with a peer-led group, perhaps as a series of one hour sessions with each session discussing one of the key facts.



Key Facts About HIV and Aging

People who are engaged in regular HIV care appointments are more than 90% likely to have an undetectable viral load. Having strong relationships with your HIV care provider(s) is important for aging successfully with HIV.

Questions to Explore

How do I feel about my relationship with my HIV care provider(s)?

To what extent am I able to share my concerns openly with my health care provider(s)?

As I age, what special needs might I have with scheduling health care appointments or getting to them?

How can I improve my relationship with my health care provider(s)?

Key Facts About HIV and Aging

Adhering to lifelong HIV treatment can be challenging.

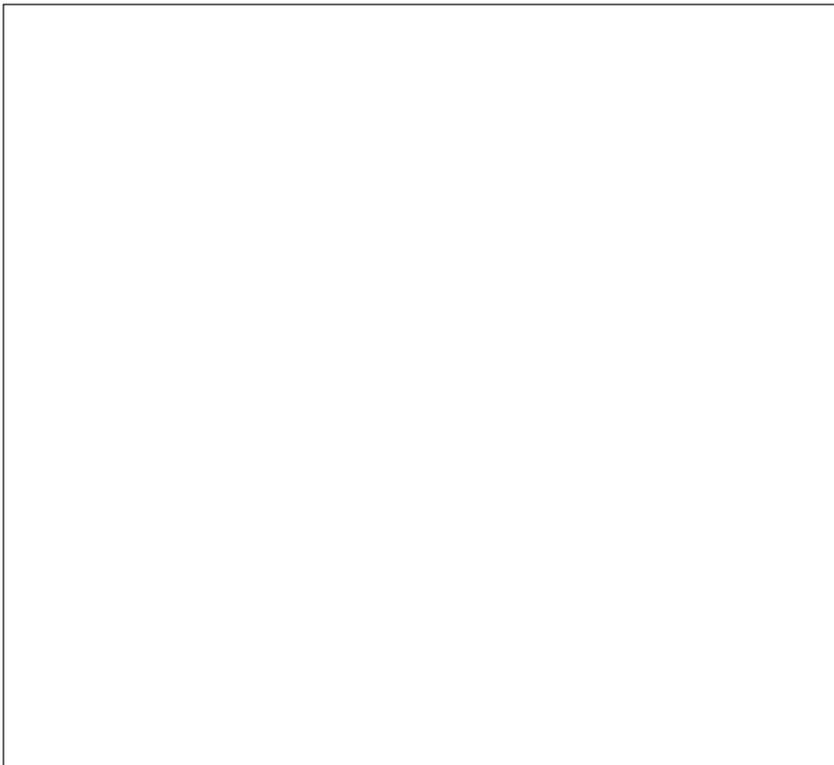
Questions to Explore

How have my thoughts and feelings about my HIV treatment changed over the years?

What are my thoughts and feelings about adherence to my treatment regimen?

What support do I need to keep 100% adherence?

How can I make taking my HIV treatment an easier part of my daily routine?



Key Facts About HIV and Aging

More than 75% of people with HIV over the age of 50 have at least one other health condition. Some of the most common health concerns for older adults include: high blood pressure; diabetes; cancer; and arthritis.

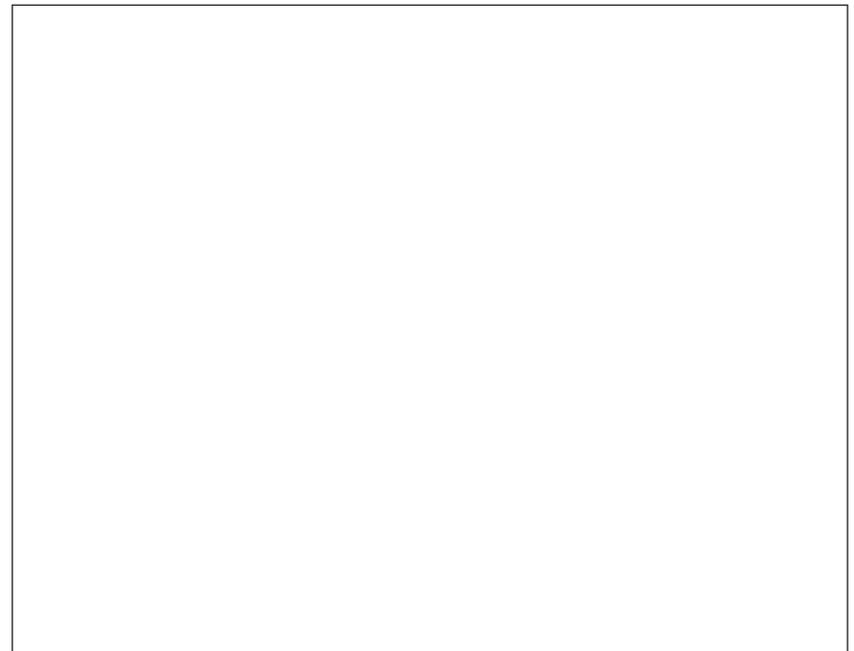
Questions to Explore

What other health concerns do I have? Have I been screened for the common health concerns of older adults?

If I am getting treatment or taking medications for other conditions, how is that going?

What other specialists do I see and how well do they communicate with my HIV provider(s)?

To what extent is my overall health care coordinated?





Key Facts About HIV and Aging

Social isolation is a concern for many older adults. Staying connected to other people is important for physical, mental and emotional wellbeing.

Questions to Explore

How often do I get out of my house or apartment each week?

To what extent do I feel lonely or isolated?

Who are the people in my support system and how do I feel about my support system?

What can I do to improve the quality of my relationships with others?

Key Facts About HIV and Aging

Sexual health and intimacy are important to people of all ages, including older people living with HIV.

Questions to Explore

What are my thoughts and feelings about sex and intimacy?

How have my needs and desires changed over time?

How do I feel about my sexual and intimate relationships?

What questions about sexual health would I like to discuss with my health care provider?



Key Facts About HIV and Aging

Any use of tobacco and excess use of alcohol or other substances can have a negative impact on anyone's health, including older people living with HIV.

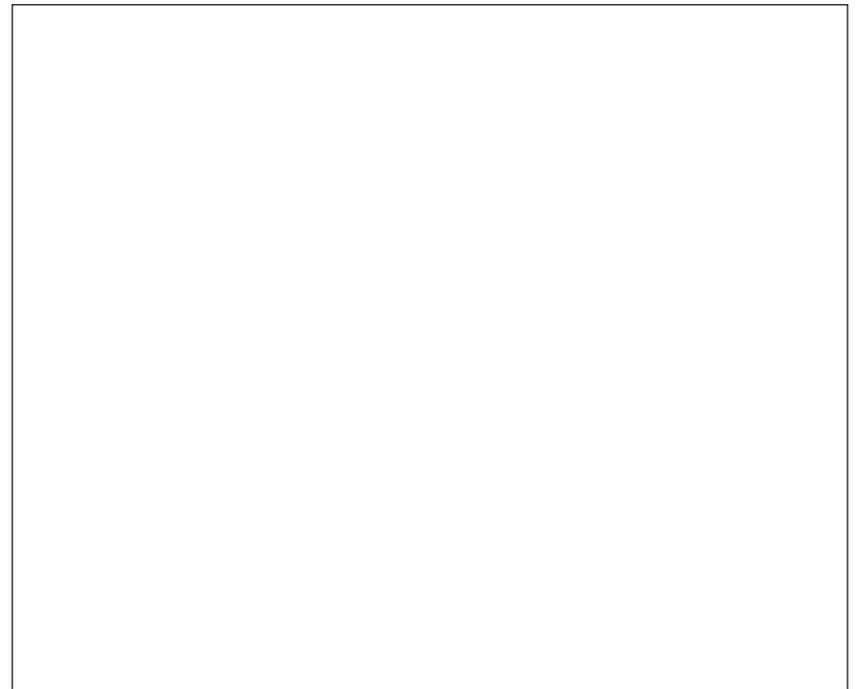
Questions to Explore

How does my use of alcohol or other substances impact my physical, mental or emotional health?

Do my friends, family or significant others ever express concern about my use of alcohol, tobacco or other substances?

Is tobacco use a concern for me?

What support do I need to address any concerns I have about alcohol, tobacco or substance use?





Key Facts About HIV and Aging

HIV treatment can keep people alive - but it's just as important to have a reason to want to be alive. Personal goals, interests and a desire to give to others are key to healthy aging.

Questions to Explore

To what extent do I look forward to getting up each day?

What are my personal goals?

Are there interests that I have that I would like to explore?

Are there ways that I would like to “give back” or help others that I would like to explore?

What's next?

Think about your answers to the questions listed above. Reflect on what you may have learned or felt. Talk to your health care provider(s) or other support services providers about your concerns and make a plan to address them.

Resources for people living with HIV:

You can access a list of HIV-related health and social services at the following website:

www.health.ny.gov/diseases/aids/general/resources/index.htm

Resources available for older adults:

You can access a list of resources for older adults at the following websites:

www.nyconnects.ny.gov/

www.aging.ny.gov/



Department
of Health