

HIV TAC TEAM



Engaging and Retaining Older Patients in HIV Care

Presenter:
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23 February 2016

Goals and Objectives of Webinar

- Review current epidemiology of HIV/AIDS among older adults
- Explore the stigma in older adults living with HIV/AIDS
- Become familiar with conditions of aging that might affect retention care and adherence to treatment
- Review effective strategies in engaging and retaining older adults in care
- Gain an understanding of the social support, and daily and long-term care that might be needed by older adults living with HIV/AIDS through their aging continuum

A Life's Purpose



How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in your life you will have been all of these.

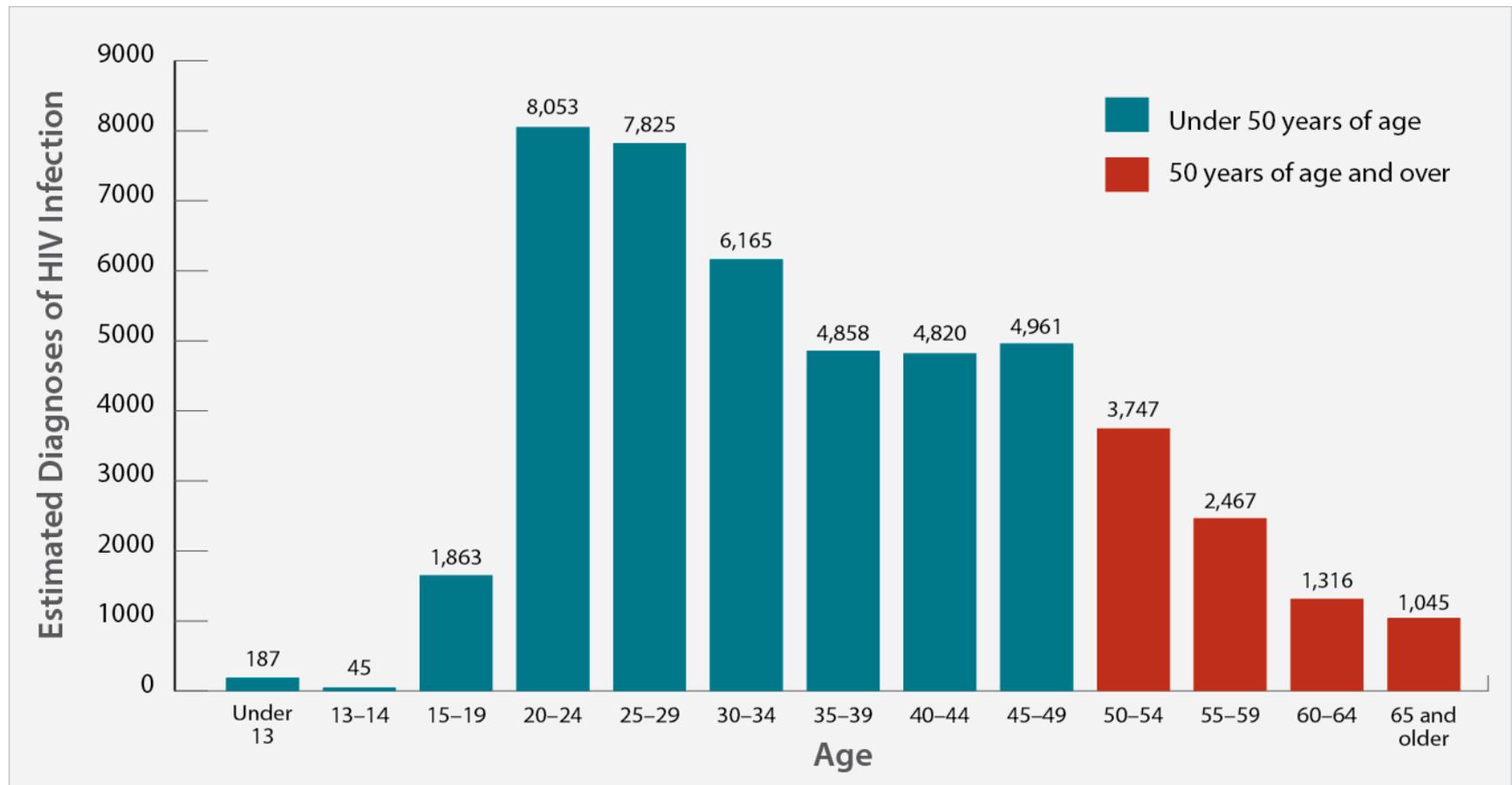
(George Washington Carver)

izquotes.com

What do the numbers say?

- People aged 50 and older have many of the same HIV risk factors as younger people, but may be less aware of their risk.
- Older Adults are more likely to be diagnosed with HIV infection later in the course of their disease.
- In 2012, people aged 55 and older accounted for about one-quarter (24%, 288,700) of the estimated 1.2 million people living with HIV infections in the United States

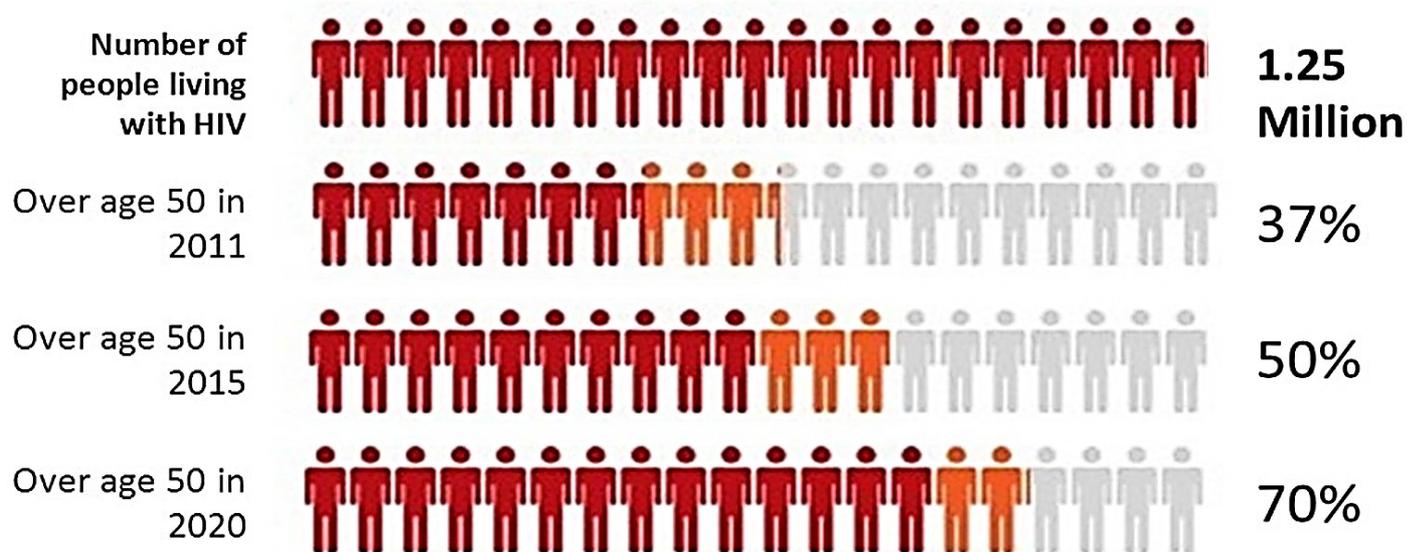
Estimated Diagnoses of HIV Infection by Age, 2013, United States



HIV Population 50+ Now and In the Future

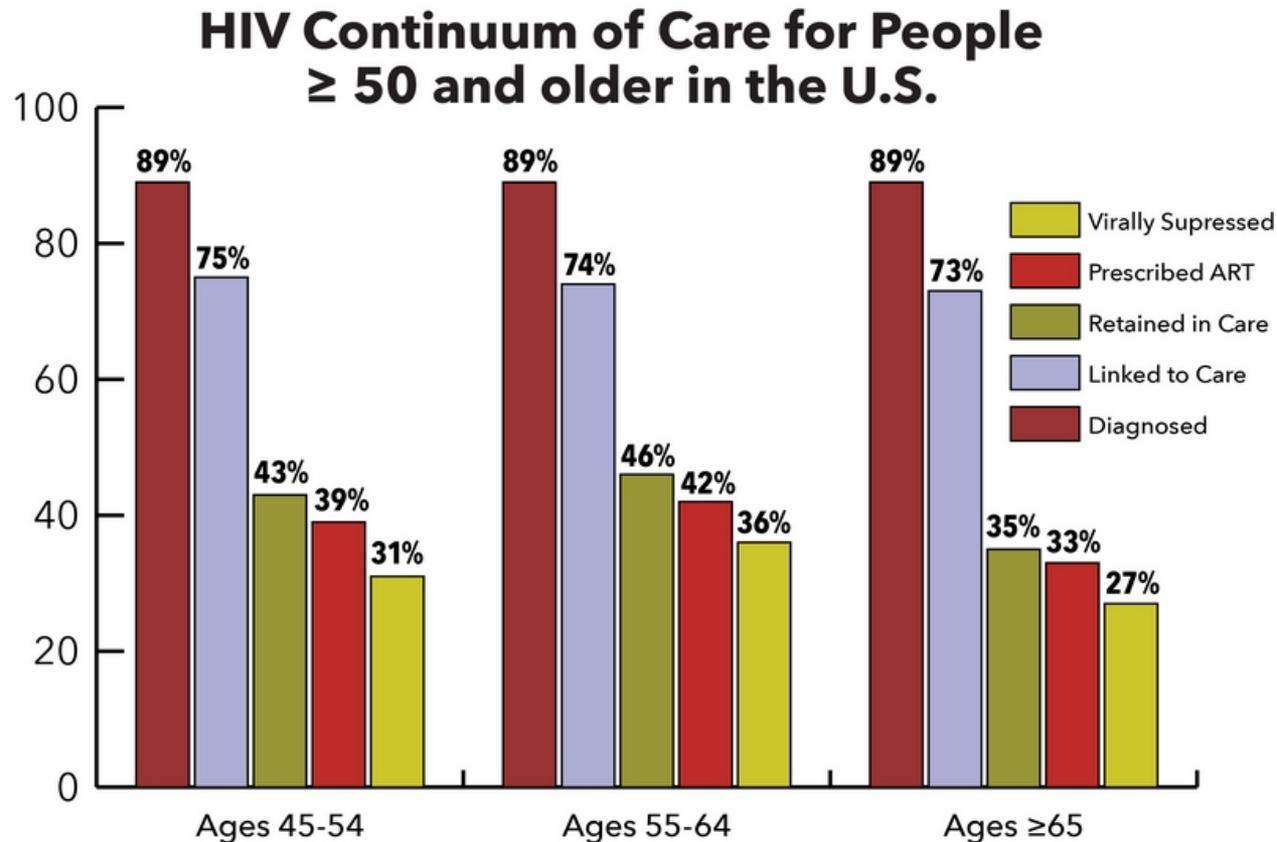
The Aging of the HIV Epidemic in the United States

CDC Surveillance Data



The HIV population is graying; adults 50 and older will comprise over half of those living with HIV by 2015 (CDC, 2013).

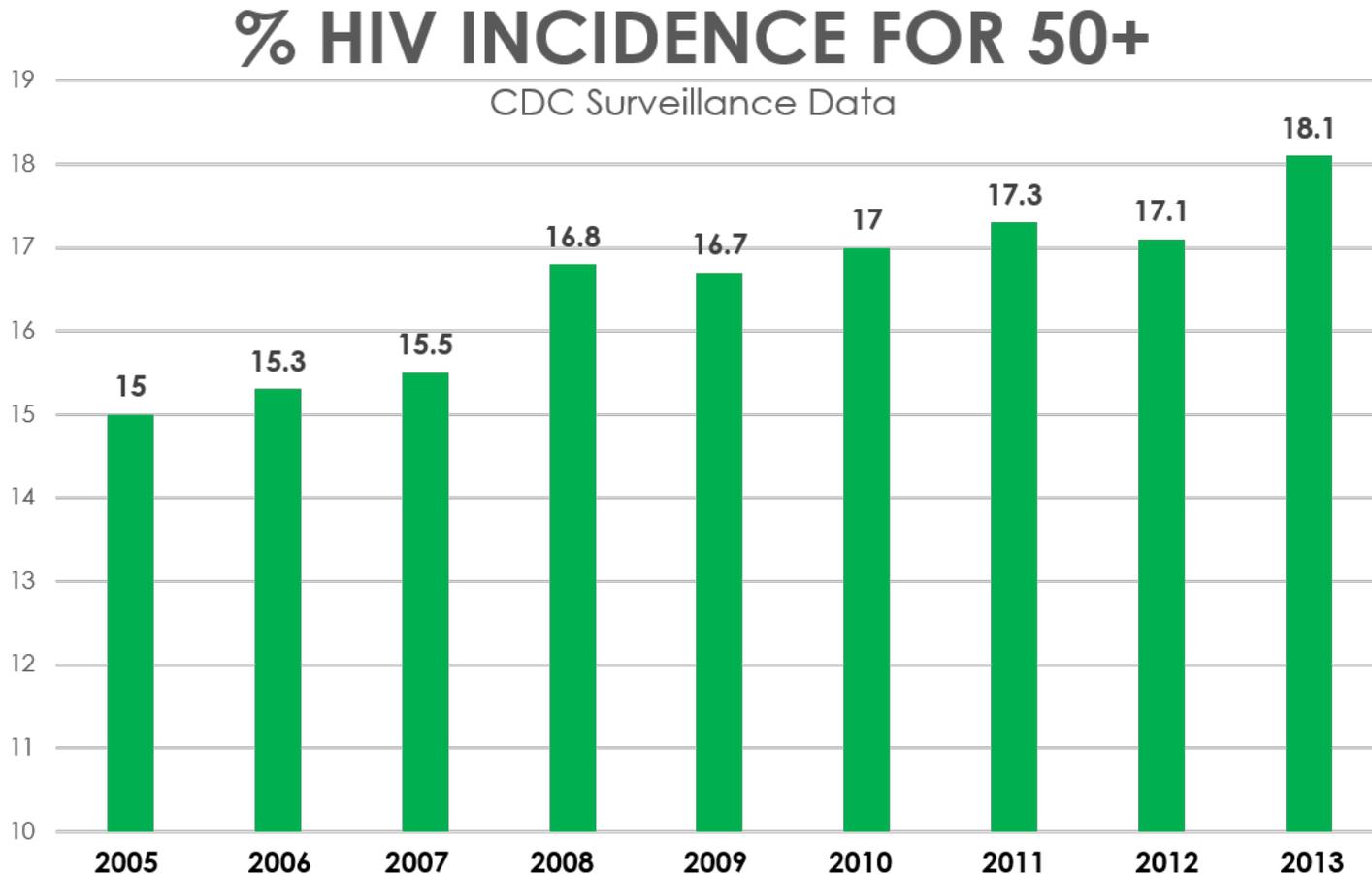
HIV Continuum of Care of Older Adults in the U.S.



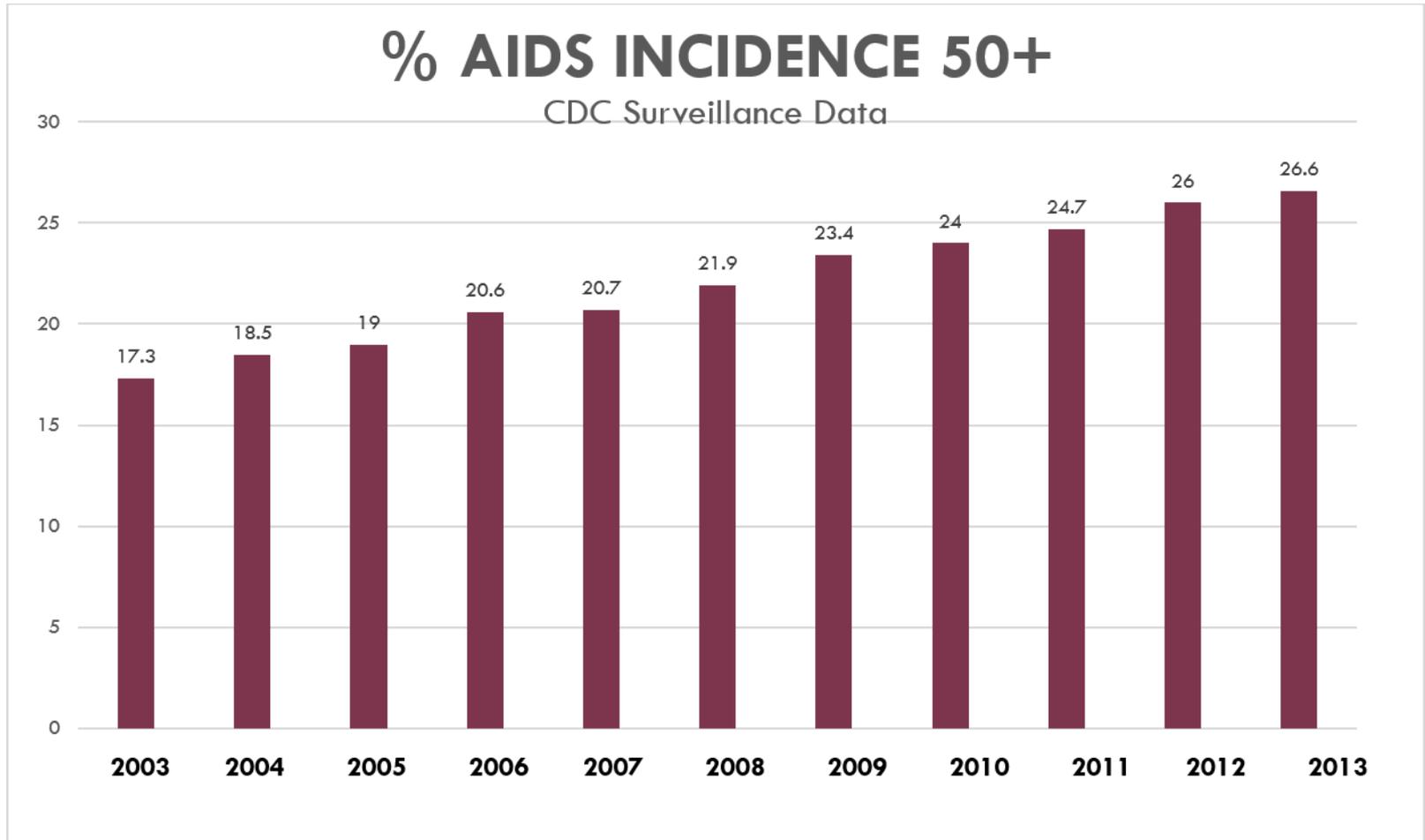
Reference: <http://www.cdc.gov/hiv/risk/age/olderamericans/>

Disclaimer: The original version of this bar graph was taken from the CDC website and modified to display data for the 45 years and older population only.

HIV Incidence For 50+



AIDS Incidence For 50+



What We Know About HIV and Older Adults?

- Survival rates
- Dating habits
- Safe sex and sexual activity
- Availability of erectile dysfunction medications
- Discussing sexual habits or drug use

Aging in America with HIV

- Living longer
- Living in communities
- Living with chronic illness

HIV and Other Chronic Conditions

- Heart Disease
- Cancer
- Respiratory Disease
- Stroke
- Alzheimer's Disease
- Diabetes
- Influenza/Pneumonia

Examples of Persons in Care

- Donald, 55
- Donna, 57
- Joan, 53
- Maxine, 59
- Sam, 61
- Dan, 74

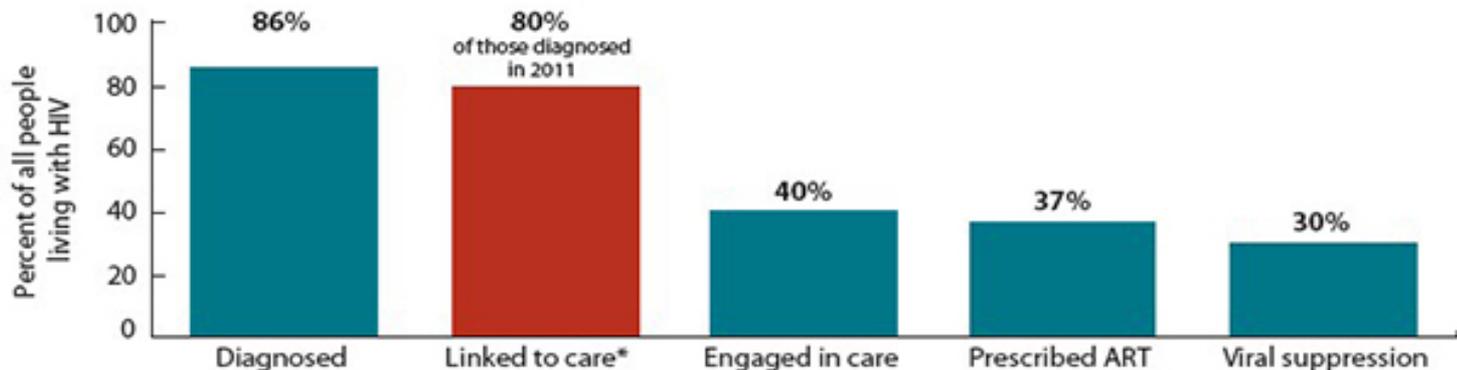
Doctor Relationship with Patient

- Support your patient's interests in their health care
Be flexible with your responses
- Describe both sides of the issues
Respond medically
- Don't push your patient
- Have resources available on HIV and older adults

Adherence to Care

- During the past decade, there has been an average annual increase of 2 percent in the number of people ≥ 50 years of age in the U.S. living with HIV.
- Of the almost 1.2 million people infected with HIV in the U.S., based on prevalence estimates, only 30 percent achieve viral suppression

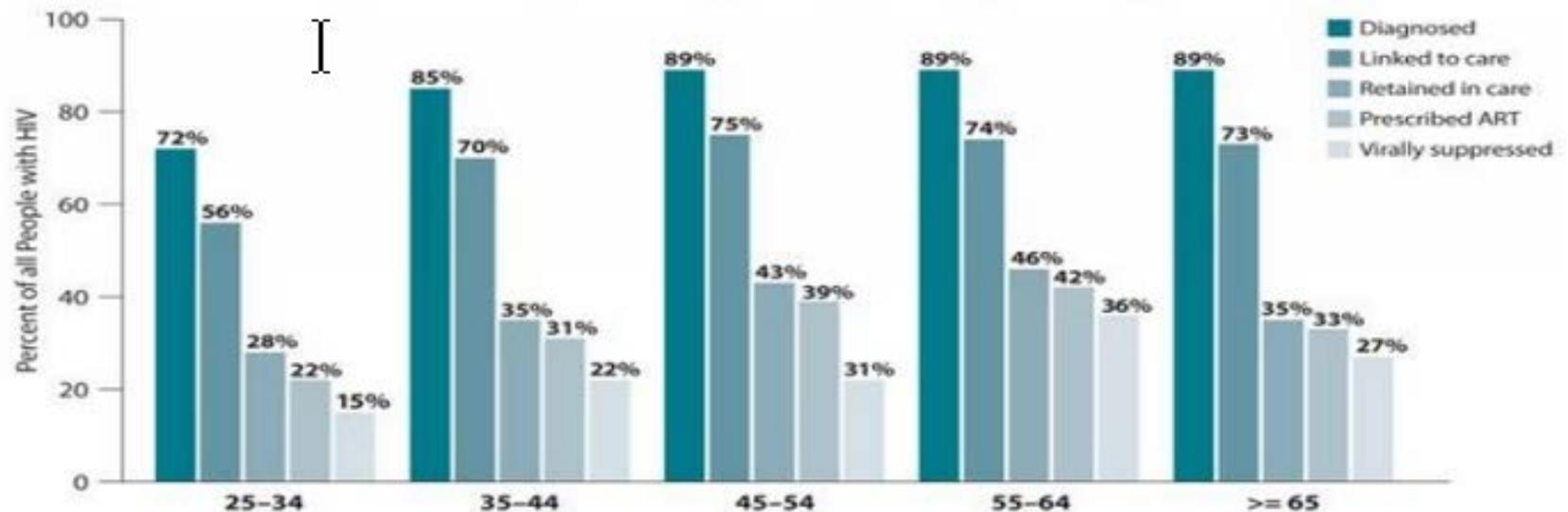
Example 1: Prevalence-Based HIV Care Continuum, 2011



Care and Retention by Age Groups

Treatment Cascade By Age Group

HIV care and viral suppression improve with age, except among those aged 65 and older.



Note: Although national data were not available to provide estimates of viral suppression for those under the age of 25, the data show that 13-24 year-olds

What Should Older Adults Expect From Their Doctor?

- Up to date knowledge about treating HIV along with other chronic diseases
- List of cultural competent support groups or individual and peer counselors
- Information and materials about HIV and older adults
- Empathy and non-judgmental

Who Are Older Adults?

- Baby Boomers
 - View of physicians and clinicians
 - Views of aging
 - Values about health
 - Effective communication with them

Stigma and Ageism

- Assumptions
- Stigma
- Ageism
- Social cultural factors

Older Adults with HIV in Care: Considerations

- Mobility & transportation
- Time and work
- Language and cultural barriers
- Access to health care
- Hearing/visual
- Literacy & language
- Mental health
- Family and community support

Considerations in Antiretroviral Therapy for Older Adults

- Antiretroviral Therapy
- Adverse drug reactions
- Coordination of care among different providers
- Early diagnosis and continuing counseling

Why They Don't go Back to Doctor?

- Doctor doesn't have a caring manner
- Could not understand him/her (language and words)
- Not very sympathetic
- Appears judgmental
- No transportation
- Known doctor for a long time but not sure of their HIV knowledge
- Fear
- Hard to talk with doctor about personal issues including sexual behaviors
- Embarrassment

How to Support Older Adults with HIV Seniors?

- Connect
- Listen
- Ask – Don't Assume!
- Be Honest – Don't Lie!
- Be Patient – Stay calm
- Don't assume because they are older that will change their behaviors
- Be Aware

Are Their Needs Different than Younger Patients?

- Different services
- Mental health and substance abuse
- Health complications
- Health status
- Adherence to their medications
- Clinical trials
- Testing and screening

5 A Method

- Advise
- Assess
- Assist
- Arrange
- Acknowledge

Health and Wellness Message

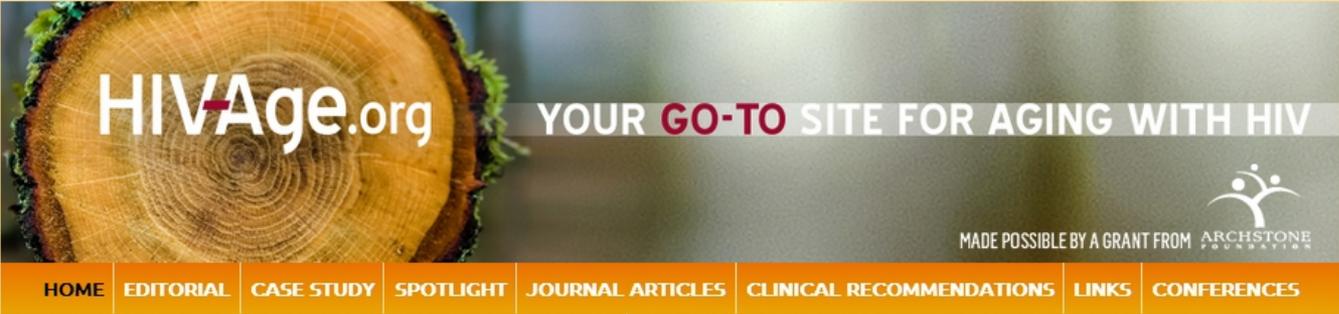
- I want you to be well
- I want you to be empowered
- I want you to be aware
- I want you not to be afraid
- I want you to know there are people here for you
- I want you to have enjoyment and pleasure
- I want you to have a good quality of life
- I want you to know that there are excellent treatments available
- I want you to know that anyone at any age can get HIV

Who Can Help With Older Adults

- AARP
- Area Agencies on Aging
- Graying of HIV Magazine
- Aging Consultants
- Geriatricians
- Care Managers
- Faith-based organizations
- Social services
- Centers for Disease Control
- ACT Against AIDS
- ACRIA
- HIV over FIFTY
- HRSA



Central Resource for Information



HIVAge.org YOUR **GO-TO** SITE FOR AGING WITH HIV

MADE POSSIBLE BY A GRANT FROM ARCHSTONE FOUNDATION

HOME EDITORIAL CASE STUDY SPOTLIGHT JOURNAL ARTICLES CLINICAL RECOMMENDATIONS LINKS CONFERENCES

Grand Opening: The Go-To Place On HIV And Aging
Editorial February 5, 2014 3 Comments

In the U.S. the HIV population is aging. By 2015 half of the over 1.4 million people infected with HIV will be age 50 and older. Each day 80 more people become part of this older adult group. And, 1 in every 6 new HIV diagnoses occurs in the age 50 and older population. This graying of... [Continue Reading](#)

Card For Clinicians Caring For HIV-Infected Older Adults
Science Spotlight February 5, 2014

CARD FOR CLINICIANS CARING FOR HIV-INFECTED OLDER ADULTS The Quick Reference Card for Managing Older Adults with HIV was developed out of the New York State Dept. of Health AIDS Institute Office Of The Medical Director. To obtain a copy, access www.hivguidelines.org. The AIDS Institute determined HIV and Aging as a priority over ten years ago. The number... [Continue Reading](#)

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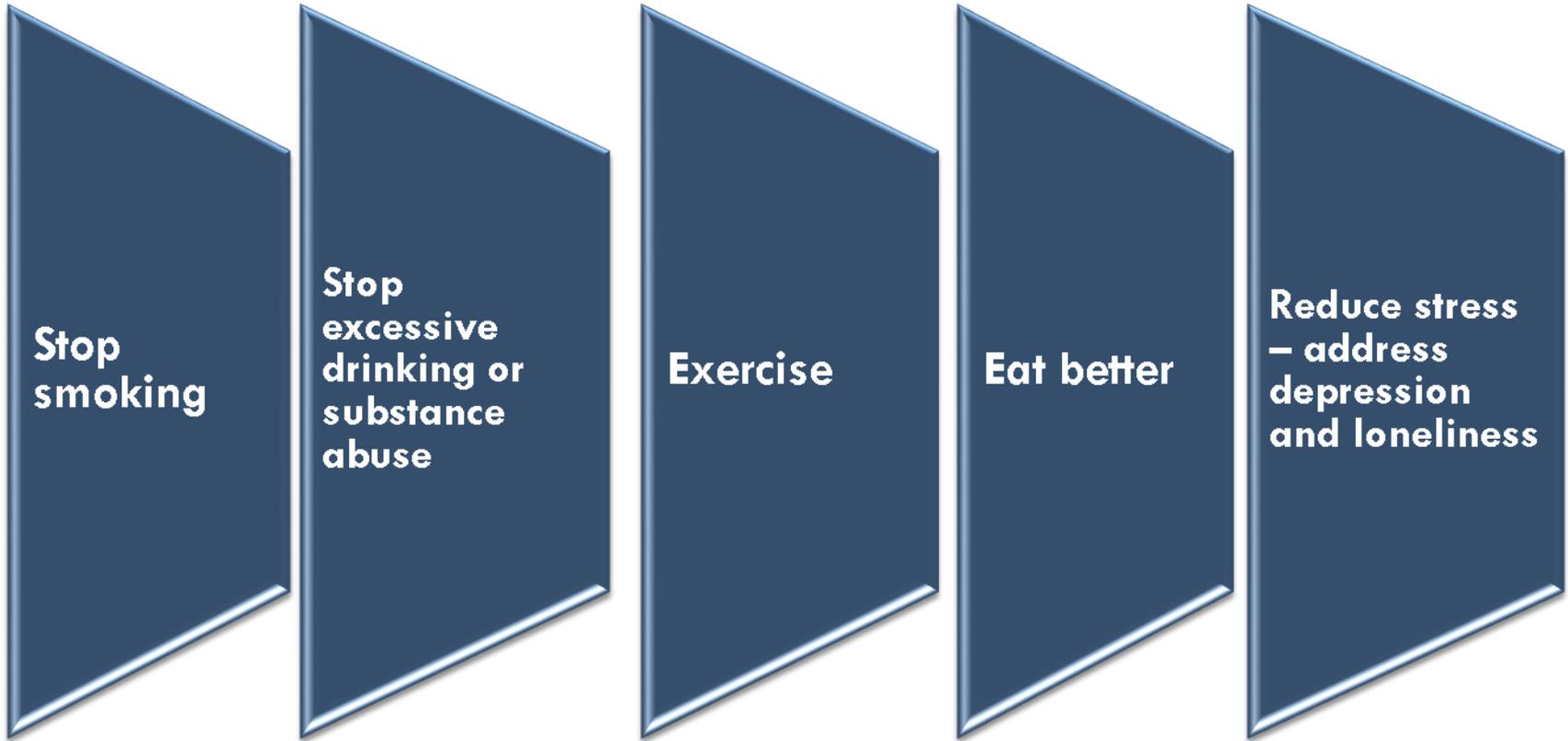


acria



AGS Geriatrics
Healthcare
Professionals

Wait for Better Treatment or Take Action



Barriers to Continue Treatment

- Lack of clinical trials for older adults
- Chronic disease management
- Side effects
- Transportation
- Support from family, friends and community
- Understanding generational issues
- Communication between doctor and patient
- Trust and confidentiality

Solutions for Retention and Engaging Impact

- Empathy
- Need for multiple providers
- Support to reduce isolation
- Multilingual staffing and
- Health literacy at patient level
- Physical environment and location
- Aging awareness and HIV sensitivity training
- Prevention messages and social media
- Clinic testing and screening

Lessons Learned

