



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.



Keys 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?



Keys 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 healthcare 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: <http://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: <https://www.nyconnects.ny.gov/> or <http://www.aging.ny.gov/ResourceGuide/NYSOFAResource%20Guide%202015-08-17%20AH%20email%20version.pdf>



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