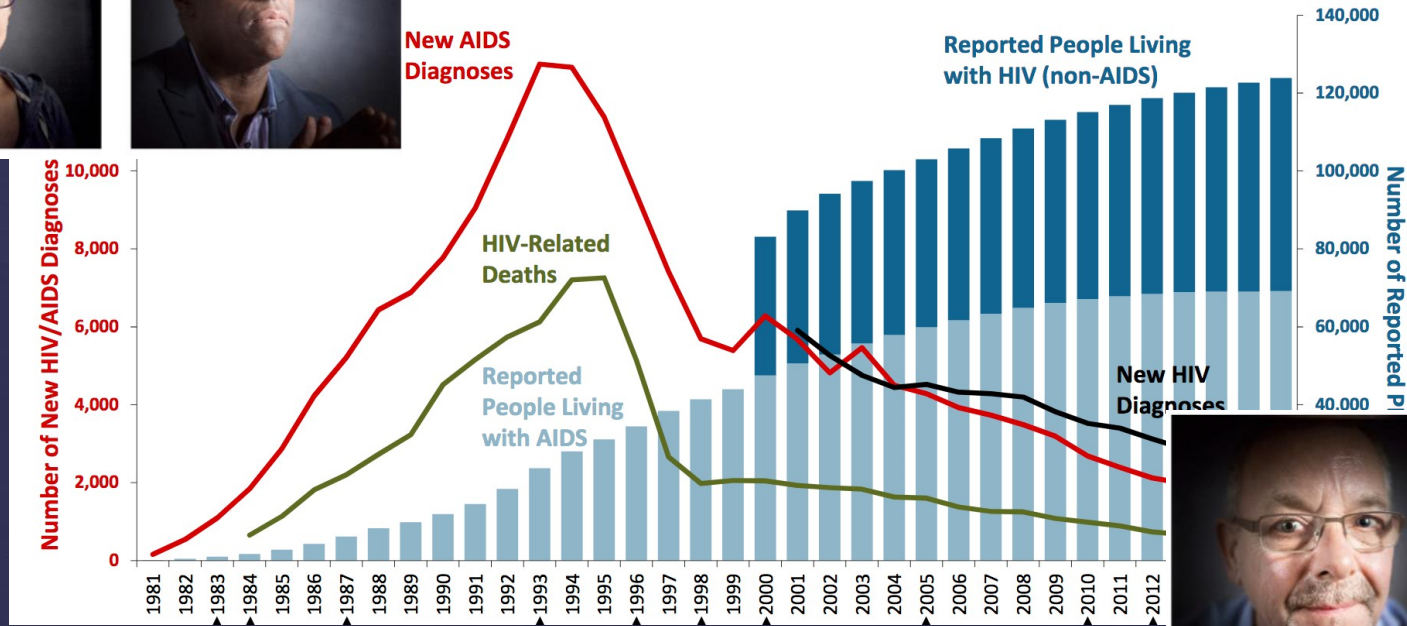


Empowering Older Adults Living with HIV to Manage Their Health

HIV Surveillance Annual Report 2016 NYCDHMH

epidemic, NYC 1981-2016



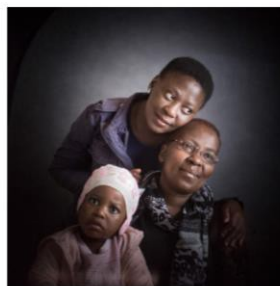
<http://agrayingpandemic.org>

Eugenia L. Siegler, MD

Division of Geriatrics and Palliative Medicine

Weill Cornell Medicine

els2006@med.cornell.edu





Weill Cornell Medicine

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And thanks to CAC
for the invitation to you



[Who We Are](#) ▾ [Programs](#) ▾ [Resource Library](#) ▾





Am I aging?

Am I old?

Do I feel old?

Do I need a
geriatrician?

Consider these older people with HIV:

A 75-year-old
married man,
newly diagnosed

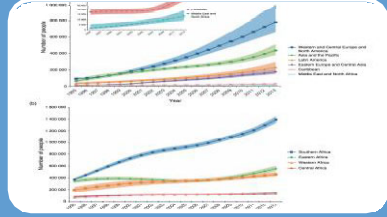
A 61-year-old-woman
who is babysitting her
grandchildren and caring
for her mother

A 80-year-old woman with coronary
artery disease and emphysema who fell
twice last month.

A 68-year-old man, medically
stable but estranged from his family

A 52-year-old man,
who has a partner and
is working full-time

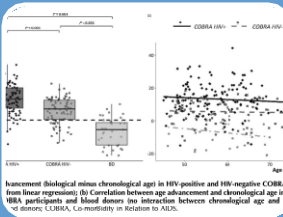
A demented 58-year-old woman whose children
and mother are in conflict over her care



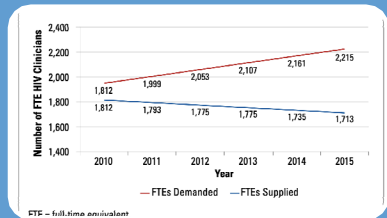
Demographics



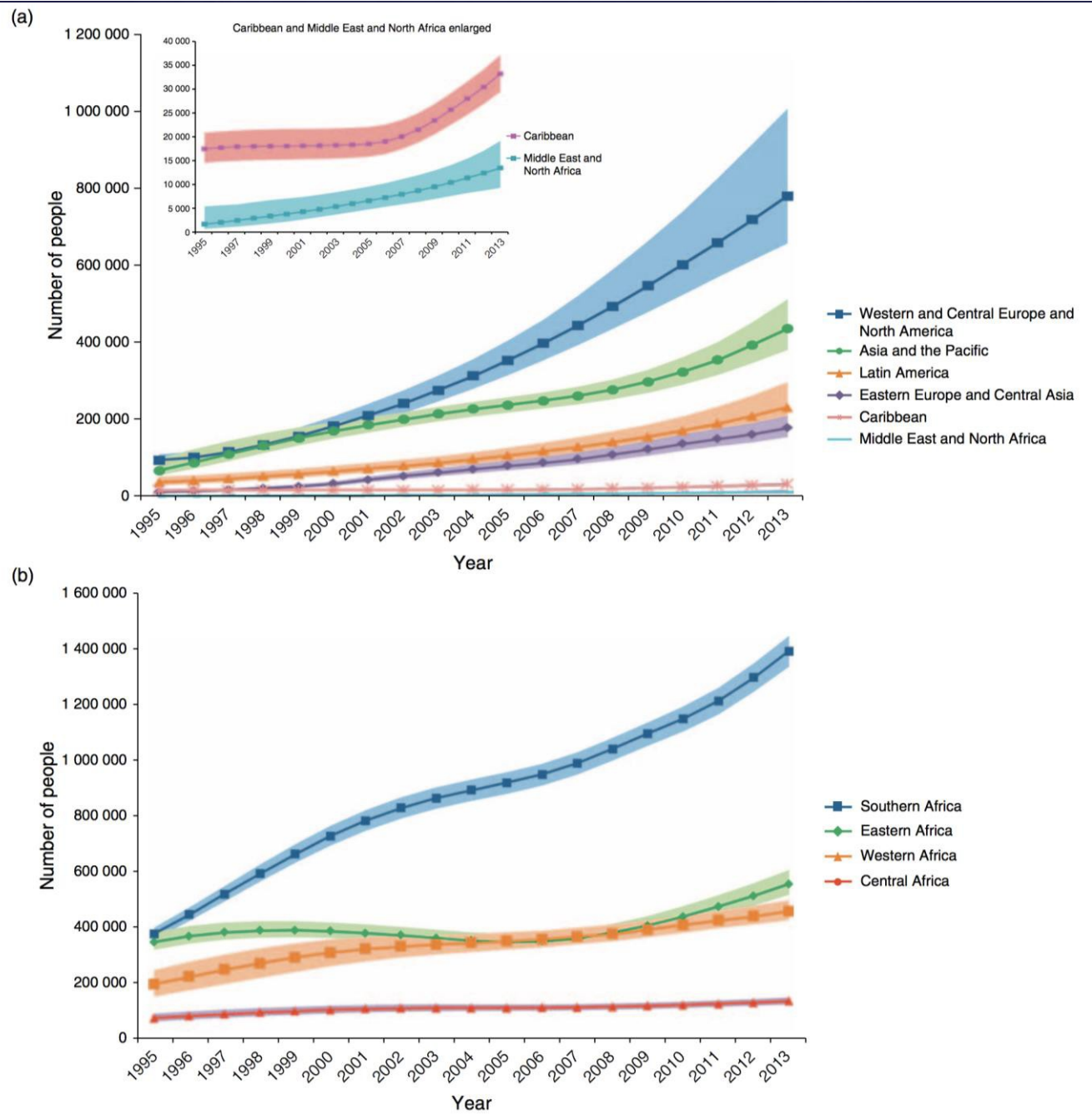
Basic aging principles



Aging with HIV



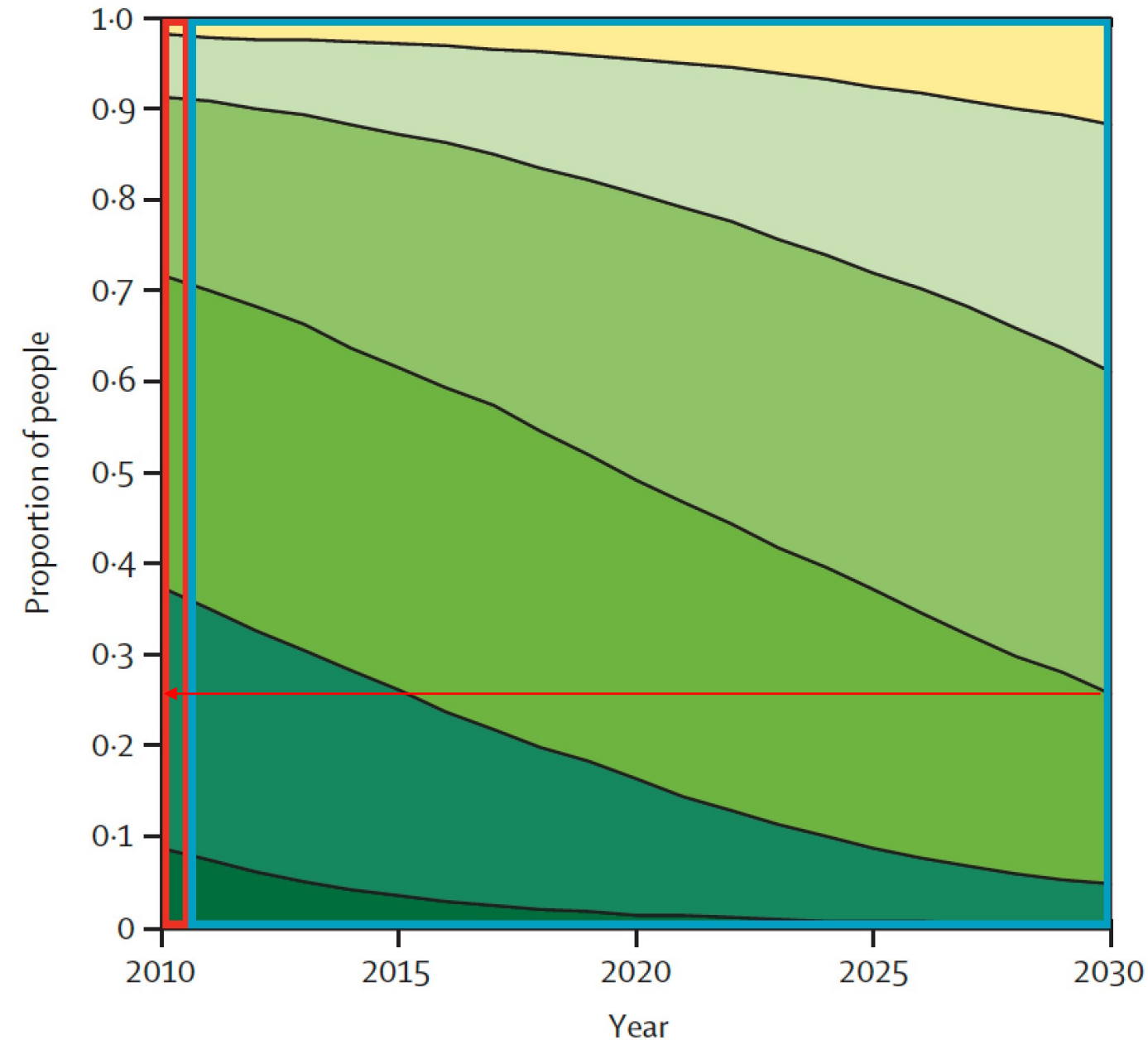
Can geriatrics help me?



People with HIV
are aging.
Everywhere.

Fig. 1. Estimated number of people living with HIV 50 years and over by region, 1995–2013. (a) Trends by global regions; (b) trends by African regions.

The population with HIV will grow older and older

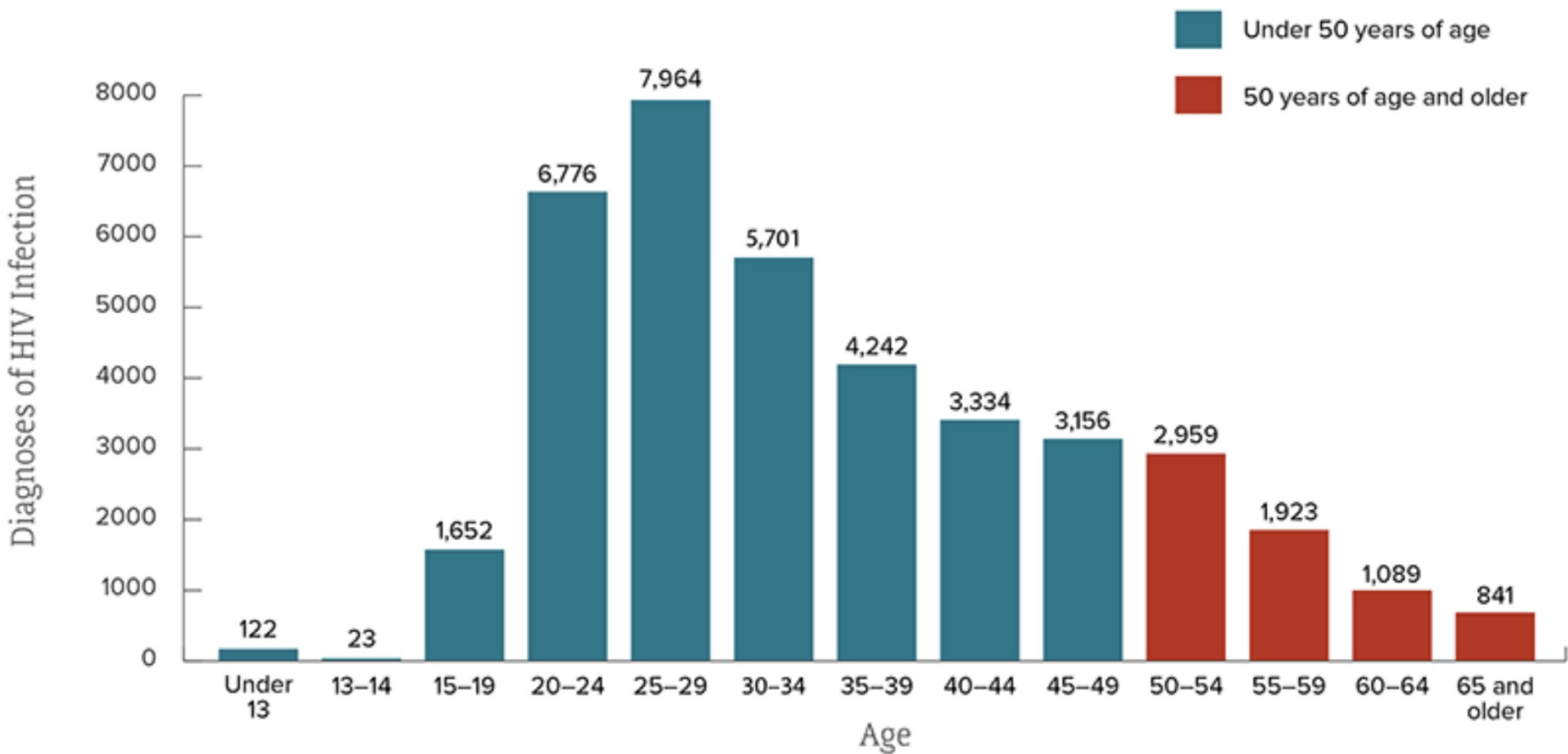


Smit et al Lancet ID 2015

[http://dx.doi.org/10.1016/S1473-3099\(15\)00056-0](http://dx.doi.org/10.1016/S1473-3099(15)00056-0)

In the US, 15-20% of new HIV cases are in 50+ age group

HIV Diagnoses by Age, 2016, United States



LTS ≠ Older PLWH

5% are 60+

Source: CDC. [Diagnoses of HIV infection in the United States and dependent areas, 2016](#) . HIV Surveillance Report 2016;28.



CASUAL SEX
ROMANTIC SEX
STRAIGHT SEX
GAY SEX
CURIOUS SEX

IF YOU
HAVE SEX

AGE IS NOT A CONDOM

Learn more. Be safe. Get tested.

NYS 800-541-AIDS NYC 800-TALK-HIV
800-541-2437 800-825-5448

acria



ageisnotacondom.org

Why do
older
people
become
HIV+?



ROMANTIC SEX
CURIOUS SEX
STRAIGHT SEX
GAY SEX
CASUAL SEX

IF YOU
HAVE SEX

AGE IS NOT A CONDOM

Learn more. Be safe. Get tested.

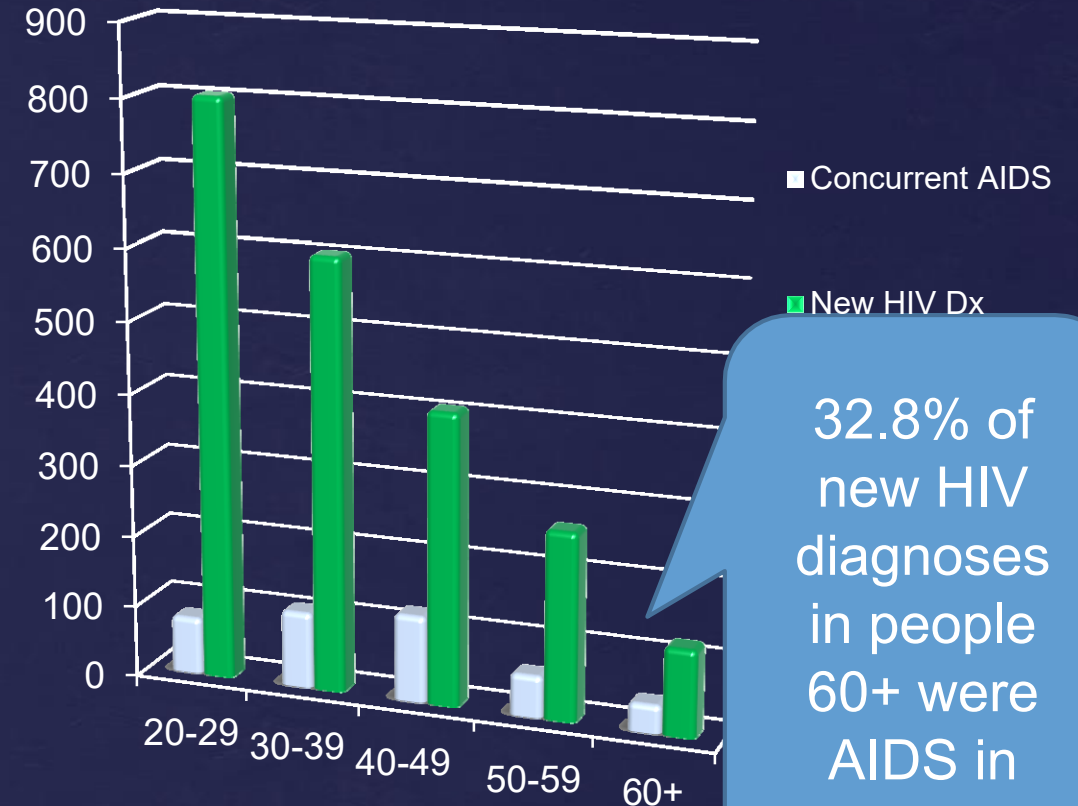
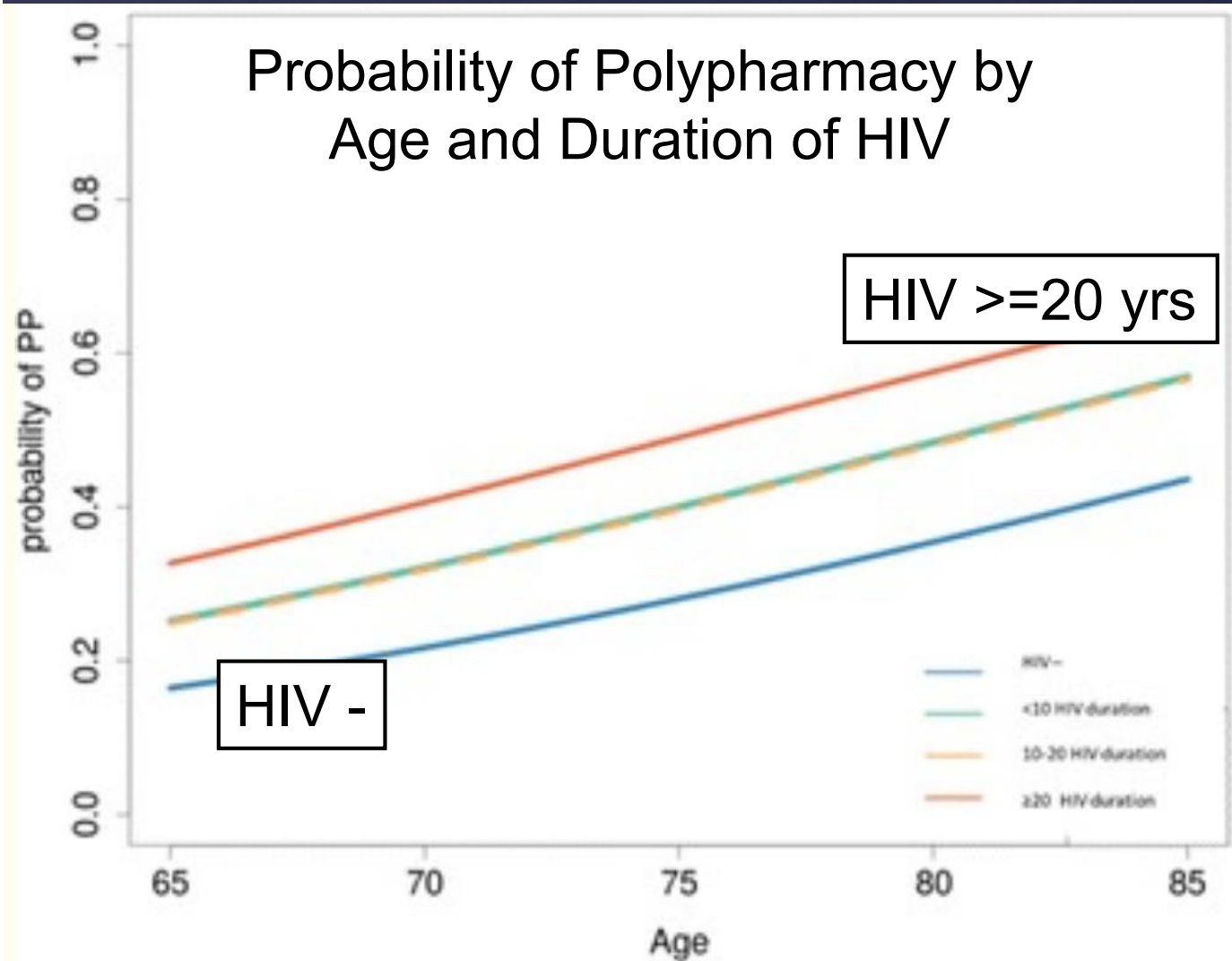
NYS 800-541-AIDS NYC 800-TALK-HIV
800-541-2437 800-825-5448

acria



ageisnotacondom.org

Aging with HIV differs from acquiring HIV later in life



What happens when a body ages?





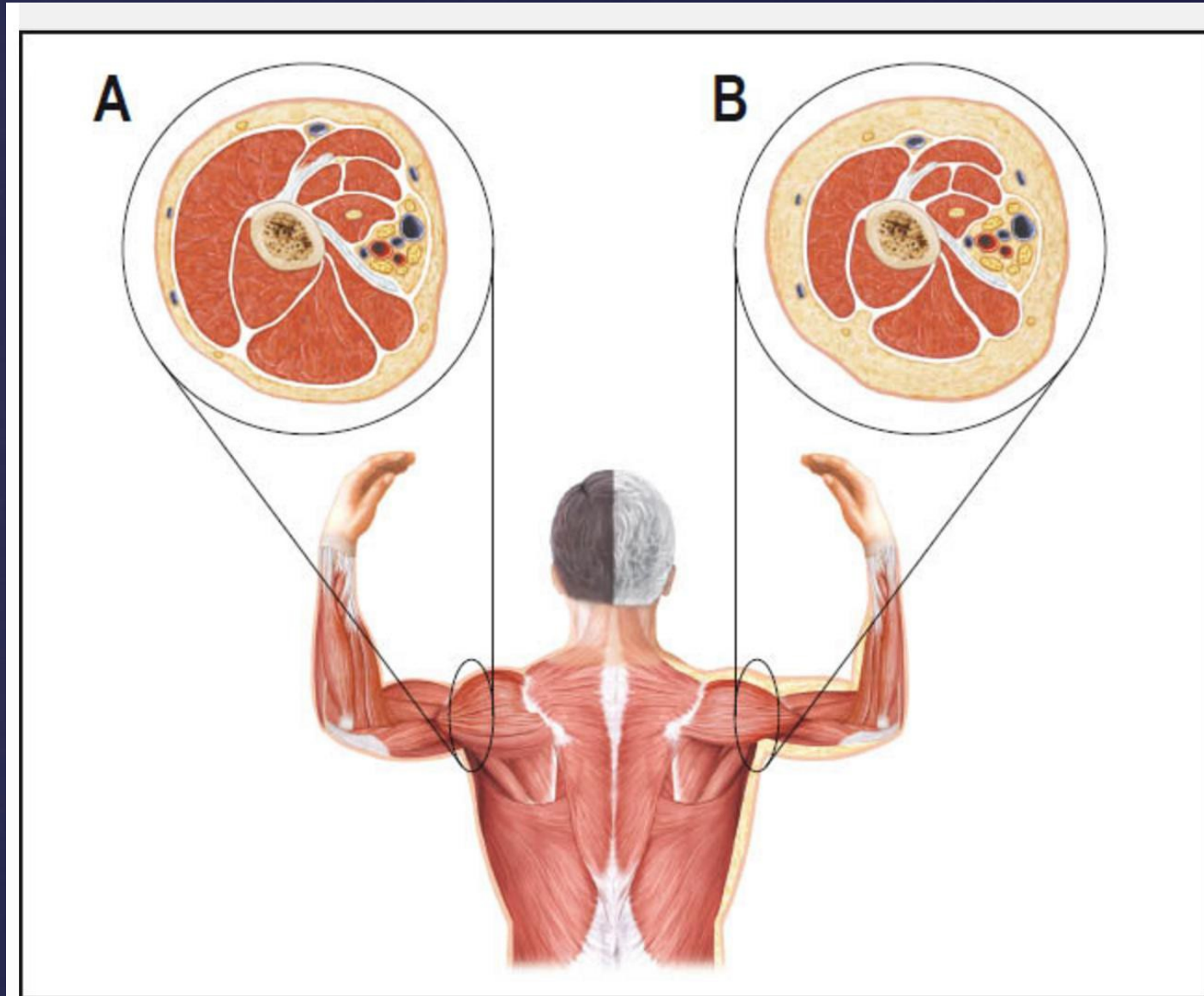
http://blogs.rep-am.com/worth_reading/2011/12/07/this-aging-game/
www.huffingtonpost.com/2013/02/06/betty-white-birthday-im-much-sexier_n_2629919.html

Assume Nothing:

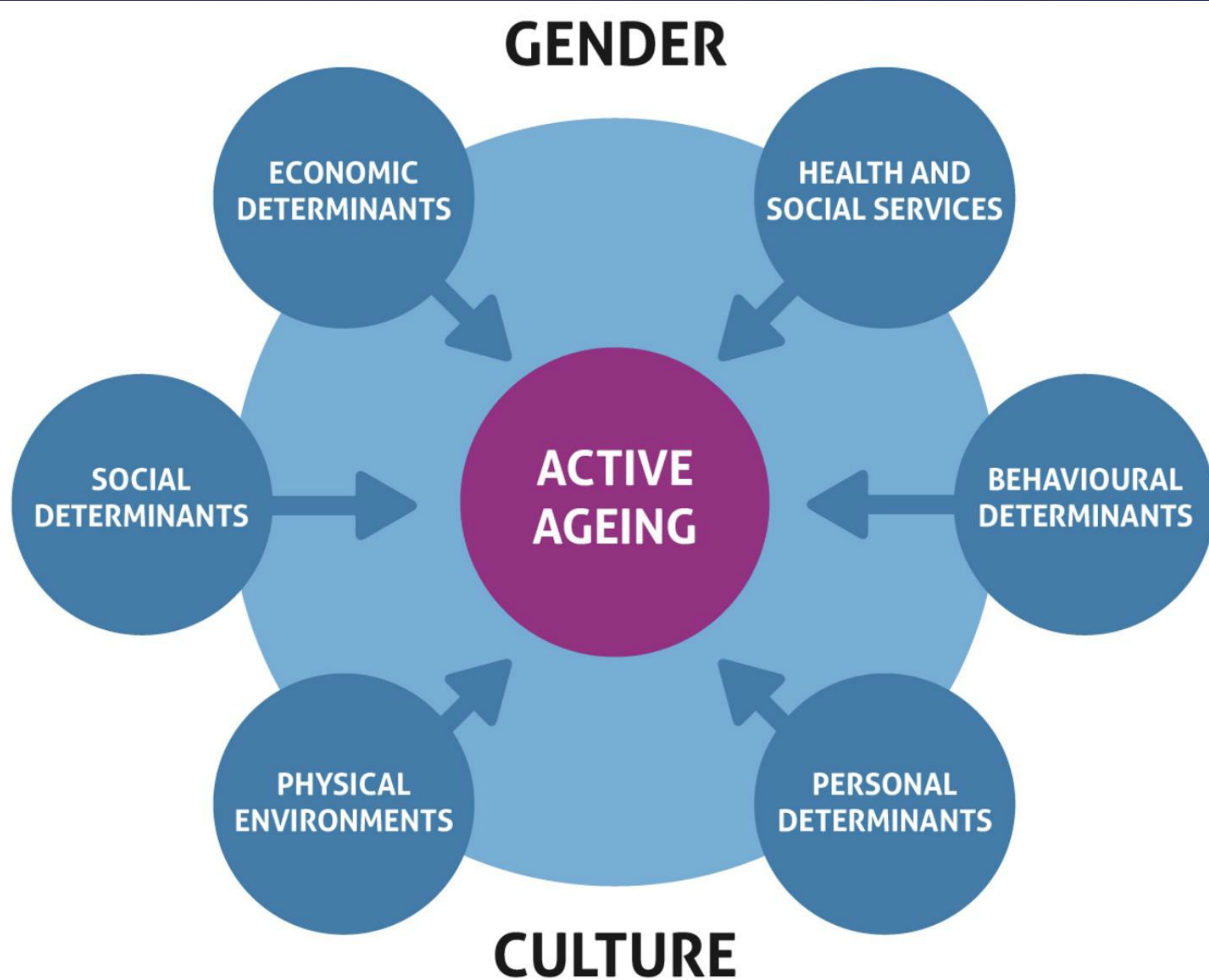
Aging occurs at different rates in different people in different organs for different reasons

Aging leads to diminished reserve

But maybe
many of those
changes are
preventable



Environment and genes influence how we develop and how we age



Trinity College Dublin
<https://www.futurelearn.com/courses/successful-ageing/0/steps/11790>

Aging increases the risk of frailty

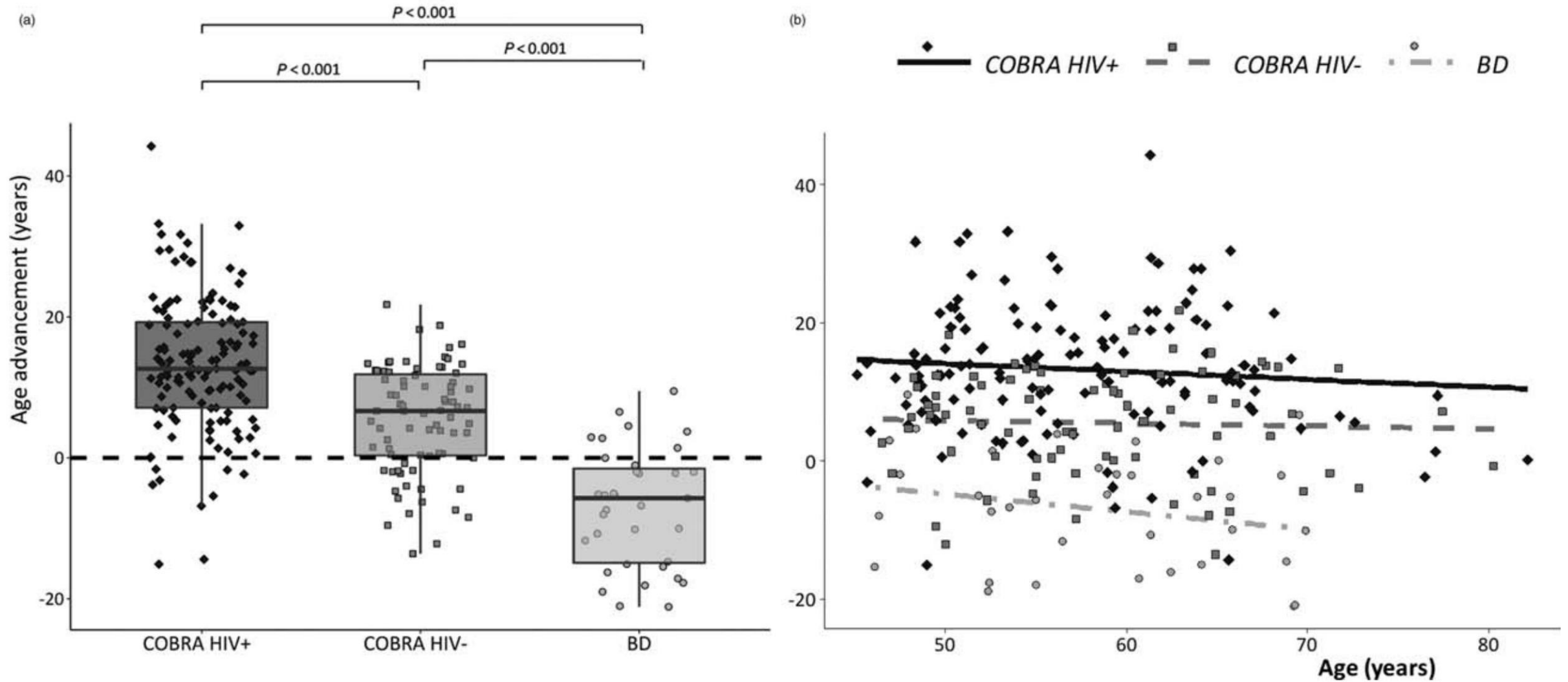


Frailty is not disability

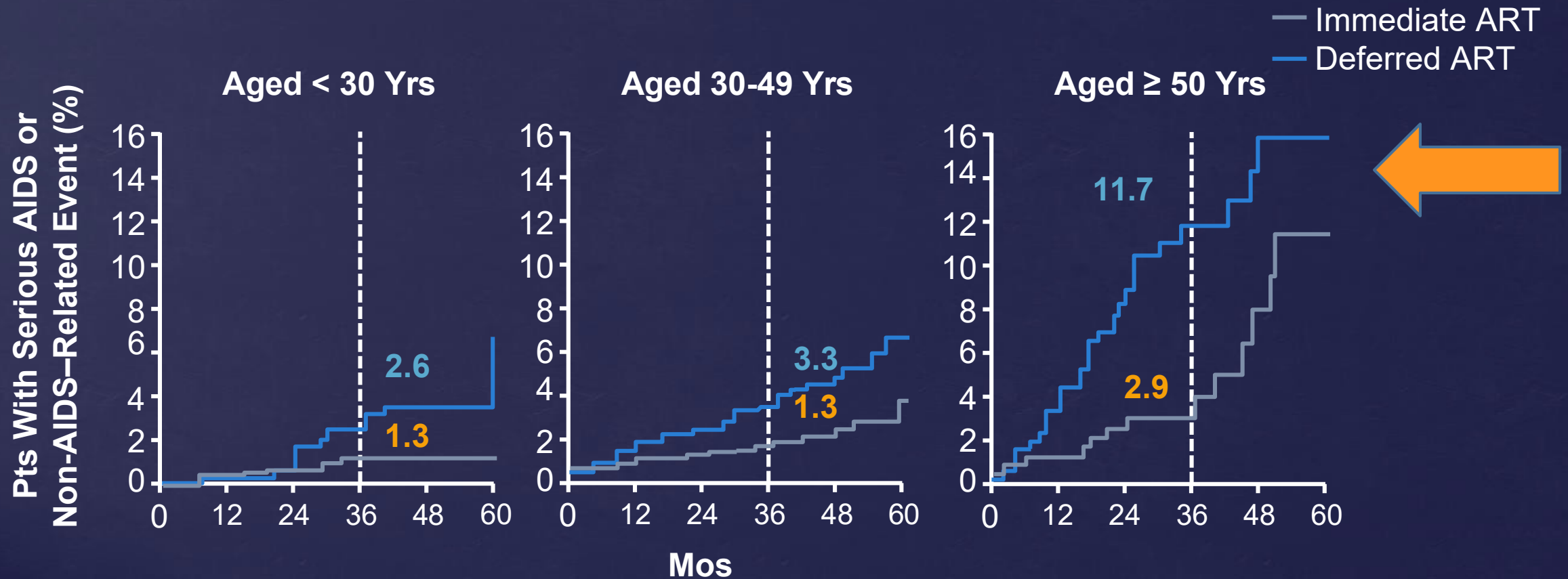


Frailty is a state of vulnerability

People with HIV age differently—but we don't know why



START: The older you are, the more a delay in ART will harm your health



HIV+, ART-naive adults with CD4+ > 500 randomized to immediate or deferred* ART (N = 4685)

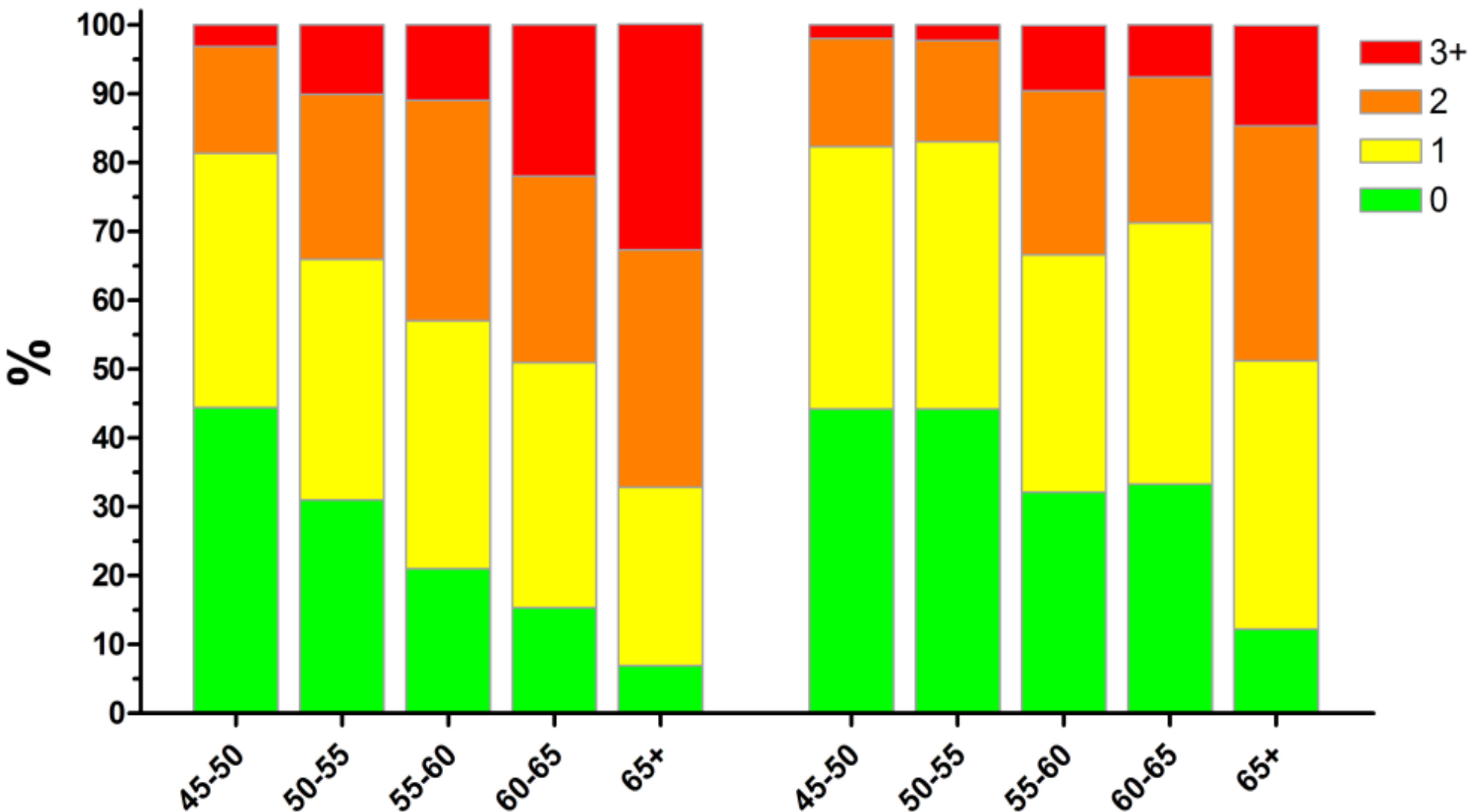
Molina JM, et al. IAC 2016. Abstract THAB0201.



Slide credit: clinicaloptions.com

HIV-infected

HIV-uninfected

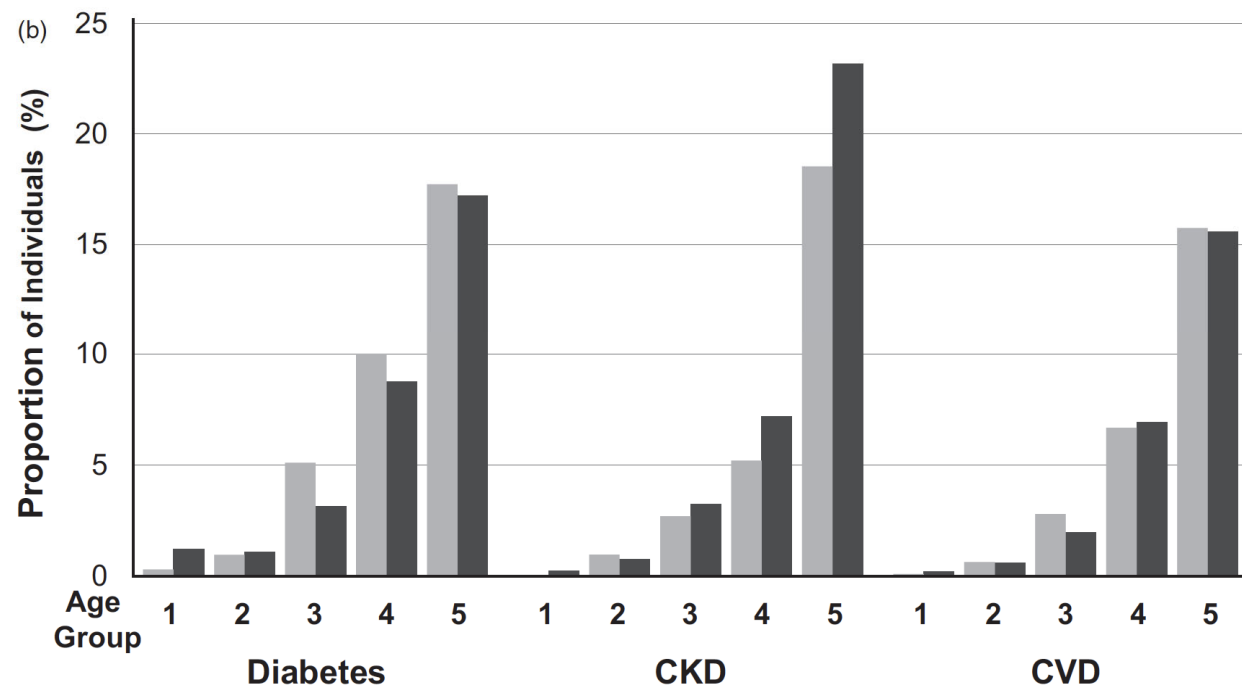
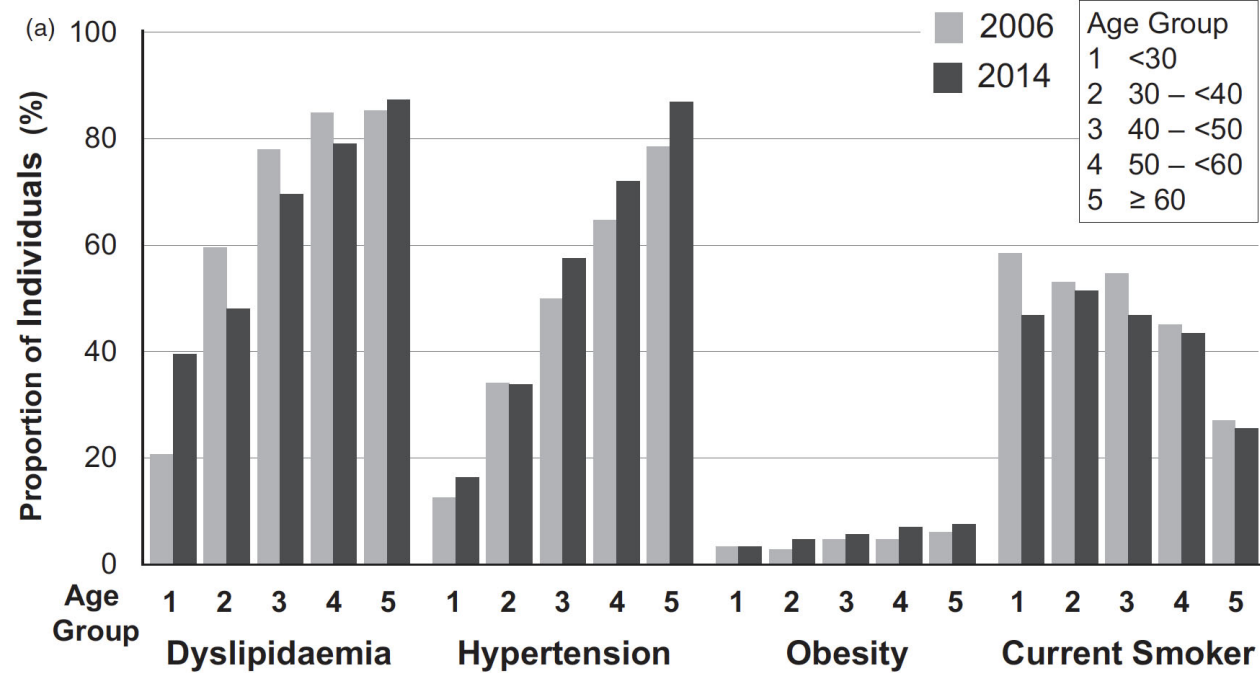


Over-50 HIV+
have greater
multimorbidity

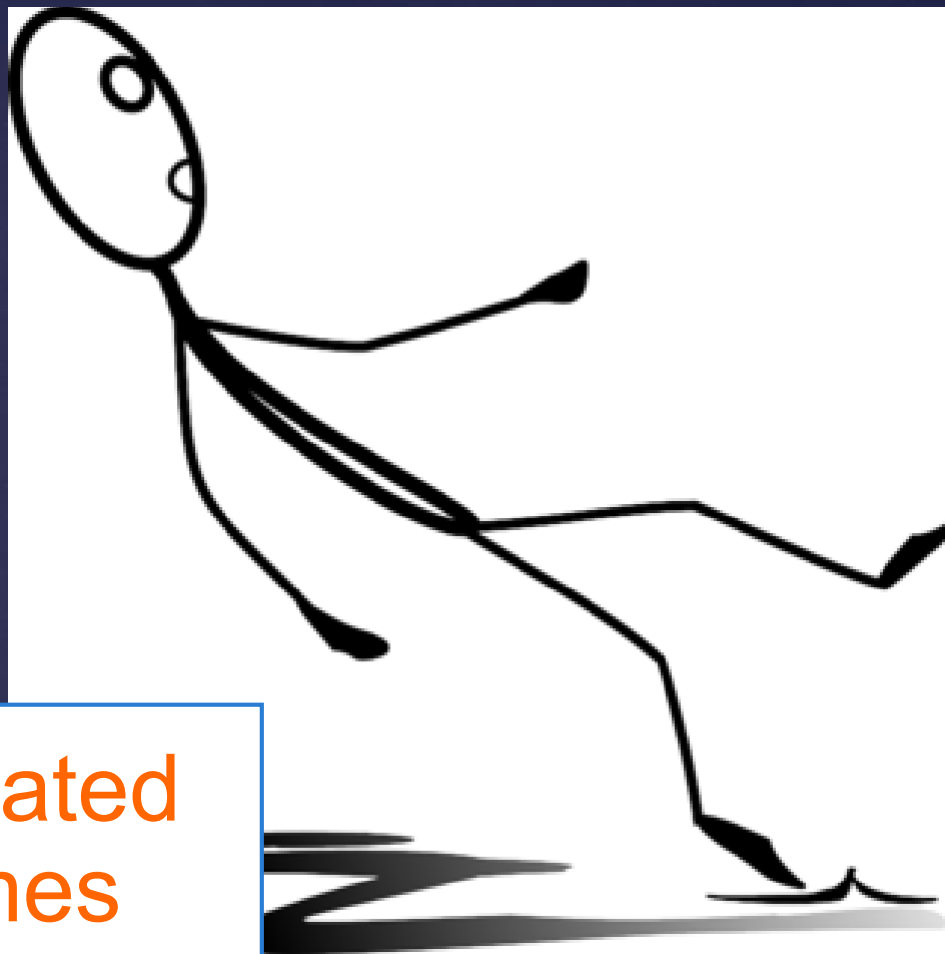
Mean number of AANCC	0.78	1.13	1.33	1.56	1.93	0.76	0.75	1.11	1.03	1.51
Number of participants	187	129	100	59	58	197	129	84	66	41

Schouten et al





Age-related increases in comorbidities have persisted over time



Source: cco public domain

Comorbidities
are not the only
medical concern

Aging-Related Syndromes

- Falls
- Frailty
- Delirium
- Dizziness

Clinical conditions in older persons “that do not fit into discrete disease categories”

(Inouye et al, JAGS 2007 doi: 10.1111/j.1532-5415.2007.01156.x)

Aging-related syndromes differ from traditional syndromes

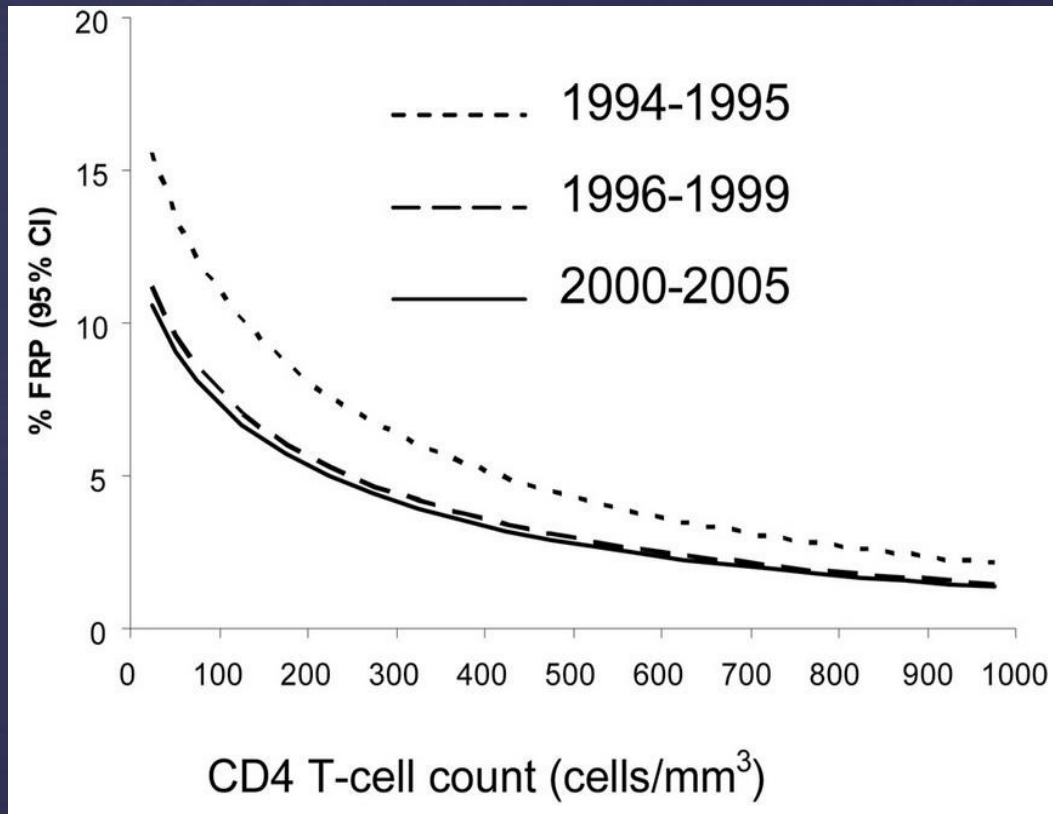
- Aging-related

- Example: Frailty
- Common
- Multiple causes
- Defined but cross-disciplinary presentation

- Traditional

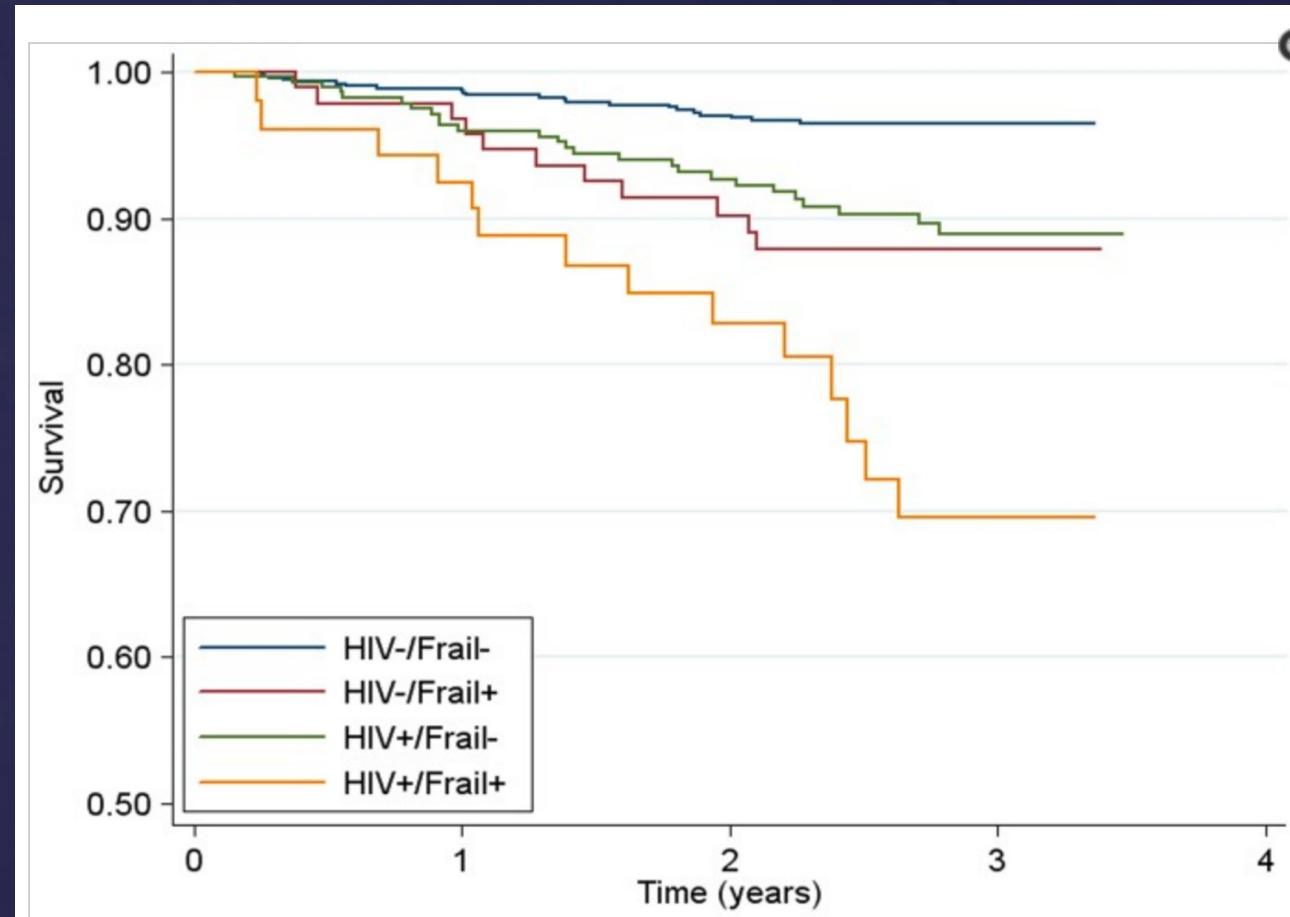
- Example: AIDS (1983)
- Rare
- Unknown but specific cause
- Multiple manifestations

HIV increases the risk of frailty – even after ART



- OR increased 1.5 for each decade of age
- AIDS increased risk approximately 3.5-fold

Frailty increases mortality risk in synergy with HIV



Survival by Frailty and HIV Status in the ALIVE cohort.

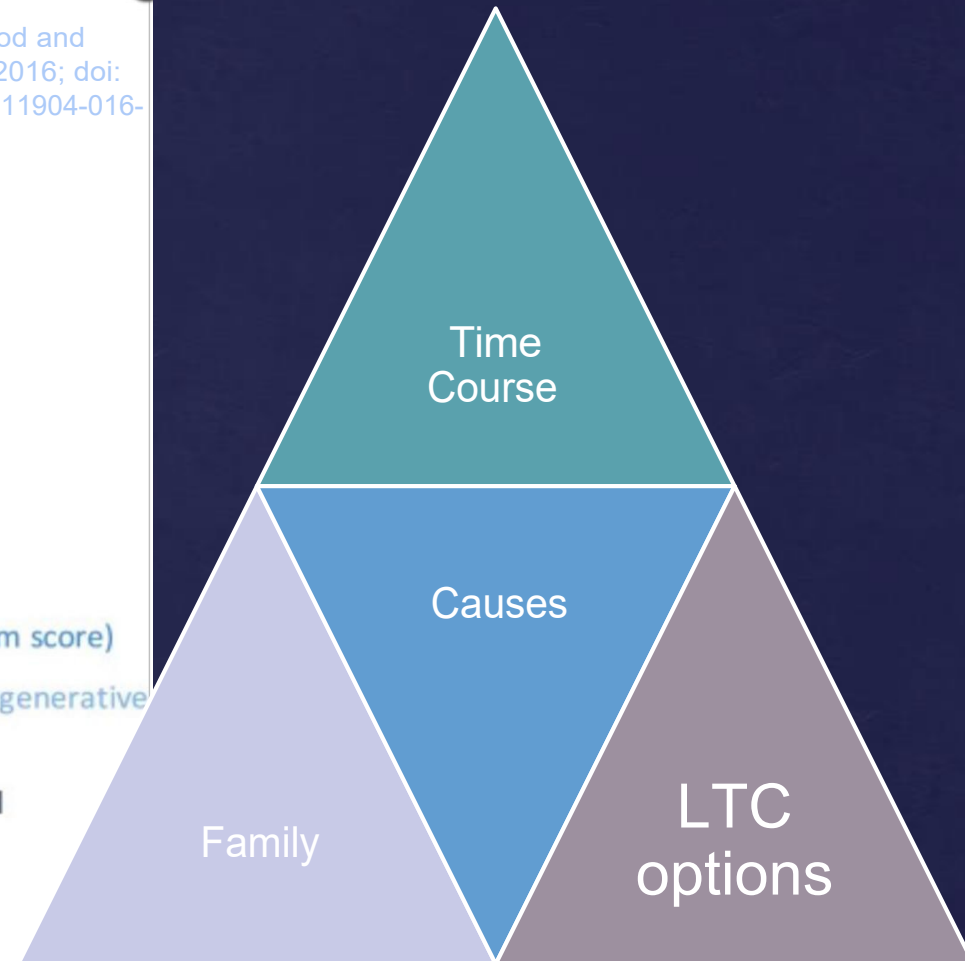
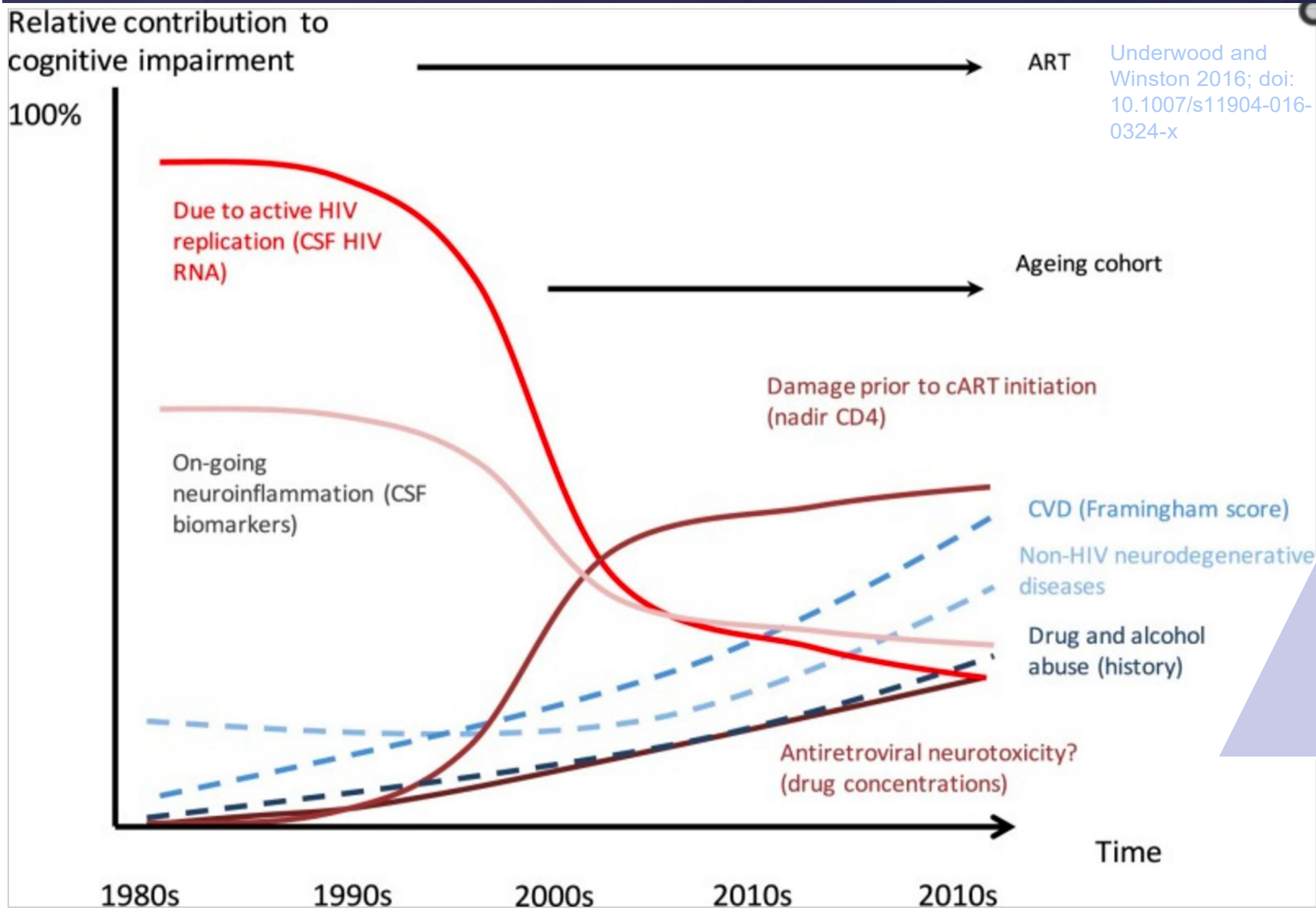
OPH Have multiple problems

UCSF Silver Project

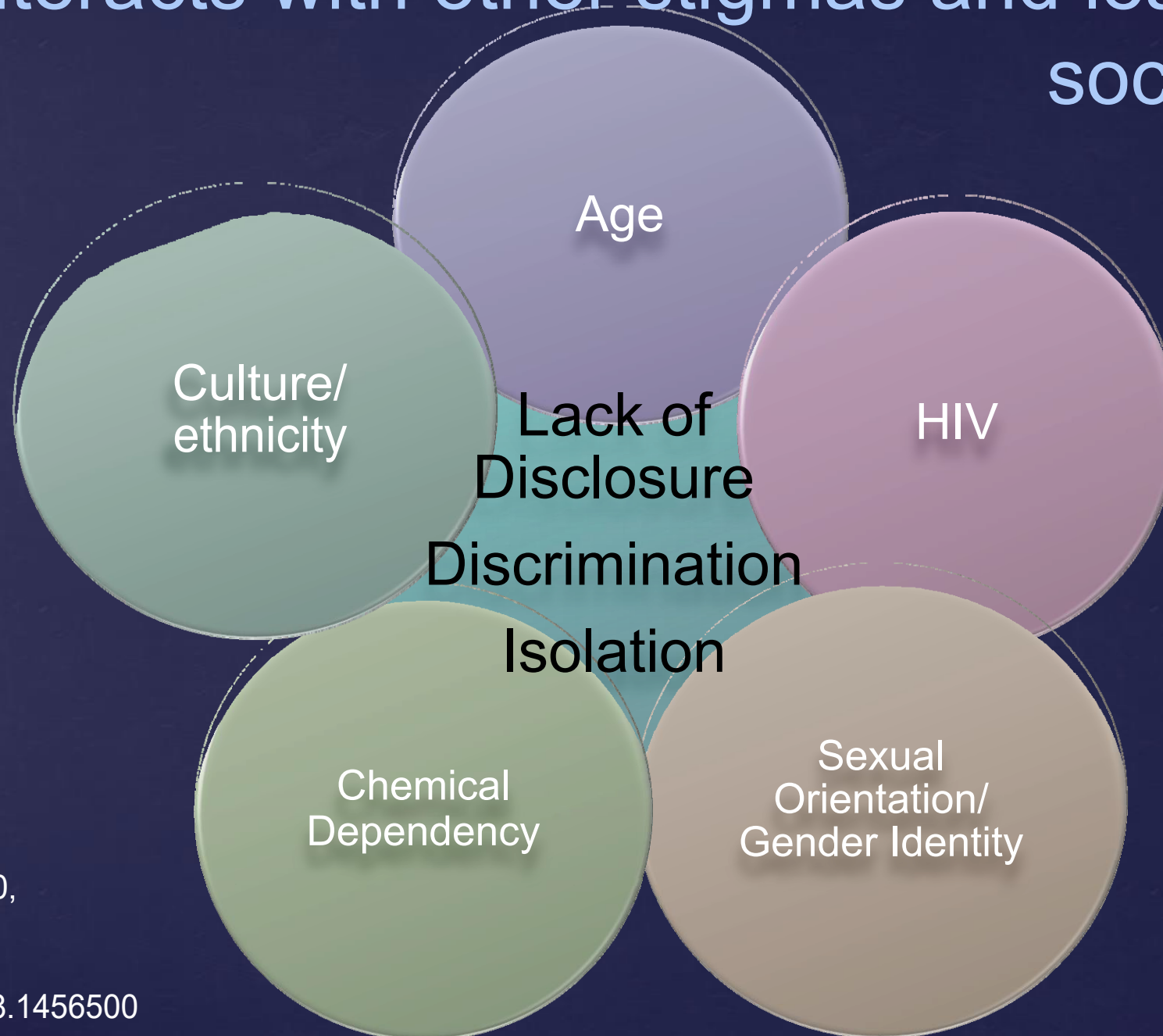
	Overall	50-59 (n=244)	60+ (n=115)
Balance Problem	37.6%	33.3%	46.9%
Excellent or vg health	38.3%	42.1%	29.8%
Poor-fair med adherence	11.2%	14.6%	4.4%
Slow gait speed (>=6.21 sec for 4m)	8.8%	6.2%	14.2%

- 85% M; 74.8% MSM
- 57.1% W (69.6% in 60+)
- 30.6% current **smokers**
- Median # meds: 11 (8-15)
- 40.7% had **fallen** in the past year
- 12.2% dependent in >= 1 ADL
- 33.7% had **cognitive impairment** (MoCA <26)
- 34.1% were mod-sev **lonely**
- 26.8% were mod-sev **depressed**
- Only half had normal social supports

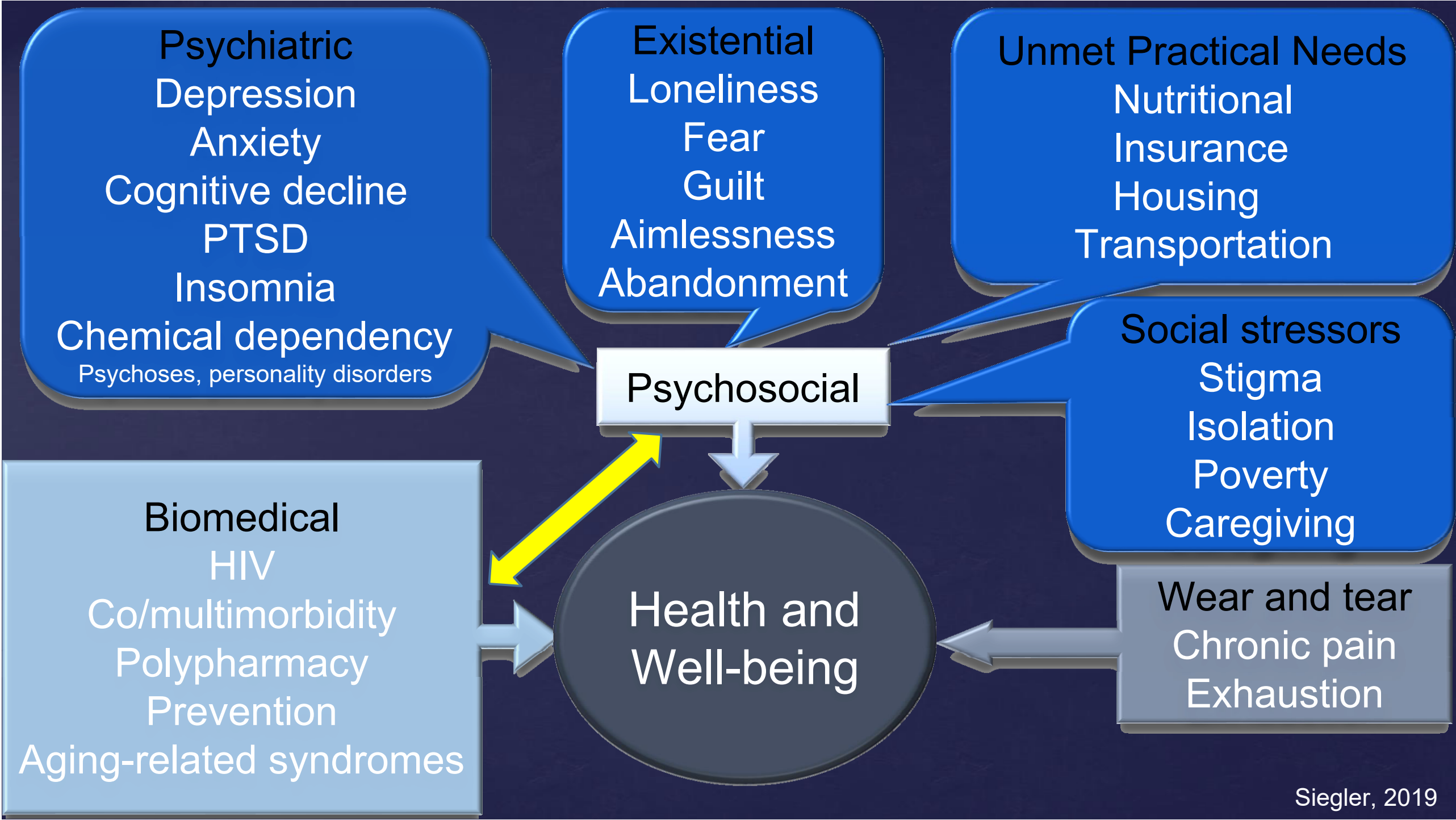
OPH have non-HIV neurocognitive disorders



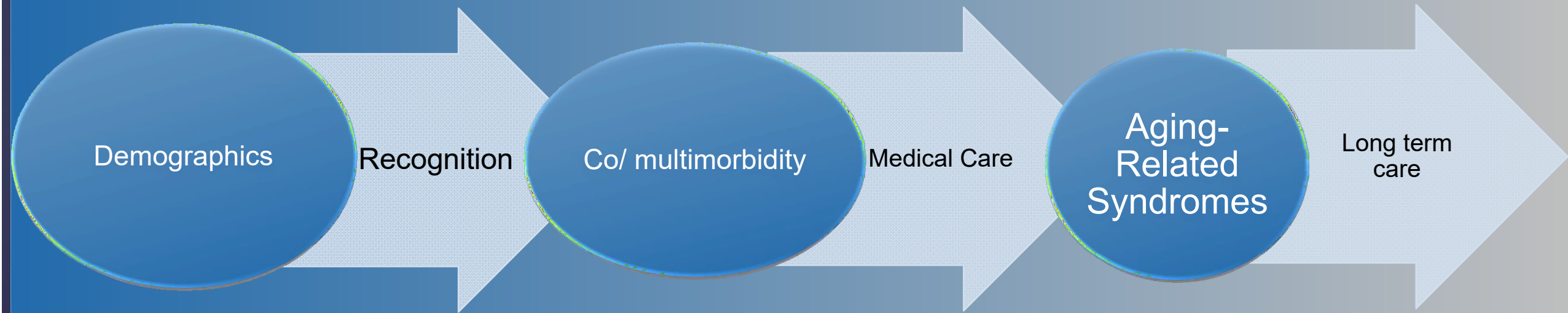
Aging interacts with other stigmas and leads to more social isolation



Emler, 2006:
doi:10.1089/apc.2006.20.350,
doi:10.1093/hsw/31.4.299
Shen 2018:
DOI:10.1080/07317115.2018.1456500



The field of HIV/Aging is evolving



We must also meet complex, changing social needs

One possible solution: Consult a geriatrician



A geriatrician is a doctor who is specially trained to evaluate and manage the unique healthcare needs and treatment preferences of older people.

<http://www.healthinaging.org/aging-and-health-a-to-z/topic:geriatrics/>



How might a geriatric approach/help people aging with HIV?



We concentrate on the 5 M's

Our HIV and Aging program embeds geriatricians in an HIV clinic

Conferences

How to create and sustain community linkages?

2012

2015

2019

Foundation support



Tell your story and share your memories through art

Study with a professional artist

No experience necessary, and it's FREE!

Contact Chelsea:
212-746-1417
Cob2014@med.cornell.edu

LEGACY ARTS
LIFE COLLAGE PROGRAM

STARTING September 22nd, 2017
FRIDAYS 11AM – 1PM

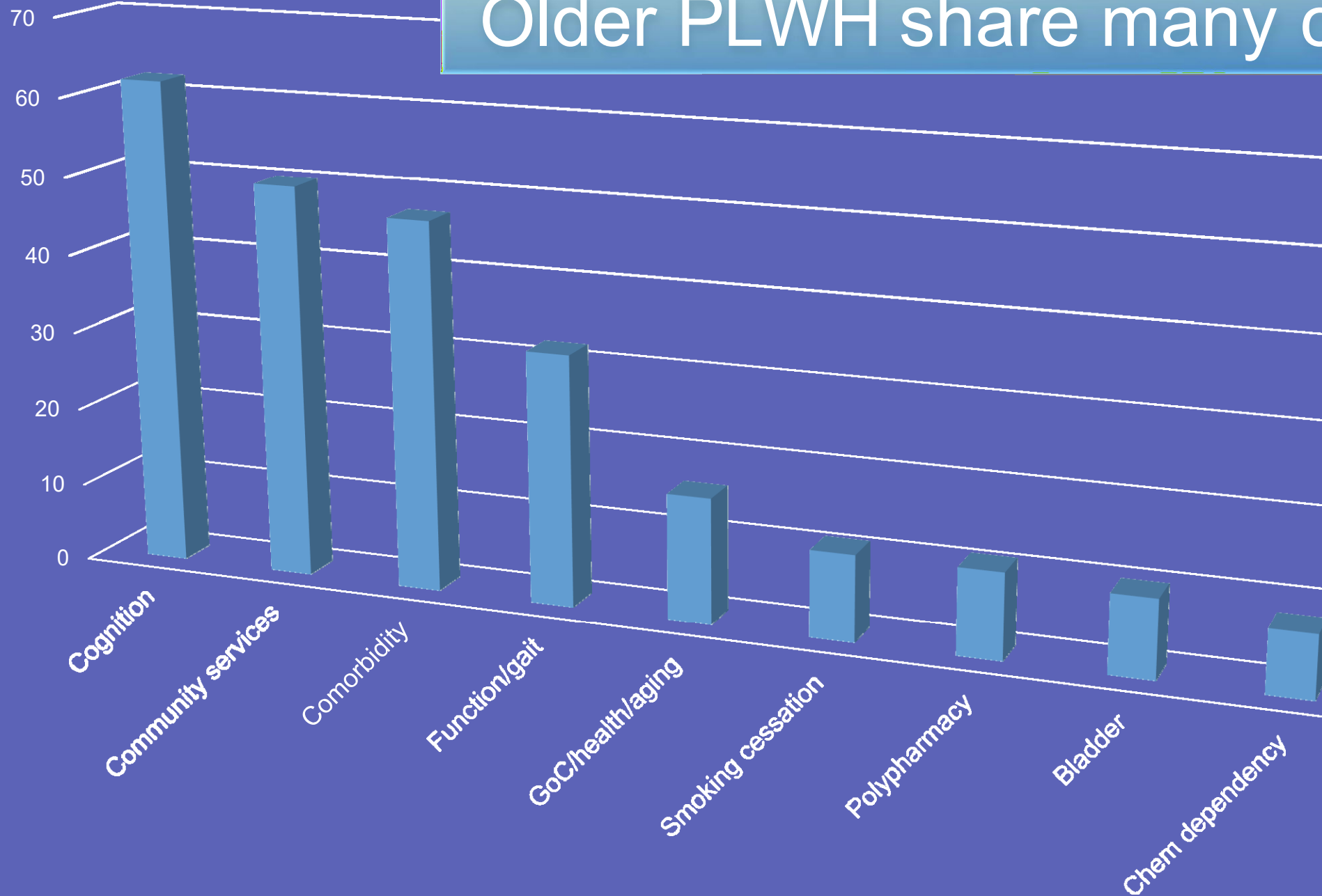
During this course you'll learn about collage, painting and drawing. You'll create visual artworks inspired by your stories, memories and life experiences. At the end of the ten-week course, your work will be featured in a special exhibition!

GERIATRICS & PALLIATIVE MEDICINE
525 EAST 68TH STREET
BAKER 14
CONFERENCE ROOM

Weill Cornell Medicine

Older PLWH share many concerns

■ Number of Patients



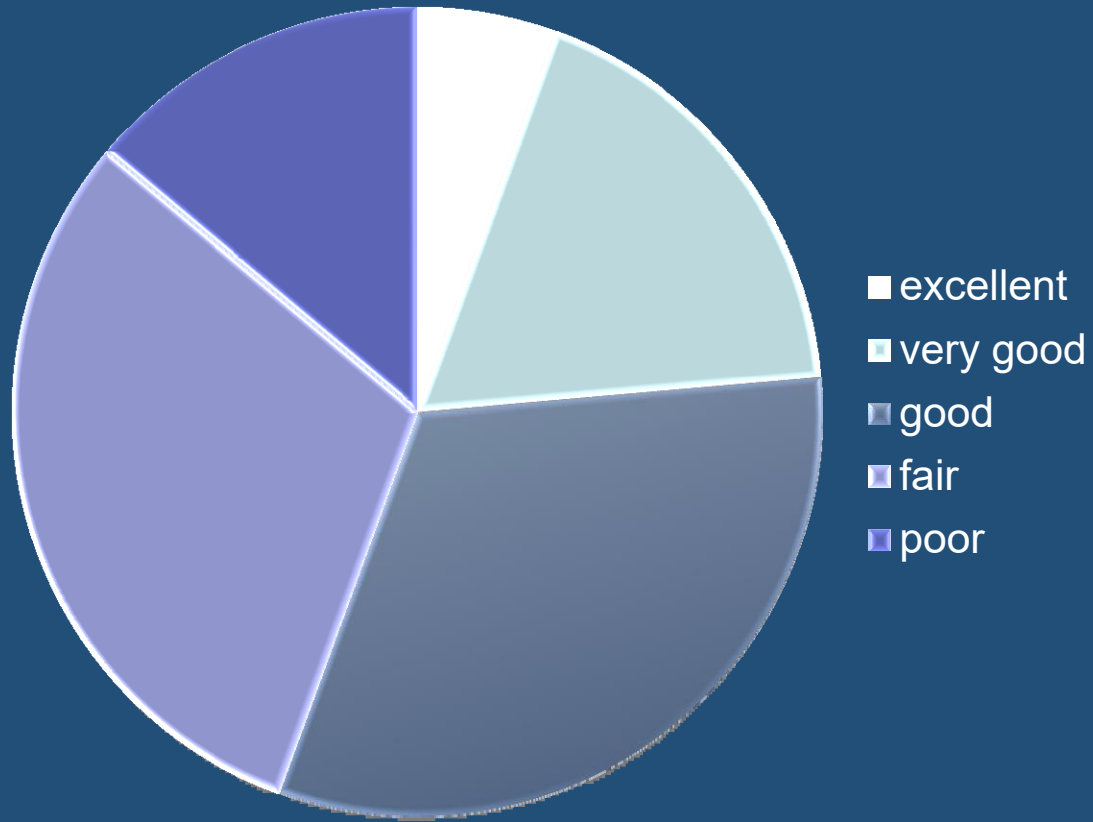
N=96
50% MSM
73% M
32% C, 38%
AA, 24% L
Med age 66.5
Range 50-84

Older PLWH have a range of goals

Many have none

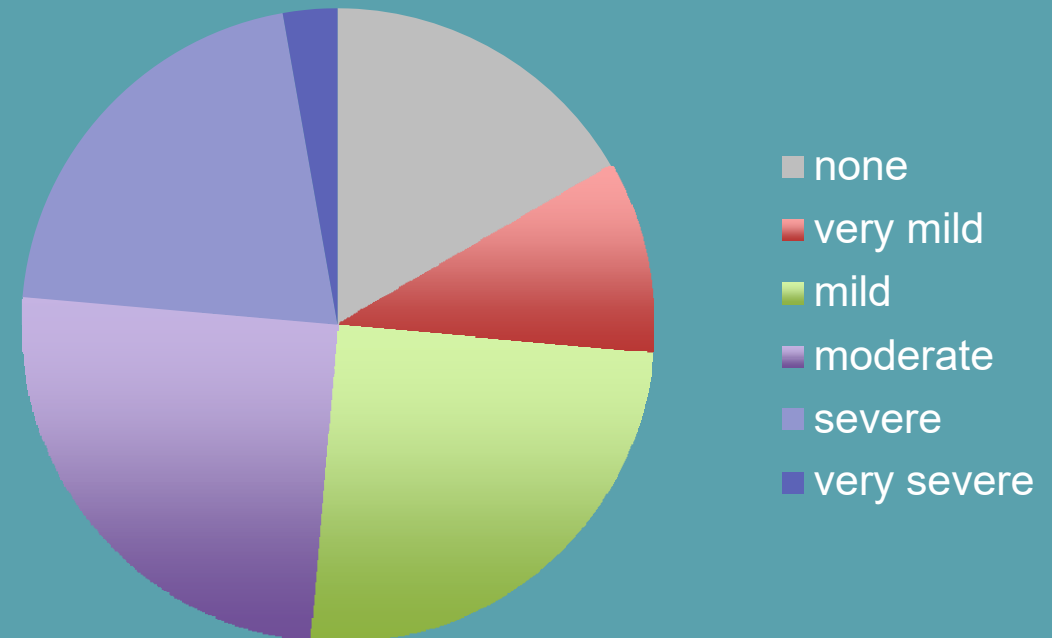


OPH live with pain and poor health



44% rated their health as fair or poor

49% rated pain as at least moderate



Geriatricians are trying to help reshape care of OPH

- Confirm suspicions
- Uncover problems
- Introduce resources
- Establish or reset priorities
- Suggest alternative medications
 - Encourage discontinuation of others
- Goals:
 - Address social needs
 - Prepare for long term care

US workforce supply won't meet demand

Providers (2013, 2015 numbers)

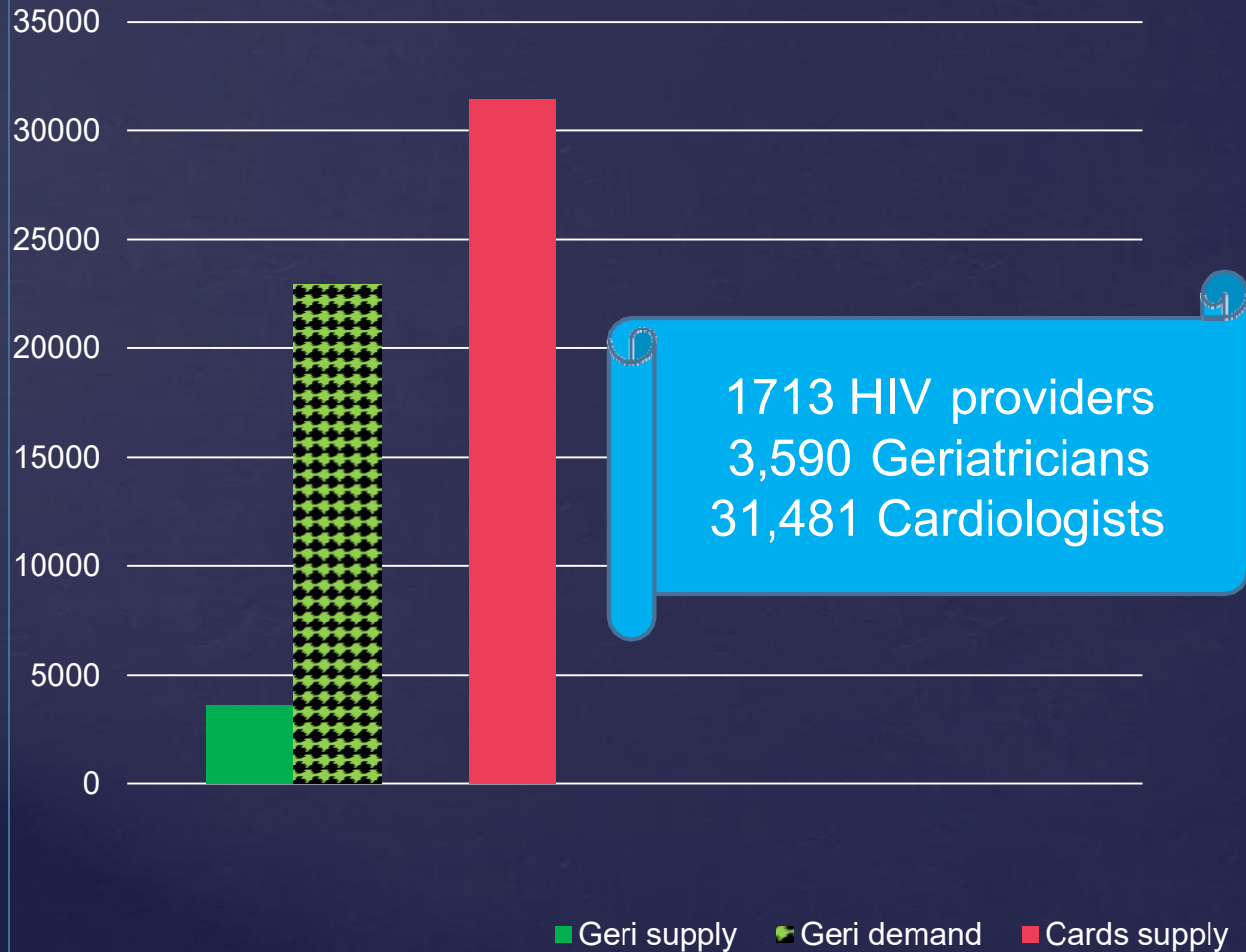
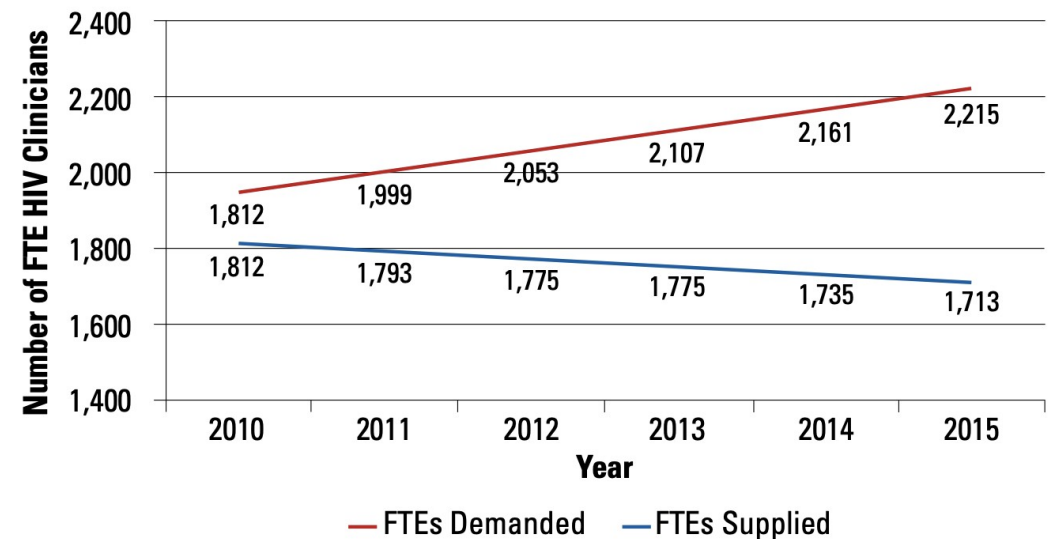


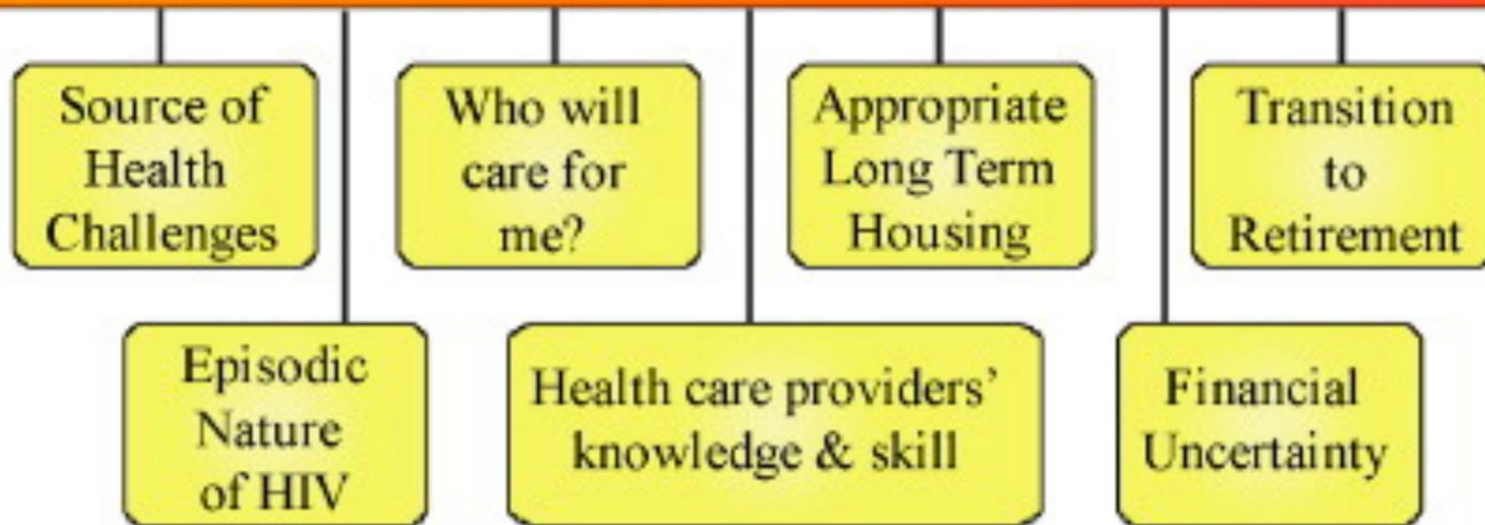
Figure 1. Forecasted Supply and Demand of FTE HIV Clinicians, 2010–2015



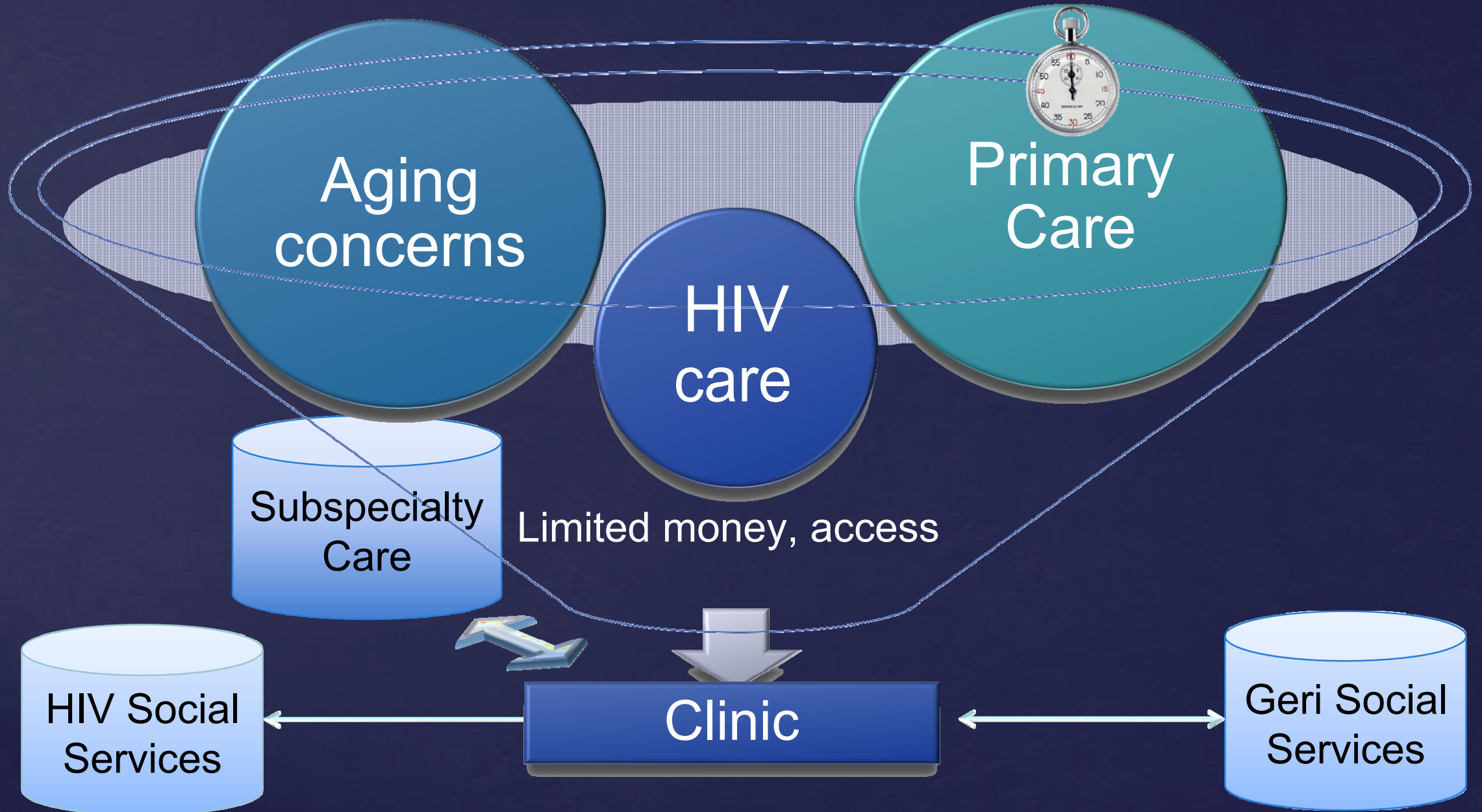
FTE = full-time equivalent.

Sources: HIV Clinician Workforce Survey 2012, NAMCS (2009), NHAMCS (2008), HCUP-NIS (2002–2009), and federal and state HIV surveillance data (2008).

Uncertainty related to Aging with HIV



How should the components of care be combined?



What should I be doing?

<https://www.kent.edu/UHS/smoking-cessation>

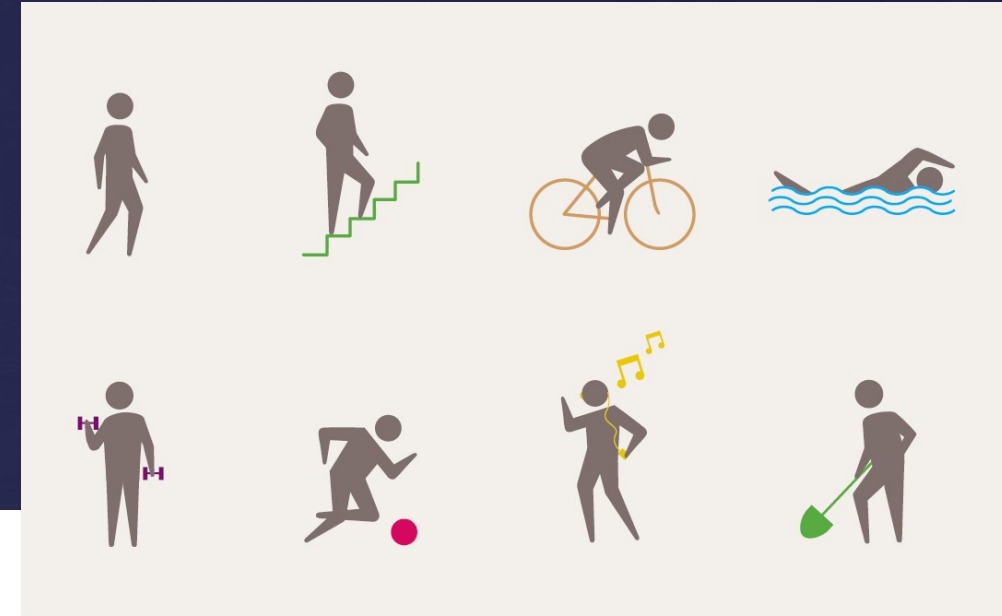
<https://news.tulane.edu/news/benefits-healthy-diet-greater-people-high-genetic-risk-obesity>

<http://www.aidsmap.com/Exercise/page/1188930/>

<http://www.aidsmap.com/Exercise/page/1188930/>

"How to Make Friends" NYT 10/24/2018

<https://clipartion.com/free-clipart-17032/>



Talk to your care coordinator about aging services

Every county has an Area Agency on Aging



www.n4a.org



National Association of Area Agencies on Aging

advocacy | action | answers on aging

ABOUT n4a ADVOCACY AGING SERVICES n4a INITIATIVES

Find Aging Resources in Your Area

City

State

Or

Zip Code

Powered by: Eldercare Locator



photo by Sharon Roberts

Five

eldercare locator
Celebrating 20 Years
Connecting You to Community Services
1-800-677-1116

Home About Resources

Results for white plains, NY

Welcome to the Search Results Page. Below is a listing of resources in your community that provide information and assistance for older adults and caregivers. To learn more about each type of agency access the button located next to each service.

Show All

Information and Assistance

Westchester County Department of Senior Programs and Services

Address : 9 South 1st Avenue
10th Floor
City : Mount Vernon
State : NY
Zip : 10550
Website : <http://www.westchestergov.com/seniors>
Contact Email : Jsw1@westchestergov.com
Office Phone : (914) 813-6400
Information Phone : (914) 813-6400
TTY Phone : (800) 662-1220

Access services through ADRC



[Home](#) | [programsproviders](#) | [ADRC](#)

Aging and Disability Resource Connection

 [Subscribe to receive updates](#)

The Aging and Disability Resource Center (ADRC) initiative is a collaborative effort led by the Administration for Community Living (ACL) and Centers for Medicare & Medicaid Services (CMS). ACL brings together the Department of Health and Human Services Office on Disability, the Administration on Aging and the Administration for Intellectual and Developmental Disabilities. ACL actively partners with the Veterans Administration as well as the Department of Education. This initiative seeks to streamline access to long-term services and supports (LTSS) for older adults, all persons with disabilities, family caregivers, veterans and LTSS providers. Currently, 52 states and territories are operating or are in the process of implementing the core elements of an ADRC.

In many communities, multiple agencies administer long-term support services and have complex, fragmented and often duplicative intake, assessment and eligibility functions. ADRCs build on the strength of existing community agencies, such as Area Agencies on Aging and Centers for Independent Living, to provide a single, more coordinated system of information and access for all persons seeking long-term support to minimize confusion, enhance individual choice, and supporting informed decision-making.

Consumer

- Aging and Disability Resource Centers or “No Wrong Door” (NWD) System
- Collaborative effort of the ACL, CMS, and the VA



Can I Get Help?

Answer four simple questions to find out.

Quickly find benefit programs that could help you pay for medications, health care, food, and more. All from a reliable and trusted source. [About Us](#).

GET STARTED NOW



My Medicare Matters
A TRUSTED RESOURCE FOR MEDICARE COVERAGE
▶ LEARN MORE

I really just need help with...

Paying for Medicine

Medicare Rx Extra Help

If you have Medicare and limited income and resources, you may be able to get extra help paying for your prescriptions.

GET HELP NOW >

Find Help Paying for Prescriptions

Find programs that save money on medications and other health care costs.

Enter Your 5 Digit Zip Code **GO >**

Paying for Food

Food Assistance Programs in Your State

Get the food you need to stay healthy. Find program information, application forms and links to other resources in your state.

Select Your State **GO >**

Find Help Paying for Food

Find food and nutrition programs that can help save you money.

Enter Your 5 Digit Zip Code **GO >**

Stay Connected

Get updates on how to stay healthy, secure, and independent

SIGN UP

Our Sponsors



Ways to Share



Success Stories

"Thank you so very much for this web site. I was really struggling to meet my financial obligations and still eat and buy my medicine..."



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[Site Map](#)
[Privacy Policy](#)

Other NCOA Sites:

[NCOA.org](#)
[EconomicCheckUp®](#)
[My Medicare Matters®](#)

Press Room:

[Overview](#)
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[NCOA on Youtube](#)



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[Printer Friendly](#)

[Find us on Facebook](#)

Welcome to the Eldercare Locator, a public service of the U.S. Administration on Aging connecting you to services for older adults and their families. You can also reach us at 1-800-677-1116.

Find Help in your Community

You can start your search by selecting zip code OR city/state OR topic.

Search by Location

Zip Code:

OR

City:

State:

Search by Topic

Adult Day Program
Alzheimer's Disease
Behavioral Health
Caregiver
Elder Abuse Prevention
Financial Assistance
Food & Nutrition
Health Insurance
Healthy Aging
Home Repair & Modification
Housing Options
In-Home Services
Legal Assistance
Long Term Care
Nursing Home & LTC Facilities

Search

Reset

Tools and Resources



- Check for Benefits
- Long Term Care Planning
- Advanced Care Planning
- Factsheets
- Brochures
- Federal Websites
- Helpful Links

Online Chat

Have a question? Speak with an Information Specialist Monday-Friday 9am-8pm ET. [Start Online Chat.](#)



Media Spotlight

HOME IMPROVEMENT SCAMS Tools to Reduce Your Risk



*** New Brochure ***

Last Modified: 6/22/2016 4:26:02 PM

What questions should I ask my providers?

This is a great project for a CAB!

- How do you determine who **needs** an aging assessment?
- Who **will do** the aging assessment?
- How will you translate assessment into **action**?
- How will you foster **physical fitness and nutrition**?
- How will you meet **psychosocial** and **LTC** needs?
- What **community-based services** are appropriate for me?
- How will you **coordinate** care?

HIV and Aging: Resources

<http://agrayingpandemic.org>

<http://hiv-age.org/>

<https://www.cdc.gov/hiv/group/age/olderamericans/index.html>

<https://aids.nlm.nih.gov/topic/1203/specific-populations/1208/aging-adults>

<http://www.treatmentactiongroup.org/hiv/hiv-aging-resources>

Questions?

