Ending the HIV Epidemic (EHE) Regional Learning Collaborative

Alameda, Los Angeles, Orange, Riverside, Sacramento, San Bernardino, San Diego, and San Francisco Counties

Session 21:
Strategies to Support Individuals Aging with HIV

Tuesday, September 27, 2022
10-11:30 a.m. PST
Session Agenda

1) Presentations
   - Let’s Kick ASS (AIDS Survivor Syndrome) – Palm Springs
     - Jax Kelly, President
     - San Francisco AIDS Foundation
     - Vince Crisostomo, Director of Aging Services
   - APLA Health
     - Brian Risley, Manager, HIV/HepC Health and HIV-Elders Programs

2) Panel Discussion/Q&A
   - Enter questions using Q&A
   - Share comments/resources using Chat
History of HIV & Aging Research & Planning in San Francisco

• Research in Older Adults with HIV R.O.A.H. 2010
• HIV Planning Council & LTCCC 2012
• LGBT Task Force on Aging 2014
• HIV & Aging Work Group 2014 to 2019
• Recommendations to LTCCC December 2015
• Last Men Standing 2016
• Research in Older Adults with HIV 2.0 (2018)
  – SF
  – Oakland
• Gilead Funding 2019 & 2021 – Aging Positively
Reducing social isolation among HIV long-term survivors by building friendships and ties to the community

Authors: Vince Crisostomo, Dusty Araujo, Julie Lifshay | San Francisco AIDS Foundation

Background: People with HIV are living longer and the proportion of HIV-positive people in San Francisco and in the U.S. over age 50 continues to grow. Many of these individuals are confronting unique social and emotional challenges in addition to health care systems ill-equipped to respond. Long-term survivors experience depression, loneliness, anxiety and report that their emotional support needs are not fully met. People living with HIV who are struggling with depression or other mental health concerns are less likely to remain adherent to antiretrovirals (ARVs).

Description: To address unmet social needs of HIV-positive seniors, San Francisco AIDS Foundation (SFAF) established a social support network serving men who have sex with men over age 50 in 2013. The Elizabeth Taylor 50-Plus Network offers weekly social and wellness activities. In addition to the generosity provided by the Elizabeth Taylor AIDS Foundation, the program receives funding from corporate grants including Gilead and Janssen.

Meeting the Needs of People Aging with HIV
With input from geriatricians, HIV providers and clients, in recent years, activities were adapted to meet the needs of people aging with HIV.

For clients who may be on limited incomes, we:
- Provide balanced and nutritious meals at events with take-home containers
- Buy tickets and entry fees for special events and group activities
- Organize a variety of get-togethers at free community events
- Pay for coffee at Saturday get-togethers at a local coffee house

For clients with accessibility needs, we:
- Host activities in venues with elevators and ADA access
- Share venue accessibility information on event invitations
- Prepare materials with large font sizes
- Encourage activity participation at the right level for each individual
- Allow clients to bring emotional support animals to events hosted at SFAF

For clients with complicated care needs, we:
- Provide information and education about chronic disease & aging with HIV
- Link people to local services and resources for people aging with HIV
- Provide support for mental health concerns including loneliness, depression and anxiety
- Overcome social isolation by actively engaging group members with weekly activities
- Provide tips and guidance on how to cope with demands of illness management (i.e. keeping medical appointments, adhering to treatment and navigating complex systems of care)

Conclusions & Lessons Learned
- Many long-term survivors in San Francisco stay engaged in this social & support group
- Two full-time staff members engage 500 members annually
- Programs by and for long-term survivors reduce social isolation for people who have lost friends and loved ones to HIV
- Group members create lasting friendships, find community, feel “belonging” and heal from past trauma and pain.
- Consideration for special needs related to accessibility, health concerns, nutrition, psychosocial services and income limitations should not be overlooked.

Ongoing Needs
- Affordable mental health & psychosocial services for long-term survivors
- Client advocacy services, care navigation, volunteer peer support matches, and services for clients’ emotional support animals

Our Response During COVID-19 Shelter-in-Place
The shelter-in-place order in response to the COVID-19 pandemic created challenges for our program which relies on in-person events to build community connection. We found an increased need for peer support, support for substance use concerns and meals.

We provided:
- Virtual check-ins weekly
- Virtual Saturday morning “coffee chats”
- Virtual dinner party social events

We will look for opportunities to provide more virtual social interactions in the future.

Contact Us:
50-Plus Network:
50PlusNetwork@safaf.org
meetup.com/50-Plus-Network
facebook.com/groups/50plusnetwork

Bridgemen:
ARay@safaf.org
meetup.com/Bridgemen
facebook.com/groups/bridgemensf

Elizabeth Taylor 50-Plus Network, established in 2014, promotes the physical, mental and emotional well-being and self-efficacy of gay, bisexual and trans (GBT) men over the age of 50, regardless of HIV status, by providing resource navigation, social support, educational groups, and volunteer opportunities.

Bridgemen is for gay, bi and trans men who want to give back to our community. We organize fun and relevant social events and community-service projects that provide leadership opportunities and create friendships. Our goal is to make San Francisco a safe and happy place for everyone—by building bridges between our many social networks.
The San Francisco Principles
2020
A Call to Action To Mobilize

- Providers, Community & Government Officials
- To Remember Our History
- To Fight to for Health, Racial & Social Justice
- To See that the needs of ALL LTS are being addressed
- Nothing About Us Without Us…
- To Get Right what we haven’t in the 40 years of the HIV/AIDS Pandemic
- SF Supervisors passed a Resolution to Support May 17 2022
Findings: Community Needs & Issues

• Women & Transgender Health Rare

• Benefits
  o Medi-Cal Asset Change
  o Social Security Recognizing LGBTQI+ Relationships

• Address the Digital Divide

• COVID – their Second Epidemic
  o Increase Drug & Alcohol Use
  o Viral Suppression is down
  o Post Traumatic Stress
  o Delayed Medical Procedures
  o COVID overshadows their experience

• 50+ is not one monolithic group
Recommendations & Next Steps

• Convene Partners
  • Identify those Partners; Areas on Aging/California 4 Aging
  • What are the opportunities to collaborate

• Conduct a comprehensive planning process that results in a model of care for people over 50 who are living with HIV then Implement model through collaboration across multiple organizations

• Support Policy & Funding Initiatives at Federal, State, & Local Levels
  • SB 258 – Older Americans June 2021
  • AB 218 – Trans Health June 2021
  • $3 Million - 4 Demonstration Projects – just announced May 2022

• Improve Cultural Inclusiveness/ Competency
  • Capacity building & training
  • Training HIV care providers in geriatric care principles
  • Training/Sensitizing aging providers to meet HIV 7 Aging needs

• Develop a Case Management Program for People Living with HIV who are Over Age 50 Resource Navigation

• Increase Availability and Access to Mental Health And Psychosocial Services
The San Francisco Model

• Research in Older Adults with HIV R.O.A.H. 2010
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• Recommendations to LTCCC December 2015
• Last Men Standing 2016
• Research in Older Adults with HIV 2.0 (2018)

• SF – Oakland
• Gilead Funding 2019
Tribute to all those who are not with us ....
Please Contact

VINCENT CRISOSTOMO
Director of Ageing Services; He, Him, His
PH: 415-706-4963
EMAIL: VCRISOSTOMO@SFAF.ORG

Thank You!!!!
Strategies to Support Individuals Aging with HIV
Program Overview

• In 2018, APLA Health launched its HIV & Older Adults program, now branded as HIVE (HIV-Elders).

• HIVE was created in response to the findings from APLA Health’s’ Healthy Living Project that sought to formally identify the needs of various sub-populations of aging PLWH in LAC; qualify the types of services older adults with HIV receive in LAC; understand physical and psychosocial barriers and challenges to receiving services; and explore potential programmatic directions and activities.

• The community-based research study revealed that older adults living with HIV in Los Angeles County are primarily concerned about housing stability, financial insecurity, and their mental health as they struggle to cope with high levels of depression, anxiety, and loneliness.
HIVE Program Plan & Purpose

• The HIVE program employs the social determinants of health framework to address factors that impact a person's ability to adopt or maintain health seeking behaviors -- stigma, trauma, social isolation, social support, health literacy and self-care.

• HIVE’s purpose is to improve the health outcomes (adherence to HIV care, treatment, and reduction in hospital visits) of HIV-positive men who have sex with men 50 years of age and older in Los Angeles County by addressing many of the psychosocial burdens that interact with the experiences of aging with HIV.

• HIVE provides services to 500 MSM annually in the metro area of Los Angeles, Long Beach and South Los Angeles, three areas of LAC where HIV currently has the greatest impact.
Demographic Data

- Mean age = 59 years old

Distribution of HIVE members by ethnicity:

- African American: 25.8%
- Pacific Islander: 6.4%
- Asian: 6.2%
- Native American: 3.1%
- Caucasian: 3.9%
- Latino: 30.8%
- Other: 5.3%
- Not Reported: 18.5%
Life Skills uses the evidence-based intervention of “self management” whose studies showed significant changes in mood, coping, and health attitudes.

Monthly Life Skills workshops provide HIVE clients with coping tools to problem solve, mitigate stress and anxiety, and improve communication with healthcare providers.

Life Skills Workshops

Monthly psychosocial education workshops that range in topics.

Live in-person meetings have resumed.

Subject Matter Experts
Life Skills Workshop - Data

- Overall, HIVE members that responded to the survey feel their outlook to the future has improved since participating in HIVE events.
Shared Interest Groups (SIG) is an evidence-based intervention that has been proven to reduce social isolation in older adults. HIVE adapted SIG to provide no-pressure environments for older adults with HIV to learn from and network with their peers. For many, this is more acceptable interaction than formal therapy groups. Examples: coffee chat group.

Samples of Shared-Interest Groups

HIVE Coffee Walk at Echo Park
Join HIVE staff for coffee and enjoy a fun afternoon walking around Echo Park Lake.
Friday, March 19, 2021
2:30pm - 4:30pm
Where: Meet at Starbucks Reserve
2134 W. Sunset Blvd G
Los Angeles, CA 90026
RSVP with Emmanuel at 213.201.1547
Limited Space Available. Masks are required.

HIVE Los Feliz Coffee & Chat
Join HIVE staff for coffee and chat at Starbucks Reserve in Los Feliz.
Friday, April 2, 2021 2:30pm - 4:30pm
Where: Meet at Starbucks on Hillhurst and Avocado
2136 Hillhurst Ave. Los Angeles, CA 90027
RSVP with Emmanuel at 213.201.1547
Limited Space Available. Masks required.
Shared Interest Groups - Data

- Overall, HIVE members that responded to the survey feel more involved and connected with their peers since participating in HIVE events.
Mindfulness-Based Stress Reduction

• Mindfulness-Based Stress Reduction (MBSR) is a standardized 4-week program that incorporates several meditation components. It teaches skills to increase awareness and acceptance of moment-to-moment experiences, including difficult emotions and physical discomfort.

• Accumulated evidence suggests MBSR is effective in decreasing depression and perceived stress. (Hecht et al, 2018).
MINDFULNESS
An interactive workshop on Loss, Stigma and Mindfulness for People Living with HIV 50 Years and Up

March 23 & 30 and April 6 &13, 2022
230pm- 4:30pm

David Geffen Center
611 S Kingsley Dr. Los Angeles, CA 90005

RSVP at 213-201-1547

This is a series of 4 sessions. For completion of all 4 sessions, participants will receive a $75 gift card.

Sample Mindfulness
Peer to Peer Activities

• HIVE supports self-efficacy through facilitated daily activities that promote peer-to-peer contact and support, as well as low-impact physical activity by hiking, beach walks, garden tours, museum and park outings, whale watch cruises, and other fun active group events.

• HIVE also has a weekly emotional support group, “hive connections” that currently meets as a virtual group.
Sample of Peer-to-Peer Activities
Peer-to-Peer Activities - Data

• Overall, HIVE members that responded to the survey report feeling a renewed interest in other people since participating in HIVE events.

Since participating in HIVE events, I have a renewed interest in other people (n=386).
Next Steps

• Positive Self Management
• Pilot a Clinical Care Manager in APLA Health Center, Mid-Wilshire medical clinic to provide senior case management and referrals for persons with HIV who are 50+
Positive Self-Management Intervention

• HIVE staff have adapted for older adults with HIV components of a Stanford University evidence-based intervention for people with chronic disease, Positive Self-Management (PSM).

• The six module training follows the Stanford program to improve clients’ health and nutrition management, communication skills with providers, and core fitness exercises. HIVE has added HIV polypharmacy and comorbidity management, HIV & aging stigma and practicing mindfulness as a tool to reduce generalized depression, stress and anxiety.

**HIVE Monthly Calendar**

- Our HIVE monthly calendar is on the home page @ [www.aplahealth.org](http://www.aplahealth.org)
- Find us on Facebook: HIVE APLA
HIV & Aging Summit Hosts

APLAHealth
hive
CAPTC
Dignity Health.

Long Beach
HIV & Aging Summit

In Observance
of HIV/AIDS & Aging
Awareness Day

SATURDAY
Sep 17, 2022
10:30 am - 2 pm

Billie Jean King Main Library
200 W Broadway, Long Beach, CA 90802

THANK YOU
TO OUR SPONSORS AND DISPLAY PARTNERS:
Questions