

HIV and Older Adults

A Blended Learning Course for Health and Social Service Providers

November 6 – December 1, 2017 (4 weeks)

Background:

Both triumphs and tribulations have contributed to a steady increase in the number of older adults living with HIV in Canada. HIV medications have improved so much over the last 20 years that people living with HIV and few other risk factors can now expect to live almost as long as their HIV-negative peers. However, HIV cases among people age 50 and older represent an increasing proportion of all new diagnoses -- 22% in 2014 (PHAC, 2015) – a trend largely perpetuated by ageism.

It is critical that organizations serving older adults are equipped to welcome people aging with HIV who may experience a greater burden of disease than their HIV-negative peers and thus may require more rehabilitative services and supports, sometimes at earlier ages (Kendall et al., 2014; Justice & Falutz, 2014). According to the *50 Plus* project which surveyed more than 400 people over 50 years old living with HIV, 76% of respondents anticipated difficulties with self-care, 70% with healthcare access, and 66% with stigma/discrimination as they grew older with HIV (Power, Bell & Freemantle, 2010a).

Course Objectives:

This workshop will provide information and strategies to help health and social service providers:

- Understand and respond confidently to the health and social needs of clients aging with HIV
- Identify and connect older adults living with or vulnerable to HIV to relevant services
- Challenge myths and misconceptions about aging, HIV and sexuality

Course Format:

All course activities can be done online at your convenience, ***with the exception of the interactive webinar/group discussion in Week 4 which is mandatory.*** You will be prompted to indicate the date/time you wish to attend this interactive session when you register for the course.

Time Commitment:

The course will run over a four-week period between November 6th and December 1, 2017. Required activities should take no longer than 2 hours each week.

What you will need to participate:

- Access to a computer or tablet
- High speed internet connection
- Computer speakers or headphones so you can hear the webinars/videos

Course Facilitator:

Kate Murzin, MPH, Health Programs Specialist, *Realize*

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Weekly Topics and Required Activities:

Week 1 (November 6-12, 2017)

Understanding HIV and Applying an Aging Lens

- HIV basics: The virus, routes of transmission, risk factors, testing and diagnosis
- Thirty years later: The impact of the early days of HIV in Canada on people, policy and practice
- Challenging definitions: How do we define 'older adulthood' in the context of HIV?
- By the numbers: A demographic overview of people aging with HIV in Canada

Required activities:

1. Complete online course pre-survey (20 min)
2. Complete online self-study modules
 - a. About the Course (10 min)
 - b. Introductory/Refresher Module: HIV 101 and All About Aging (30 min)
3. Attend webinar (or watch recorded version)
HIV 101 -- About the virus, routes of transmission, risk factors, testing and diagnosis (45 min)

Live webinar is scheduled for:

Monday November 6, 2017 (10am PST/11am MST/12pm CST/1pm EST/2pm AST/2:30pm NST)

**Recorded version will be posted within 24 hours*

Week 2 (November 13-19, 2017)

Social Determinants of Health and their Impact on Older Adults Living with or Vulnerable to HIV

- Exploring the social determinants of health that shape the lives of older adults living with or vulnerable to HIV, including: social support; employment and financial security; health literacy and access to care; gender and culture
- Myths and misconceptions: Challenging common beliefs about older adults, HIV, and risk
- At the intersection: Understanding the impact of ageism and HIV stigma on HIV vulnerability
- The Talk: Having meaningful, respectful conversations about sexuality with older persons

Required activities:

1. Online self-study modules
 - a. Module 1: Social Determinants of Health, HIV and Older Adults (incl. discussion board post + quiz) (45 min)
 - b. Module 2: Myths about Older Adults, Sex and HIV (incl. discussion board post + quiz) (45 min)
2. Webinar (live or recorded): HIV prevention strategies and resources (30 min)

Live webinar is scheduled for:

Tuesday November 14, 2017 (10am PST/11am MST/12pm CST/1pm EST/2pm AST/2:30pm NST)

**Recorded version will be posted within 24 hours*

Week 3 (November 20-26, 2017)

Physical, Mental and Cognitive Complexities of Aging with HIV

- Stronger Together: Co-managing multimorbidity, episodic disability and polypharmacy in HIV and aging
- Beyond the physical: The impact of HIV and aging on mental and cognitive health

Required activities:

1. Online self-study modules:
 - a. Module 3: HIV as a Complex Chronic Illness (incl. quiz) (45 min)
 - b. Module 4: HIV, Aging and Mental Health (incl. discussion board post + quiz) (45 min)
2. Watch three pre-recorded *Growing Older with HIV* video vignettes (available online) (20 min)

Week 4 (November 27-December 1, 2017)

Applying HIV and Older Adults Course Learning in your Work

- Navigating the health and social care systems to meet the complex needs of people aging with HIV
- Introduction to HIV and aging programs, services and supports in Canada
- Meet & greets with older adults living with HIV

Required activities:

1. Mandatory Interactive Webinar and Group Discussion (60 min, live only). Choose **one** date/time below:
 - Monday November 27, 2017 (8am PST/9am MST/10am CST/11am EST/12pm AST/12:30pm NST)
 - Tuesday November 28, 2017 (12pm PST/1pm MST/2pm CST/3pm EST/4pm AST/4:30pm NST)
 - Wednesday November 29, 2017 (3pm PST/4pm MST/5pm CST/6pm EST/7pm AST/7:30pm NST)
 - Thursday November 30, 2017 (1pm PST/2pm MST/3pm CST/4pm EST/5pm AST/5:30pm NST)
 - Friday December 1, 2017 (9am PST/10am MST/11am CST/12pm EST/1pm AST/1:30pm NST)
2. Complete course post-survey (20 min)
3. Complete online learner feedback questionnaire (20 min)