



# Supporting People Aging with HIV in Ontario

## Resources for Service Providers

September 2021

### Information on HIV and Older Adults

#### *Realize*

Fostering Positive Change for People Living with HIV and Other Episodic Disabilities

HIV & Aging tab

[www.realizecanada.org](http://www.realizecanada.org)

#### Pacific AIDS Network

HIV and Aging Resource List

<https://pacificaidsnetwork.org/resources-2/health-resources/hiv-and-aging/>

#### The CIHR CTN (Canadian research in progress)

HIV, Aging and the CTN

Information about Canadian research in progress

<https://www.hivnet.ubc.ca/knowledge-center/hiv-aging/>

#### National Resource Center on HIV & Aging (USA)

GMHC

<https://aginghiv.org/>

### Resources for People Aging with HIV

#### 2-1-1 Ontario

Connect with a Community Navigator or search the online database of Ontario's community and social services for older adults

<https://211ontario.ca/211-topics/older-adults/>

#### A Guide to Programs and Services for Seniors in Ontario

Find information on resources available for seniors in Ontario, including tax credits, health, caregiving, housing, driving and staying safe (available in 16 languages)

<https://www.ontario.ca/page/guide-programs-and-services-seniors>

#### Pro Bono Ontario

30 minutes of free legal advice and assistance for civil matters

<https://www.probonoontario.org/>


1-855-255-7256

#### The Advocacy Centre for the Elderly

Community-based legal clinic for low income seniors

[www.advocacycentreelderly.org](http://www.advocacycentreelderly.org)

#### Steps to Justice



A Guide to Law in Ontario  
<https://stepstojustice.ca/>

Ontario Drug Benefit Program  
Most Ontario residents will be automatically enrolled at age 65  
<https://www.ontario.ca/page/get-coverage-prescription-drugs>

Assistive Devices Program (ADP)  
Subsidy for customized equipment (e.g., wheelchairs, hearing aids, ostomy supplies)  
<https://www.ontario.ca/page/assistive-devices-program>

Ontario Seniors Dental Care Program  
Free routine dental care for low income seniors  
<https://www.ontario.ca/page/dental-care-low-income-seniors>

The Farley Foundation  
Financial support for veterinary care for people living on low income  
(Accessed via your veterinarian)  
<https://www.farleyfoundation.org/>

The Old Age Security Program Toolkit  
Complete guide to Canada's Old Age Security program  
<https://www.canada.ca/en/employment-social-development/programs/old-age-security/reports/oas-toolkit.html>

Open Policy  
Retiring on a Low Income 2021 Toolkit  
<https://openpolicyontario.com/retiring-on-a-low-income-3/>

Active Aging Canada  
A national not-for-profit organization committed to promoting healthy aging among older Canadian adults from coast to coast  
<https://www.activeagingcanada.ca/about-us/who-we-are.htm>

Home and Community Care Support Services  
Patient care functions including home and community care, long-term care home placement services and facilitation of access to community services  
<https://health.gov.on.ca/en/common/system/services/lhin/facts.aspx>

Ontario Supportive Housing Options  
Learn the differences between supportive-housing options  
<https://www.ontario.ca/page/long-term-care-options>

Long-Term Care Home Rate Reduction Program (Ontario)  
See the current accommodation costs and learn how the program helps low-income residents pay for basic accommodation  
<https://www.ontario.ca/page/get-help-paying-long-term-care>

## **Broader Clinical Care Guidelines & Evidence-Informed Resources Relevant to Older Adults Living with HIV**

HIV & Aging Clinical Recommendations

Recommended Treatment Strategies for Clinicians Managing Older Patients with HIV  
American Academy of HIV Medicine, American Geriatrics Society, AIDS Community Research Initiative of America

<https://aahivm-education.org/hiv-age>

Choosing Wisely Canada

The national voice for reducing unnecessary tests and treatments in health care

Recommendations & Resources, by Specialty

<https://choosingwiselycanada.org/recommendations/>

Patient Pamphlets <https://choosingwiselycanada.org/patient-pamphlets>

CPG Infobase: Clinical Practice Guidelines

This database contains approximately 1,200 evidence-based Canadian clinical practice guidelines (CPGs) developed or endorsed by authoritative medical or health organizations in Canada.

Search or browse by specialty

<https://joulecma.ca/cpg/homepage>

## **Helpful Tools for Fostering Open Communication between Individuals and their Service Providers**

My Life My Healthcare: How does your healthcare fit with your life?

Mayo Clinic

<https://minimallydisruptivemedicine.org/conversations/>

Multimorbidity: clinical assessment and management (NICE guideline NG56)

Information for the Public: Questions You Could Ask

<https://www.nice.org.uk/guidance/ng56/ifp/chapter/Questions-you-could-ask>

A Guide for Older People: Talking with Your Doctor

National Institute on Aging

[https://order.nia.nih.gov/sites/default/files/2017-07/TWYD\\_508.pdf](https://order.nia.nih.gov/sites/default/files/2017-07/TWYD_508.pdf)

Doctor Visit Worksheet

Home Instead Senior Care

<https://www.caregiverstress.com/wp-content/uploads/2013/04/Doctor-Visit-Worksheet.pdf>



## Helpful Tools for Supporting Decision-Making

Ottawa Personal Decision Guide for People Making Health or Social Decisions  
Ottawa Hospital Research Institute & University of Ottawa  
<https://decisionaid.ohri.ca/docs/das/OPDG.pdf>

Conversations for Clarity Worksheet  
Decision Education Foundation  
<https://www.decisioneducation.org/conversations-for-clarity>

Decisions in Recovery: Treatment for Opioid Use Disorder  
SAMHSA: Substance Abuse and Mental Health Services Administration (USA)  
[https://mat-decisions-in-recovery.samhsa.gov/section/whether/indepth/whether\\_interactive.aspx](https://mat-decisions-in-recovery.samhsa.gov/section/whether/indepth/whether_interactive.aspx)

## Tools for Advance Care Planning

The Advance Care Planning National Workbook  
[https://www.advancecareplanning.ca/wp-content/uploads/2020/06/acpworkbook\\_form\\_en.pdf](https://www.advancecareplanning.ca/wp-content/uploads/2020/06/acpworkbook_form_en.pdf)

Speak Up Ontario Advance Care Planning Workbook  
<https://www.makingmywishesknown.ca/>

Living Well, Planning Well: An Advance Care Planning Resource for Accessing Your Rights  
<https://www.advancecareplanning.ca/resource/living-well-planning-well-resource/>

Power of Attorney for Personal Care Form (Ontario)  
<https://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/poa.pdf>