Caring for Older Adults Living with HIV Infection

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Objectives

Greater Expectations: Why issues related to older HIV+ adults important

– Background on aging of the HIV/AIDS epidemic
– Research on geriatric conditions in older HIV+ adults
– Aging related policy implications
Meet Mr. H.

74 y/o diagnosed with HIV 1984

“When you got HIV in those days it was a death sentence. That was what was expected—you would die. To live even 5 years was a surprise to me…”

Greene M. JAMA 2013
From This….
To This

HIV HAS NO AGE LIMIT.
Percentage of Adults Age 50+ Living With HIV United States 2001-2017

US VA in 2003

As of 2008:
• San Francisco
• NY City

Projected

17% 19% 21% 22% 25% 27% 27% 29% 33% 35% 37% 39% 41% 44% 45% 47% 50%

Slide courtesy of Amy Justice
Worldwide Predictions

Aging with HIV: Medical Complexity

- Increased risk other (non-HIV) diseases
  - Heart Disease: 50% Increased Risk Heart Attack
  - Cancer
  - Bone disease (osteoporosis)
  - Liver, kidney disease
  - Cognitive Disorders
Polypharmacy

Greene M. JAGS 2014.
Geriatric Syndromes

- Frailty: 9.0%
- Hearing Impairment: 14.2%
- Mobility: 21.9%
- Difficulty ≥1 ADL: 25.2%
- Incontinence: 25.2%
- Falls: 25.8%
- Visual Impairment: 34.8%
- Depression: 40.0%
- Cognitive Impairment: 46.5%
- Difficulty ≥1 IADL: 46.5%
- Pre-frailty: 56.1%
Silver Project

• Demonstration project
  – Integrating HIV & Geriatric Services for Adults 50 and older living with HIV

• Application of prior research concepts
  – Including additional psychosocial screenings
  – Multidisciplinary team of providers
Silver Project

• Similar results:
  – 40% reported ≥1 fall in the past year
  – 58% reported feelings of loneliness
  – Patients had an average of 14 medications

• Practical applications and next steps:
  – Geriatric consultation within HIV clinic
  – Integrating HIV and aging community resources
Greater Expectations: A New Vision for Aging Philosophy

• Aging organizations will come into contact with older adults living with HIV
  – Need to understand relevant issues

• Aging related issues may occur earlier than age 65
Greater Expectations: A New Vision for Aging Philosophy

• Changing Demographics of Older Adults
  – Minority groups and LGBT older adults

• National and International Policies
  – Provision of healthcare and social services
  – Older adults at risk of HIV and targeted prevention strategies needed
Greater Expectations: A New Vision for Aging Philosophy

• Models of care for management of complex, chronic illness needed
  – Evolving role of palliative care and symptom management

• Lessons from HIV+ adults may inform aging and lessons from aging may inform HIV care
Summary

- Increasing numbers of older adults living with HIV
- Older HIV+ adults have complex medical needs and are at risk polypharmacy, geriatric conditions
- More research on Models of care integrating HIV and geriatric medicine is needed
- Important implications for Grantmakers in aging
Where to Learn More

• American Geriatrics Society/American Academy of HIV Medicine/ AIDS Community Research Initiative of America website: HIV-Age.org

• HIV InSite: hivinsite.ucsf.edu

• Life Before the Lifeboat video (historical)

• National HIV/AIDS And Aging Awareness Day (Aids.gov, theaids institute.org)
Questions?

HIV HAS NO AGE LIMIT.