Gay and Gray: To Improve Quality of Life for LGBT Older Adults

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Objectives

• Describe LGBT history and how it impacts older adults seeking services

• State the impact of HIV and AIDS on older LGBT adults

• Learn strategies, resources and tools to serve the LGBT aging population in your program services

Self
Sexual Orientation
Gender Identity
Gender Expression

Sex assigned at birth
Sexual orientation
Lesbian
Gay
Bisexual
Pansexual
Asexual
Straight

History Quiz

What was the first “successful” treatment for homosexuality?

What did the APA include in its first list of psychological disorders?

When did the AMA remove sexual orientation from its official list of disorders?

History Quiz

The federal government banned lesbians and gays from employment (T/F)

The Reagan Administration approved federal funding for research about and treatment of AIDS (T/F)

When did the gay rights movement begin?
Bonus Where?
Bonus Bonus What’s important about this year?
History Quiz

MN recently made what change to drivers’ licenses?

Where can you celebrate Pride in North Dakota? Minnesota?

HIV and Aging

- In the context of HIV, most in the community defines “aging with HIV” as 50+
  - More than half of all people living with HIV are 50 or older
- Older adults living with HIV show signs of aging on average 10 years earlier than the general population

Late Diagnosis

- Older adults are more likely to be diagnosed later in the course of the disease
  - 35% of older adults are diagnosed late in the disease process
- Early detection can prevent many complications related with long-term untreated HIV

HIV History Timeline

The Facts

- Approximately 9% of older LGBT+ adults are living with HIV
- Older adults respond similarly to ART in regards to viral suppression, but CD4 cell recovery takes more time
- Older adults are more likely to come into contact with HIV via sexual transmission than sharing syringes
- Polypharmacy is more common in older adults, who are more likely to have comorbidities that require medication
Inflammation

- Inflammation is an immune response we experience frequently
  - Redness around a cut
  - Fever when you have the flu
- In someone with untreated HIV, inflammation is constant and body-wide (inflammation is still possible in some people who are treated, but reduced)
- This inflammation can impact major organs

HIV-associated Non-AIDS Conditions

- These conditions are more likely in older adults who are HIV+
  - Cardiovascular disease
  - Lung disease
  - Certain cancers
  - Type 2 Diabetes
  - HIV-associated Neurocognitive Disorders
  - Weakened bones
  - Loss of muscle mass and redistribution of fat
  - Liver disease
  - Kidney disease

Stigma Amongst Older Adults

- HIV stigma is a factor for anyone with the disease, but is more likely to impact older adults
- This can lead to a greater risk of isolation and loneliness
- Stigma also impact quality of life, self-image, and care seeking behavior
- There may be a more significant need to link older adults to supportive services to keep them engaged in care

HIV and AIDS in North Dakota

- Numbers living with HIV and AIDS increasing. Spike in 2016 may be people living with undiagnosed HIV for many years.
- The numbers are large for a state with a small population.
- May be related to numbers of individuals doing "migrant work" in the oil industry. North Dakota has high rates of injection drug use.
HIV and AIDS in Minnesota

- 89% of people over age 60 living with HIV and AIDS are linked to care
- 71% of people over age 60 show viral suppression

MN Department of Health

New HIV Diagnoses, Deaths, and Prevalent Cases by Year, 1996-2018

Lesbian Older Women
- Poverty
- Cancer
- Access
- Caregiving

Older Gay Men
- Live alone
- Support Network
- Health
- Money myth

Bisexual Older Adults
- Recognition
- Number
- Closeted
- Friends
Transgender Older Adults

Strengths

LGBT older adults often bring these strengths with them to care services:

- Coping skills
- Constructed families
- Provider resource

What You Can Do

Educate

Welcome

Validate

References


