

# Growing Older with HIV

## Terrence Higgins Trust, 2023

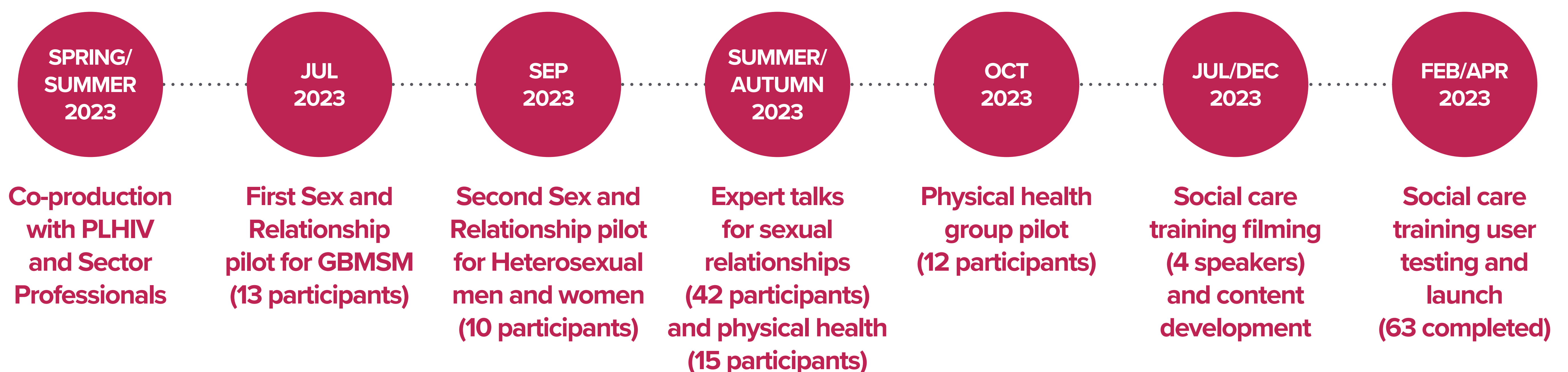
### Objective

- › To improve the quality of life for people with HIV who are growing older in three areas:
  - 1) healthy romantic and sexual relationships;
  - 2) physical health; and
  - 3) improved HIV knowledge in the social care sector

### Need/s addressed

- › Unique challenges remain for those growing older with HIV
- › Almost 50% of people living with HIV are over 50
- › THT Strategic Review 2022 revealed people growing older with HIV would like support with **building confidence**; **addressing and managing physical health needs**, and **increasing the awareness of growing older with HIV** within the health and social sector

### Actions taken



Engaged **13 PLHIV** and **7 professionals** to co-produce a combination of different work streams to meet the programme objectives. Three sets of groupwork and five expert talks were developed and delivered reaching **48 PLHIV** and **18 professionals**.

**Can't Pass It On** training was co-produced and filmed with Positive Voices speakers and launched on 26 April, with **63 people having completed the training to date**.

### Outcomes

- › % of participants who felt equipped to discuss their HIV status with potential or romantic partners **increased from 42% to 71%**
- › % of participants who felt equipped to discuss their HIV status with potential sexual or romantic partners **increased from 43% to 100%**
- › Intro to psychosexual support: **93%** of attendees felt confident speaking to/signposting to a service after the session, **up from 68%** before the talk
- › **100% of participants** reported increased confidence in their ability to set and achieve goals aimed at enhancing their physical health
- › **63 people** completed the training, with **68% completing the quiz**

#### Impact towards the shared ambition of 'Getting to Zero'

People **growing older with HIV** face a **complex set of individual needs** to live well with HIV. Supporting PLHIV themselves, as well as educating the social care sector to support them, allayed many fears and concerns. For those being supported, they have the tools to manage **multiple health conditions** with confidence, to stay on medication, and remain undetectable while exploring new sexual relationships. Using **lived experience to tell stories** can support a **younger generation** and those diagnosed today to engage with their clinical and community care.