

DIRECTORY OF PROMISING PROGRAMS AND SERVICES FOR OLDER PEOPLE LIVING WITH HIV IN CANADA



HEALTH, HOME CARE & PRACTICAL SUPPORT SERVICES

THE HIV/AIDS COMPLEX CARE PILOT PROJECT

A Collaboration of Seven Agencies Including:

Fife House (Lead)
McEwan Housing and Support Services
COTA Mental Health
Toronto Community Housing
Toronto Central Community Care Access Centre
Toronto People with AIDS Foundation
Sherbourne Health Centre

Coordination Provided By:

The Toronto HIV/AIDS Network
Toronto, ON

STATUS:

Established pilot in 2011; expanded service delivery in the community in 2013.

GOAL:

To serve PLWHIV who are aging, experiencing aging-related illnesses and have complex health issues and who are at risk for cycling through emergency room visits and hospitalizations and/or those who require a higher level of coordinated care and services in the community; to increase cross-sector collaboration and partnerships which address gaps in service, care, and support for aging PLWHIV; to develop coordinated models of care for aging PLWHIV focused on improved health outcomes and sustaining stable housing.

PROGRAM DESIGN:

Cross-sectoral collaboration and partnerships built and maintained, including PLWHIV advisory committee; informed by a needs assessment of older PLWHIV (conducted by trained peer research assistants); informed by an environmental scan of service systems used by older PLWHIV (multi-sector); includes peer support/navigation; low staff to client ratio.

ACTIVITIES:

An enhanced model of care in the community for PLWHIV who are currently housed and are requiring an intense level of coordinated care and supports in the home; a high support transitional/reintegration housing model - 6 to 7 units of housing - for PLWHIV who need to transition from independent living to high support living related to their health conditions and care and support needs; short or extended health stabilization low threshold clinical stays, (7 to 90 days) focused upon health stabilization and goals related to Activities of Daily Living (ADLS), and Instrumental Activities of Daily Living (IADLS).

ELIGIBILITY:

PLWHIV, 30+ years of age, 2+ comorbidities (mental or physical); housing at risk; and

- 20 inpatient hospital days in the year prior or more than one hospital admission in the last two months, or
- 3 emergency room visits in the prior three months or more than one visit within the last 30 days, or

- Receiving in-home nursing and personal care supports for two weeks continuously once in the last three months, and more than once in the year, or
- Utilized a respite stay of 2 weeks or more in the last three months or more than one stay in the last year, or
- Have received medical treatment for more than one acute health conditions in the past year without receiving in home supports or care, and through clinical assessment it has been determined a higher level of care and support is needed.

COGNITIVE HEALTH PROGRAMMING USING THE POSIT SCIENCE™ ONLINE PROGRAM

AIDS Committee of North Bay and Area

North Bay, ON

STATUS:

Established in 2012.

GOAL:

To maintain/enhance cognitive function (i.e. memory).

PROGRAM DESIGN:

Computer-based program; PLWHIV work at own pace/independently.

ACTIVITIES:

Comprehensive computer-based program designed to improve/maintain cognitive function.

ELIGIBILITY:

Open to all clients.

SUPPORTIVE HOUSING PROGRAM

AIDS Committee of Newfoundland & Labrador

St. John's, NFLD

STATUS:

Established 2006

GOAL:

To ensure aging PHA's have access to safe, affordable supportive housing; to reduce isolation

PROGRAM DESIGN:

PLWHIV involved

ACTIVITIES:

Six housing units available; access to professional counselling, peer support via the internet (rural), life skills programs and home care support programs.

ELIGIBILITY:

All PLWHIV; priority given based on needs

HOUSING PROGRAM

Housing Program

Sidalys—Centre Amaryllis
Montreal, Québec

STATUS:

Established in 2012

GOAL:

To provide housing and support to PLWHIV who have mental health/substance use issues and/or have experienced homelessness so that they may increase their health and well-being; to foster social inclusion; to increase access to services

PROGRAM DESIGN:

24 hours/day support, 365 days/year;

ACTIVITIES:

Supportive housing

ELIGIBILITY:

Nine spots for PLWHIV who have experienced substance use/mental health issues and homelessness; two thirds of current residents are age 50+

ASSISTANCE PROGRAM

Northern AIDS Connection Society

Truro, NS

STATUS:

Established in 2010

GOAL:

To provide support and advocate on behalf of older PLWHIV who are applying for housing, looking to access community services, or being admitted to long-term care.

PROGRAM DESIGN:

Advocacy

ACTIVITIES:

Education for Continuing Care staff about caring for an aging population with HIV; training for Continuing Care students within local community colleges;

ELIGIBILITY:

Verification of HIV status required; referral to the Housing Authority required

SUPPORT SERVICES

Positive Women's Network

Vancouver, BC

STATUS:

Established in 1993

GOAL:

To help women live with their HIV diagnosis in the way that best suits them; to increase access to care, treatment and support

PROGRAM DESIGN:

Positive prevention approach; PLWHIV involved in design; services provided by phone/e-mail; home/outreach visits; peer support

ACTIVITIES:

Health promotion education; women-only drop-in; lunches; food bank; referrals; one-on-one support; outreach visits (hospital, home, prison); caregiver support; retreats; peer support groups; capacity-building and PLWHIV engagement; housing subsidies

ELIGIBILITY:

Verification of HIV status; self-referral

THE COMMUNITY FINANCIAL AND ESTATE PLANNING MANAGEMENT PROGRAM

AIDS Committee of Toronto

Toronto, ON

STATUS:

Established in 2011

GOAL:

To provide information to people living with HIV regarding financial and estate planning concerns; to build understanding of the financial needs of older adults living with HIV among service providers

PROGRAM DESIGN:

PLWHIV involved in design; safe space; purposefully separate financial health content from physical/mental well-being (as requested by clients)

ACTIVITIES:

Five sessions, weekly with guest speakers covering topics like insurance, estate planning, financial planning for older adults;

ELIGIBILITY:

Verification of HIV status; ability to attend in-person sessions in downtown Toronto

SUPPORT GROUPS/ PEER GROUPS

SURVIVE TO THRIVE

AIDS Bereavement and Resiliency Program of Ontario

Toronto, Ontario

STATUS:

Established in 2002

GOAL:

Peer support and increased ability to cope with life

PROGRAM DESIGN:

PLWHIV involved in design; peer support; bimonthly; group members determine focus/activities

ACTIVITIES:

Facilitated ½ day sessions; care teams when members are ill/dying; acting as community resources for long term survivors in other regions (i.e. at retreats)

ELIGIBILITY:

People living long term with HIV, most are age 50+; referral/interview/acceptance by group required

GROUPE DE PAIRS / PEER GROUP

Mouvement d'information et d'entraide dans la lutte au VIH/sida à Québec (MIELS- Québec)

Québec, Québec

STATUS:

Established 2012

GOAL:

Peer support for men living with HIV long-term –sharing experiences, reducing isolation, respecting physical boundaries

PROGRAM DESIGN:

Peer support group

ACTIVITIES:

Outings, group discussions among peers

ELIGIBILITY:

Men diagnosed with HIV before 1996

SUPPORT SERVICES PROGRAM

HIV/AIDS Regional Services (HARS)

Kingston, Ontario

STATUS:

Established in 2011

GOAL:

To address the specific needs of individuals aging with HIV

PROGRAM DESIGN:

PLWHIV involved in design; programs specifically for older adults embedded within comprehensive support services portfolio

ACTIVITIES:

Subsidies for medical devices; discussion group for people age 50+; workshop on healthy sexuality for older adults

ELIGIBILITY:

Based on age (50 years or older)

THE HIV DEMENTIA SUPPORT GROUP

The Alzheimer's Society of Toronto

Casey House
Toronto, Ontario

STATUS:

Established in 2013

GOAL:

To provide education and support to family caregivers who provide care for individuals with HIV-related dementia.

PROGRAM DESIGN:

Psycho-educational model; partnership between an HIV organization and a chronic disease organization; peer support (for caregivers)

ACTIVITIES:

Four week psycho-educational group; capacity-building (i.e. coping skills)

ELIGIBILITY:

Caregivers who provide care for individuals with HIV-related dementia.

THE 50+ GROUP

AIDS Committee of Ottawa (ACO)

Ottawa, Ontario

STATUS:

Established 2012

GOAL:

To normalize aging with HIV and/or long-term survivorship

PROGRAM DESIGN:

Peer support; acceptance/safety; meal provided; PLWHIV involved in design

ACTIVITIES:

Discussions (aging, healthcare, mental health, current events)

ELIGIBILITY:

PLWHIV who are 50 years of age or older

THE GOLDEN GIRLS GROUP

AIDS Committee of Ottawa (ACO)

Ottawa, Ontario

STATUS:

Established 2013

GOAL:

To create greater independence for women over 50 who are living with HIV by fostering understanding of their place in society and in their community.

PROGRAM DESIGN:

Peer support; social atmosphere to reduce stigma of "accessing services"

ACTIVITIES:

Social; group discussions on culture, self care, personal growth

ELIGIBILITY:

All women living with HIV who are age 50+

EDUCATIONAL/ INFORMATIONAL PROGRAMS

PLANNING FOR THE LONG TERM

AIDS Committee of Toronto

Toronto, ON

STATUS:

Established in 2011

GOAL:

To empower people living with HIV to make informed choices as they age by connecting PLWHIV to service providers that are working to address their specific needs; to reduce isolation and stigma; to gather information which will inform future agency programming; increased knowledge and uptake of positive health behaviours

PROGRAM DESIGN:

PLWHIV involved in design; education/resource-sharing; 10 weekly sessions; peer support

ACTIVITIES:

Weekly psycho-educational group (education, resource-sharing, guest speakers) on physical health and/or emotional wellness for people aging with HIV (i.e. cognitive health, communication, sexual health, rehabilitation, etc.); facilitated group discussion and support

ELIGIBILITY:

Verification of HIV status; ability to attend in-person sessions in downtown Toronto

AGING WITH A BLEEDING DISORDER

Hemophilia Ontario

Seven (7) offices across the province

Status:

Established in 2012

GOAL:

To equip the aging population of PLWHIV, people living with bleeding disorders and their caregivers with the knowledge and tools to care for themselves/their loved ones.

PROGRAM DESIGN:

PLWHIV involved in design; integrates issues specific to aging (i.e. falls prevention)

ACTIVITIES:

Full-day education session covering topics of importance to people with HIV and bleeding disorders (guest speakers)

ELIGIBILITY:

There is currently a significant population of adults living with an inherited bleeding disorder within the age range of 30 years and above within the Central West Ontario Region. This program would cater to their needs.

HEALTH PROMOTION PROGRAMMING

Positive Women's Network

Vancouver, BC

STATUS:

Program established in 1993

GOAL:

Post-diagnosis health promotion education for women living with HIV, health care and social service providers; prevention and risk-reduction health promotion education for women at risk and service providers.

PROGRAM DESIGN:

PLWHIV involved in program design; resources available in multiple languages

ACTIVITIES:

Training for health/social service providers and post-secondary students; Positive Side newsletter; reports; web resources (www.pwn.bc.ca and www.youshouldknow.ca); print resources (i.e. Pocket Guide for Women Living with HIV and Pocket Guide on Aging for Women with HIV plus resources on sexual and reproductive health, social determinants of health, HIV testing); education via social media

ELIGIBILITY:

Online resources are accessible to all.

ONE FOOT FORWARD GIPA TRAINING TOOLKIT: ACTIVE, AGING AND HIV+

Canadian AIDS Society

National Resource

STATUS:

Established in 2012

GOAL:

To assist PLWHIV to become more meaningfully involved in their communities, based on the GIPA principles.

PROGRAM DESIGN:

PLWHIV involved in design; plain language; peer-education model

ACTIVITIES:

Self-guided capacity-building module featuring up-to-date information on HIV and aging; personal experiences of older PLWHIV; capacity-building on how to be meaningfully involved in community; three-month campaign on individual conceptions of healthy living

ELIGIBILITY:

Module available to anyone; English and French versions; content specific to older adults living with HIV

THE ANNUAL PLWHIV/AIDS FORUM

Canadian AIDS Society (CAS)

National Forum

STATUS:

First forum held in 1986

GOAL:

To provide a forum for PLWHIV within the Canadian HIV/AIDS movement.

PROGRAM DESIGN:

PLWHIV involved in design; forum for PLWHIV to inform future CAS activities

ACTIVITIES:

Networking; capacity-building; learning opportunities

ELIGIBILITY:

PLWHIV only; scholarships available

THE IMPACT OF POLYPHARMACY ON OLDER ADULTS LIVING WITH HIV

Canadian Treatment Action Council (CTAC)

Canadian Working Group on HIV and Rehabilitation (CWGHR)

National Resource

STATUS:

Published in 2014

GOAL:

To raise awareness among PLWHIV about the risks of polypharmacy (the concurrent use of five or more medications) and strategies for mitigating these risks.

PROGRAM DESIGN:

Plain language resource; available online (www.ctac.ca)

ACTIVITIES:

Fact sheet

ELIGIBILITY:

Available to all audiences online

WORKING TOGETHER: HIV AND AGING

Canadian Working Group on HIV and Rehabilitation (CWGHR)

AIDS Community Research Initiative of America (ACRIA)

Canadian Home Care Association (CHCA)

Toronto, ON

STATUS:

Pilot offered in Spring 2014

GOAL:

To increase awareness and knowledge about HIV and aging among service providers from the HIV and aging (long-term care, home care, community seniors' services, chronic disease organizations) sectors; to foster intersectoral, collaborative 'quick win' initiatives to address the challenges facing older PLWHIV

PROGRAM DESIGN:

PLWHIV involved in design; PLWHIV involved in training activities; committees and facilitation team comprised of representatives from multiple sectors designed, implemented and evaluated the program; activities encouraged collaboration/partnership-building; adapted existing program from ACRIA

ACTIVITIES:

Service provider training (4 days); 'quick win' projects in home organizations to address issues of HIV and aging

ELIGIBILITY:

Service providers in the HIV or aging sector who currently serve or anticipate serving older PLWHIV; older PLWHIV

COMPASSIONATE CARE IN A CHANGING LANDSCAPE: HIV AND LONG-TERM CARE VIDEO SERIES

Casey House & Re kai Centres

Toronto, Ontario

STATUS:

The full video series is available online at no cost, at www.hivlongtermcare.com. This capacity building resource is also available in DVD format. Please enquire at info@hivlongtermcare.com.

GOAL:

Compassionate Care in a Changing Landscape is an educational video series intended to create environments of inclusion for people living with HIV as they age and enter Long Term Care (LTC).

PROGRAM DESIGN:

PLWHIV, experts in the areas of HIV and Long Term Care and front-line staff were involved in the design; PLWHIV act as facilitators; intersectoral collaboration with expert care providers in mental health, cognitive changes, complex medical care, pharmacy and other pertinent areas of care for PLWHIV; partnership development; use of visual media

ACTIVITIES:

This educational resource includes a series of eight, 20-minute educational videos and an introductory video that can be used as separate units or as a complete series to address specific concerns such as bedside care, cognitive changes and mental health. The series is designed to build on the existing expertise of frontline healthcare staff.

ELIGIBILITY:

Health care, long-term care and support service providers, as well as providers-in-training.

NATIONAL COORDINATION ACTIVITIES

THE NATIONAL COORDINATING COMMITTEE ON HIV AND AGING (NCC)

Canadian Working Group on HIV and Rehabilitation (CWGHR) (secretariat)
National Committee

STATUS:

Established in 2012

GOAL:

To exchange information amongst participant organizations and individuals and to enhance the ability of participants to respond in a coordinated, collaborative way to improve quality of life for people with HIV and other chronic illnesses.

PROGRAM DESIGN:

PLWHIV involved in design; older PLWHIV actively involved in committee activities; intersectoral collaboration (HIV sector and organizations serving older adults and/or people with chronic illness); partnerships

ACTIVITIES:

Quarterly teleconferences; Information-sharing; awareness-raising; collaborative initiatives related to HIV and aging

ELIGIBILITY:

Older PLWHIV, service providers, researchers and policy makers interested in a variety of aspects of HIV and aging.

WORLD AIDS DAY AWARENESS CAMPAIGN 2013: IT'S NOT OVER

Canadian AIDS Society
National Campaign

STATUS:

Campaign launched in 2013

GOAL:

The goal of the World AIDS Day Campaign (2013) was to raise awareness about HIV/AIDS issues nationally, thereby linking Canadians to the international observance of World AIDS Day.

PROGRAM DESIGN:

PLWHIV involved in design; collaboration with the National Coordinating Committee on HIV and Aging (NCC)

ACTIVITIES:

Visual message (poster and digital banner in English/ French) created to promote and focus discussion around HIV and Aging during AIDS awareness week (the week leading up to World AIDS Day, December 1); call to action: "Get the facts. Get involved. Get talking. It's not over."; campaign is supported by a series of fact sheets.

ELIGIBILITY:

Target audience – general public; could be used by local and regional groups to highlight their own activities around AIDS Awareness Week and World AIDS Day

NATIONAL HIV-HEPATITIS COMMITTEE

Canadian Hemophilia Society
National Committee

STATUS:

Committee established in 1980s

GOAL:

To ensure that the needs of those infected/affected by HCV and/or HIV are well-represented in the planning and delivery of CHS programs and services.

PROGRAM DESIGN:

PLWHIV involved in design; partnerships; responsive to needs as they evolve (i.e. tailoring programs to older adults)

ACTIVITIES:

Making recommendations to the CHS Board of Directors on policy issues as they relate to people living with or affected by HIV and HCV; refers relevant medical policy questions to the Medical and Scientific advisory committee; education and updates for PLWHIV and people living with HCV; advocates for policy change (i.e. adoption of a Canadian Hepatitis C Strategy); advocates for informative publications and relevant programs and services for people living with HIV/HCV; coordination role

ELIGIBILITY:

People living with bleeding disorders (including HIV).

EXAMPLES OF PROGRAMS AND SERVICES TO ADDRESS THE NEEDS OF AGING PLWHIV WHICH ARE IN DEVELOPMENT

L'AGE DU BIEN ÊTRE

Action Positive VIH/SIDA
Toronto, ON

STATUS:

Established 2012 but currently suspended; awaiting funding renewal

GOAL:

To help people 50 + learn and maintain good health.

PROGRAM DESIGN:

Meet once/month; lunch and learn or social activities are participant-driven; PLWHIV involved in design

ACTIVITIES:

Exercise, socializing, volunteer work, peer support, guest speakers (i.e. nutrition, falls prevention, yoga/relaxation, etc.)

ELIGIBILITY:

The program is open to everybody affected by HIV not just PLWHIV. This protects confidentiality and lessens stigma and discrimination.

SEVEN (7) NEW UNITS OF SUPPORTIVE HOUSING

AIDS Committee of Newfoundland and Labrador
St. John's, NFLD

STATUS:

To be ready by 2017

GOAL:

To ensure aging PHA's have access to safe, affordable supportive housing; to reduce isolation

PROGRAM DESIGN:

PLWHIV involved

ACTIVITIES:

Six housing units available; access to professional counselling, peer support via the internet (rural), life skills programs and home care support programs; Education and policy development on HIV and LGBTQ issues for long-term care institutions; Development of provincial LGBTQ-HIV Caregivers Network; Development of sexuality education materials for seniors, by seniors

ELIGIBILITY:

All PLWHIV; priority given based on needs