Background

- With aging comes a myriad of medical and psychosocial needs which are accentuated for HIV infected patients.
- Data on the needs of older HIV infected patients are sparse, especially among minority populations not enrolled in research studies.

Methods

- Study conducted at the RMR CORE Center from March-May 2016.
- Study staff designed a 63 question survey.

Results

- 389 patients completed the surveys; 349 (90%) in English and 40 (10%) in Spanish.
- Median respondent age was 56 years; 17% were female; 72% were African American, 15% were Hispanic, and 10% were Caucasian.
- 73% of patients were diagnosed with HIV over 10 years before, with 41% diagnosed over 20 years ago.
- 97% were on HAART.
- 41% completed high school, 23% had finished some college.
- 28% were employed part or full time.

Table 1: CO MORBIDITIES AND SELF RATED HEALTH

<table>
<thead>
<tr>
<th>ENGLISH SURVEYS</th>
<th>SPANISH SURVEYS</th>
<th>OVERALL</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>%</td>
<td>N</td>
</tr>
<tr>
<td>Do you consider yourself to be overweight?</td>
<td>85</td>
<td>25%</td>
</tr>
<tr>
<td>Do you smoke cigarettes currently?</td>
<td>159</td>
<td>48%</td>
</tr>
<tr>
<td>If you have, have you ever tried to quit?</td>
<td>102</td>
<td>71%</td>
</tr>
<tr>
<td>If you smoke, are you interested in quitting now?</td>
<td>42</td>
<td>13%</td>
</tr>
<tr>
<td>Have you ever been diagnosed with cancer?</td>
<td>53</td>
<td>15%</td>
</tr>
<tr>
<td>Do you have Diabetes?</td>
<td>3</td>
<td>4%</td>
</tr>
<tr>
<td>Do you have high blood pressure?</td>
<td>10</td>
<td>11%</td>
</tr>
<tr>
<td>Do you have any kidney problems?</td>
<td>3</td>
<td>3%</td>
</tr>
<tr>
<td>Do you have a history of depression?</td>
<td>135</td>
<td>43%</td>
</tr>
</tbody>
</table>

Table 2: MEDICATIONS, HOUSING AND FALLS

<table>
<thead>
<tr>
<th>ENGLISH SURVEYS</th>
<th>SPANISH SURVEYS</th>
<th>OVERALL</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>%</td>
<td>N</td>
</tr>
<tr>
<td>Do you use prescribed medications every day?</td>
<td>154</td>
<td>45%</td>
</tr>
<tr>
<td>Do you take vitamins/supplements/non prescribed medications?</td>
<td>179</td>
<td>53%</td>
</tr>
<tr>
<td>Do you have your own place to live?</td>
<td>158</td>
<td>45%</td>
</tr>
<tr>
<td>Do you live alone?</td>
<td>162</td>
<td>48%</td>
</tr>
<tr>
<td>Who is your main caregiver?</td>
<td>176</td>
<td>48%</td>
</tr>
<tr>
<td>Myself</td>
<td>27</td>
<td>7%</td>
</tr>
<tr>
<td>Relative</td>
<td>27</td>
<td>7%</td>
</tr>
<tr>
<td>How many falls have you had in the last 12 months?</td>
<td>241</td>
<td>70%</td>
</tr>
<tr>
<td>0</td>
<td>77</td>
<td>22%</td>
</tr>
<tr>
<td>1-2</td>
<td>25</td>
<td>7%</td>
</tr>
<tr>
<td>3+</td>
<td>38</td>
<td>11%</td>
</tr>
<tr>
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<td>241</td>
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<td>7%</td>
</tr>
<tr>
<td>3+</td>
<td>38</td>
<td>11%</td>
</tr>
</tbody>
</table>

Table 3: WHAT ARE YOUR CONCERNS?

<table>
<thead>
<tr>
<th>ENGLISH SURVEYS</th>
<th>SPANISH SURVEYS</th>
<th>OVERALL</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>%</td>
<td>N</td>
</tr>
<tr>
<td>Please select your top FIVE (%) concerns.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>living with HIV</td>
<td>210</td>
<td>65%</td>
</tr>
<tr>
<td>HIV disclosure/ stigma</td>
<td>105</td>
<td>33%</td>
</tr>
<tr>
<td>mental health</td>
<td>112</td>
<td>36%</td>
</tr>
<tr>
<td>housing</td>
<td>134</td>
<td>40%</td>
</tr>
<tr>
<td>retirement planning</td>
<td>85</td>
<td>26%</td>
</tr>
<tr>
<td>sexual health</td>
<td>107</td>
<td>31%</td>
</tr>
<tr>
<td>Memory issues</td>
<td>74</td>
<td>22%</td>
</tr>
</tbody>
</table>

Table 4: COMMUNICATION, INTEREST IN HEALTHY AGING ACTIVITIES

<table>
<thead>
<tr>
<th>ENGLISH SURVEYS</th>
<th>SPANISH SURVEYS</th>
<th>OVERALL</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>%</td>
<td>N</td>
</tr>
<tr>
<td>Do you have a phone? (select all that apply)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes, in my house</td>
<td>79</td>
<td>24%</td>
</tr>
<tr>
<td>Yes, a cell phone</td>
<td>276</td>
<td>83%</td>
</tr>
<tr>
<td>No</td>
<td>12</td>
<td>7%</td>
</tr>
</tbody>
</table>

Results

- Spanish speaking respondents were more likely to have their own place to live (p<.000). Caucasian and Hispanic respondents were more likely to have their own place than African American respondents (p<.000).
- English speaking respondents were more likely to live alone (p=.021).
- Both Caucasian and African American respondents were more likely to report falling than Hispanic respondents (p<.000).
- English survey respondents were more likely to smoke cigarettes (p=.001) and more likely to report having Hepatitis C (p=.013).
- English survey respondents were more likely to rate their health better (p=.003).

Conclusions

Older HIV infected minority patients in our urban clinic have many concerns, both HIV and non-HIV related.

- These patients are not a homogeneous group, and differences by primary language, race, and gender need to be explored further.

- Many aging HIV+ patients live alone, and the interplay of co-morbidities, poly-pharmacy, memory issues, and falls places them at an increased risk for non-independent living at an earlier age than the general population.

- Text messaging and social media to promote health aging initiatives in older HIV infected adults should be utilized.

- Initiatives around healthy aging are being planned at the CORE Center as a result of this needs assessment study.

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