Care of People Aging with HIV: Northeast/Caribbean AETC Toolkit

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(Updated 12/13/2022)
This toolkit is designed for clinicians and other professionals who care for people aging with HIV and long-term survivors of any age. It provides links to screening and assessment instruments, along with programs and papers that offer clinically useful materials. It is not designed for research. References that are specific to populations living with HIV are denoted with an asterisk.

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We will update this list regularly, and we welcome suggestions. Please send suggestions to necaaetc@columbia.edu.

Materials for Older Patients with HIV (Many of the materials are available in Spanish)

*National Resource Center on HIV and Aging
National Resource Center on LGBTQ+ Aging (SAGE)
HIV and Aging (The Well Project – “a unique and comprehensive focus on women and girls.”)
National Institute on Aging “Health Information” website
HIV in the United States by Age (CDC)
Aging with HIV (HIV.gov)

Materials for Health Care Professionals

Examples of Geriatric HIV Programs


General Resources

I. *Clinical Guidelines Program of the NYS DOH AIDS Institute: “Guidance for Addressing the Needs of Older Patients in HIV Care”


III. *Grantmakers in Aging’s “Moving Ahead Together: A Framework for Integrating HIV/AIDS and Aging Services”
IV. HRSA has created two reference guides on Optimizing HIV Care for People Aging with HIV: “Putting Together the Best Health Care Team” and “Incorporating New Elements of Care”

V. *The American Academy of HIV Medicine (AAHIVM) provider education center has a [page](#) devoted to HIV and aging.

VI. *Uncharted Territory: A Report into the First Generation Growing Older with HIV* (Terrance Higgins Trust)

VII. WHO ICOPE (Integrated Care for Older People) [Handbook](#): “The Handbook describes practical care pathways which can be followed to detect declines in intrinsic capacity and develop a personalised care plan.”

**Assessment Tools**

**Comprehensive Geriatric Assessment**


**Basic Activities of Daily Living and Instrumental Activities of Daily Living**

There are many tools to document basic function. Among the most widely used in primary care are the Katz and Lawton scales – here described in the “Try This” Series of the Hartford Institute of Geriatric Nursing.

I. Basic Activities of Daily Living

II. Instrumental Activities of Daily Living

**Cognition**

I. *MoCA* (Montreal Cognitive Assessment). Training is now required.

II. *International HIV Dementia Scale*

III. The *Minicog©* is a rapid screen for dementia, but not as useful for mild cognitive impairment.

**Depression, Anxiety and Loneliness**

I. *Administering the Patient Health Questionnaires 2 and 9 (PHQ 2 and 9) in Integrated Care Settings*

II. *Five-Item Geriatric Depression Scale*

III. PHQ Screeners. This site offers screening tools for depression and anxiety in multiple languages. It is industry-sponsored, however.

IV. The Campaign to End Loneliness suggests several relevant and simple tools.

**Disability/Quality of Life**

Most of these tools have been designed for research and are not feasible in a routine office visit. Consider using a few select questions to document the patient’s overall sense of well-being.

I. CDC health related quality of life measures in English and Spanish

II. The FACIT measures have been designed for research in many diseases and conditions
but may help. One can use a tool specific to comorbidity, symptom, treatment or to HIV: 
*FAHI (Functional assessment of HIV infection).

III. **PROMIS®** measures have also been developed for research but may be useful in clinical settings

IV. **WHOQOL-HIV BREF**

V. **WHO Disability Assessment Schedule 2.0** (WHODAS 2.0)

**Nutrition**

I. **National Resource Center on Nutrition and Aging** has information for providers and consumers

II. **Food Security Screening and Referral Toolkit** (AARP Foundation/IMPAQ, 2016)


**Guidelines and Other Resources**

**Benefits and Employment**

I. **Eldercare Locator**

II. US Department of Labor **Senior Community Service Employment Program**

III. Federal **Benefits Finder** Website (for the public)

**Bone Health**


II. *Reviews with useful algorithms for detection and management of low bone density and osteoporosis:


**Caregiving**

III. Screening tools for caregiving burden


   ii. **Caregiver Self-Assessment Questionnaire** (AMA, 2009) (not as well studied).

   iii. **Modified Caregiver Strain Index** (Thornton and Travis, 2003).

II. Resources

   i. **Next Step in Care** (United Hospital Fund site has guides and checklists)

   ii. **Caregiver Action Network**

   iii. **VA Caregiver Support**

   iv. **Family Caregiver Alliance**

   v. National Institute on Aging **Caregiving Resources**
Chemical Dependency
I. SAMSHA (Substance Abuse and Mental Health Services Administration): Growing Older: Providing Integrated Care for an Aging Population

COVID-19 and HIV
I. *COVID-19 and HIV – CDC
II. *Guidance for COVID-19 and Persons with HIV – HIV.gov
III. *AIDS Institute Monkeypox and Covid-19 Updates
IV. *NIH COVID-19 Treatment Guidelines: Special Considerations in People with Human Immunodeficiency Virus.

Driving
I. CDC site on Older Driver Safety
II. National Highway Traffic Safety Administration (NHTSA) site on older drivers
III. Clinician’s Guide to Assessing and Counseling Older Drivers (NHTSA, US DOT, AGS)

Elder Mistreatment and Financial Abuse
I. Identifying and reporting scams and fraud (USA.gov- Official Guide to Government Information and Services)
II. National Center on Elder Abuse links to state resources (includes Puerto Rico and USVI)

Exercise

Falls/Gait/Mobility
I. National Council on Aging Falls Prevention Resources
II. CDC STEADI program assessment tools patient education and referral for providers
III. CDC STEADI program tools for patient education and referral.
IV. Short Physical Performance Battery (SPPB)
V. Evidence-based Falls Prevention Programs (National Council on Aging)

Frailty

**Incontinence**

I. Reviews and Guidelines (nonsurgical)

II. Patient Resources
   i. National Association for Continence
   ii. Simon Foundation
   iii. Kegel exercises
   iv. Bladder training materials from the American Academy of Family Physicians

**Legal Problems**


II. Tools from Lambda Legal (includes wills, trusts, health care wishes and other areas)

III. Advance Directives: General
   i. Elder Locator Advance Care Planning Fact Sheets
   ii. National Healthcare Decisions Day *Conversation Project* (includes links to other resources)
   iii. American Bar Association Toolkit for Health Care Advance Planning
   iv. American Bar Association links to state forms (does not include PR or USVI)
   v. National Hospice and Palliative Care Organization State Specific Advance Directives includes PR (in English), but not USVI. The *Caringinfo* website has more information about decision making
   vi. VA Advance Care Planning Resources
   vii. POLST (Physician Orders for Life-sustaining Treatment)

IV. Advance Directives by State and Territory
   i. Health care proxy – New York State (multiple languages)
   ii. New York State eMOLST registry
   iii. Durable power of attorney for healthcare – New Jersey

**Medicare & Medicaid**

I. Federal Medicare website for the public

II. Federal Medicaid website that has information for each state

III. Medicare Rights Center (non-profit consumer service organization)

IV. Center for Medicare Advocacy

**Medications and Polypharmacy**

I. Stopp/Start toolkit to help avoid both inappropriate medications and omission of appropriate ones.

II. Beers criteria for potentially inappropriate medications were updated in 2019.

III. Medications and Older Adults (Health in Aging). This site has educational materials for patients.


Monkeypox and HIV
I. CDC information for the public
II. IDSA/HIVMA. Monkeypox in the US: Resources for HIV clinicians.

Nursing Homes/Hospice

Pain
II. Scope of Pain (Boston University) has published a list of resources.
III. American Academy of Family Physicians (AAFP) Chronic Pain Toolkit

Perinatally diagnosed adults

Sexual Health
IV. Goals Framework for Sexual History Taking. NYSDOH AIDS Institute Clinical Guideline. A general guideline that is appropriate for older patients.

Stigma
Older Women and HIV


Smart Phone Applications

I. *University of Liverpool HIV iChart Drug Interaction Checker (website includes Covid-19 drug interactions; also online)

II. *Veterans Aging Cohort Study (VACS) Prognostic calculator

III. Safe Older Drivers (American Geriatrics Society with National Highway Traffic Safety Administration)

IV. inPractice® HIV (Clinical Care Options)

V. HIVAIDS Treatment, Prevention, and Research

VI. NYS AIDS Institute Clinical Guidelines Program