

What is Aging Well with HIV?

This is a six-week workshop for older people living with HIV. It is peer-led, meaning that the two leaders for each workshop are usually older people living with HIV. Each workshop has 8 to 12 participants and two leaders. Workshops are highly interactive and highly structured. They allow participants to work on their individual issues while getting support and ideas from their workshop mates. (Please see page 3 for topics by session.) It was developed because of a request from the Administration for Community Living (ACL).

How is the Aging Well with HIV delivered?

It can be delivered via Zoom or in-person groups. Leaders are older people with HIV, or those living with or having experience with older people with HIV. Leaders receive training via zoom 2.5 hours twice a week for seven weeks. This training is offered by SMRC. Leaders who have offered at least 3 workshops can take an additional 9 hours of training to become a Master Trainer who in turn can train future leaders either in person or via zoom. The workshop is available in English with plans to have a Spanish version.

How was Aging Well with HIV developed?

The Self-Management Resource Center used a multi- step development approach including HIV community members at every step.

1. A focus group to determine the salient concerns of older people living with HIV (10 participants).
2. A survey of older people with HIV, to determine the relative importance of 30 topics derived from the focus group and past SMRC work with older people (approximately 150 participants).
3. Using the results of the focus group, SMRC developed content and activities around the 21 priority areas. (see page x for topics by session). During this process we continually had feedback from staff at SAGE and ACL. We also used professional consultants from Stanford School of Medicine, The National Gaucher Organization, and Open Hand Atlanta. A booklet was developed to accompany the workshop.
4. The workshop and materials were piloted via zoom with 10 older people with HIV which represented people from the African-American, Latinx, Caucasian, and Asian communities. One person attended from Bangladesh.
5. Based on feedback from participants the workshop was slightly revised, mainly moving specific content either earlier or later in the program.
6. The program and materials are now ready for dissemination.

How can we offer Aging Well with HIV?

To offer workshops an organization must have a license and at least two trained leaders. Licenses range in size from small community organizations offering a few workshops a year to regional and national entities offering many workshops a year. We believe, that the HIV workshop will probably be mostly offered by zoom as this will allow individuals in a wide geographic area to attend. It is best if these workshops are offered by trusted organizations. The Self-Management Resource Center is happy to work with you to find the best configuration for your needs.

What is the Self-Management Resource Center (SMRC)?

The Self-Management Resource Center is a small California-based organization that develops and disseminates community-based peer-led self-management programs. We license our program to organizations, provide training for leaders and master trainers, maintain a list serve for program administrators and master trainers so that folks can learn from each other. SMRC also offers technical assistance to all our licensees. Currently SMRC programs are available in most states and about 25 countries outside the US. You can see the locations of program on the find a workshop link on our website. Most of the SMRC programs are evidence-based, meaning they have been evaluated in controlled trials, found to be effective over at least six months, and published in peer-reviewed journals.

For 40 years, the SMRC partners worked at Stanford University School of Medicine, where most of the programs were developed. In 2017, with Stanford's blessings, we formed SMRC to further the dissemination of the programs. To read more about the programs, see a bibliography (look under resources), and for options around licensing and training please look at the SMRC website. <https://selfmanagementresource.com/> You can email us at SMRC@selfmanagementresource.com or call us at 650-242-8040 Ext 5. We are here to help you.

See the next page for an overview of workshop topics



Aging Well with HIV Workshop Overview

| Topic | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|--|--------|--------|--------|--------|--------|--------|
| Aging with HIV | • | | | | | |
| Improving Fatigue & Sleep | • | | | | | |
| Distraction & Thoughtful Breathing | • | | | | | |
| Action Plans | • | • | • | • | • | |
| Feedback / Sharing | | • | • | • | • | • |
| Problem-Solving | | • | | • | | |
| Difficult Emotions | | • | | | | |
| Loneliness & Isolation | | • | | | | |
| Negative Thinking | | • | | | | |
| Physical Activity/Exercise | | • | • | | | |
| Stigma & Disclosure | | | • | | | |
| Making Decisions | | | • | | | |
| Healthy Eating | | | • | • | | |
| Depression | | | | • | | |
| Relaxation | | | | • | | |
| Communication & Self-Advocacy | | | | | • | |
| Managing Medications | | | | | • | |
| Safer Sex | | | | | • | |
| Assembling & Working with Health Care Team | | | | | • | |
| Social Support | | | | | | • |
| Future Planning & Legal Issues | | | | | | • |
| Looking Back & Planning for the Future | | | | | | • |