

APPENDIX TO THE USER
FRIENDLY MANUAL:

A User Friendly Manual for
People 50 Years of Age
and Older Living with
HIV/AIDS in the
Detroit EMA

December 2005

Appendix to the User Friendly Manual:

*A Guide and Resource Directory for People 50 Years of Age and Older living with HIV/AIDS in the Detroit Eligible Metropolitan Area (EMA)
December 2005*

*Created by:
Benjamin Hayes*

*Intern with HIV/AIDS Advocacy Services
State of Michigan Department of Human Services*

*University of Michigan Masters Student
School of Social Work
School of Public Health*

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Please note that the information contained in this manual represents general guidelines and may not apply to every situation. Each case is different, just as each individual is different.

Understanding Risks and Special Concerns for Population 55+ Concerning HIV/AIDS

WHY PEOPLE AGED 55 YEARS OLD AND OLDER?

Although HIV/AIDS poses many of the same risks to older people as it does to younger people, older people are frequently neglected in prevention and care efforts. This neglect is particularly alarming considering trends that show rates of infection and AIDS diagnosis increasing among groups of people over 50 years old. The CDC reports that the number of people aged 50 years old and older who are diagnosed with AIDS is increasing every year, and women are carrying a disproportionate burden of increasing rates of AIDS diagnoses. Additionally, UNAIDS, the Joint United Nations Programme on HIV/AIDS, has reported that the number of new HIV cases in women aged 50 years old and older in the US increased 40% over just a five year period.

MISCONCEPTION AND RISK

The longer survival time of many people living with HIV/AIDS partially accounts for the rising number of AIDS diagnoses among older people, however there are other factors that play significant roles as well. Among the most prominent of these factors is the frequent misconception held by many health care providers that older people don't engage in risky behaviors or have HIV/AIDS. Primary care physicians may also feel reluctant to engage older patients in dialogues about sex, drug use, and safe behaviors. Jane Fowler of HIV Wisdom for Older Women put it this way: "There is a denial that older people...enjoy sex or that some are injection drug users. This is just ridiculous." Furthermore, older people themselves may be unaware of the risks of HIV/AIDS and have limited knowledge about safe behavior practices. They are also likely to internalize others' embarrassment about their private lives, thus they may shy away from initiating conversations about subjects like sex, drugs, and HIV/AIDS with health care providers or family. All of these factors are compounded by the failure of prevention efforts to target older people. As one source put it: "when was the last time you saw a wrinkled face on a safe sex or HIV education poster?"

RISKS SPECIFIC TO OLDER PEOPLE

Additionally, as people get older, health concerns change. For example, health of older people may deteriorate at a faster rate, thus making care-management more difficult and decreasing the time of onset to AIDS. Also, post-menopausal women are doubly at risk as condom use may diminish, and normal aging results in decreases in vaginal lubrication and thinning of vaginal walls, thus increasing the likelihood of infection. Since many symptoms of HIV/AIDS may be similar to other conditions of aging and health providers are already prone to not consider the possibility of HIV/AIDS in their older patients, there is diminished testing for HIV and increased late diagnoses of AIDS. All of these factors magnify the severe effects of HIV/AIDS has upon older people.

ADDITIONAL CONCERNS

Not only do older people face additional health care concerns, but they may also be challenged by particular psychological and social concerns. These are concerns that older people may already be facing, in forms such as depression, feelings of isolation,

and barriers of ageism. Having to deal with a disease that carries much of its own fear, stigma, and uncertainty is likely to make these concerns much more acute.

Additionally, people who are aging will likely be facing other challenges that may be made more difficult by HIV/AIDS. House maintenance, choices about assisted living or elder care homes, legal concerns, end of life decisions, nutrition, transportation, and abuse are some of the most pressing of these challenges that this manual addresses.

As more people continue to live longer with HIV/AIDS and older people face more risks associated with HIV/AIDS, it becomes increasingly imperative that we acknowledge these risks and better address the disparities in prevention and care.

INFO-SHEETS

On pages 6-8 are some info-sheets that may help clients manage their health:

Symptom List for Clients Living with HIV

Photocopy and distribute to clients over 50 years of age

Call 911 or other Emergency Response (_____-_____-_____-) if any of these conditions develop:

- Seizures**
- Loss of consciousness**
- New weakness** in an arm, leg, or one side of body
- New inability to move a body part (**paralysis**)
- New changes in balance or sensation** (numbness, tingling, or pain)
- New **inability to stand or walk**

Call your health professional (_____-_____-_____-) if any of these conditions develop:

- Fever higher than **103 degrees F**
- Fever higher than **101 degrees F for longer than 24 hours**
- Shortness of **breath**
- Cough that produces **mucus or sputum** (thick fluid produced in the lungs and in the airways leading to lungs)
- Ongoing diarrhea**
- Unusual bleeding**, such as from nose, gums, blood in the urine or stool, or easy **bruising**
- Ongoing headache**
- Changes in vision**
- Rapid, unexplained **weight loss**
- Night sweats**
- Fatigue**
- Swelling of **lymph nodes** in the neck, armpits, or groin
- Unusual sores** on the skin or in the mouth
- Increased outbreaks of **cold sores**
- Severe **numbness or pain** in the hands and feet
- Personality changes or decline in mental ability**, such as confusion, disorientation, or inability to do mental tasks that have been done in the past
- Sores, bumps, rashes, blisters, or warts** that appear on or around the genital or anal areas

IF YOU DO NOT HAVE A DESIGNATED HEALTH PROFESSIONAL IT IS A GOOD IDEA TO HAVE A PLAN FOR WHO YOU CAN CALL IN CASE OF THESE SYMPTOMS. WRITE YOUR PLAN HERE:

*Source: American Association of Retired Persons (AARP),
www.healthwise.net/WebPrint/WebPrintMgr.aspx?c=aarp&s=en-usQ1_05&h=hw151411*

Home Treatment and Care for Living with HIV

If you are infected with HIV, you can lead an active life for a long time. There are many steps you can take to maintain your health and prevent the spread of HIV.

- Learn more about HIV to help you actively participate in your health care decisions.
- Get the immunizations and medication treatment you need to prevent opportunistic infections, such as pneumonia or tuberculosis.
- Join a support group to share frustrations and seek support from other in the same situation.
- Stop smoking. Cigarette smoking can cause more rapid declines in CD4+ cell counts and more frequent infections in people with HIV infection.
- Do not use illegal drugs and limit use of alcohol. These weaken your immune system and make it easier to get infections. It also increases chances of spreading the virus to others.
- Learn to handle food properly to prevent the spread of food-borne illness.
- Eat a healthy, balanced diet to keep your immune system strong.
- Exercise regularly to reduce stress and improve the quality of your life by increasing fitness and boosting hormones that are connected with feelings of happiness.

Source: American Association of Retired Persons (AARP),

www.healthwise.net/WebPrint/WebPrintMgr.aspx?c=aarp&s=en-usQ1_05&h=hw151411

Pointers of Support for Caregivers of a Person Living with HIV

A skilled and knowledgeable caregiver can provide the emotional, physical, and medical care that will improve the quality of life for a person who has HIV

- Provide emotional support, such as listening to and encouraging the person
- Protect yourself from HIV infection and other infections (i.e. not having unprotected sex; not sharing needles; taking care of your own physical, emotional, mental, and nutritional well-being).
- Protect the person with HIV from other infections by staying away from the person with HIV as much as possible when you are sick.
- Take care of yourself by sharing your frustrations with others and seeking help when you need it.
- Provide home care by learning how to give medications and seek help in an emergency.

*Source: American Association of Retired Persons (AARP),
www.healthwise.net/WebPrint/WebPrintMgr.aspx?c=aarp&s=en-usQ1_05&h=hw151411*

General Resources

COMPREHENSIVE SERVICE ORGANIZATIONS/AGENCIES

Here are some organizations and agencies that provide general services useful to older people. These organizations are great first contacts in finding the most appropriate resources and services for clients.

Michigan Specific

Area Agencies for the Aging (AAA)

These agencies are great resources for older adults, caregivers, and community agencies serving elderly people.

Eldercare Locator

800.677.1116

www.eldercare.gov

Area Agency for the Aging (AAA) 1-B

Supports the following services: Home-based services, community-based services, community care services, Medicare/Medicaid Assistance Program, and community employment program. Additionally, AAA 1-B supports a large computer database with nearly 2,000 service providers and 5,000 older adult services in southeast Michigan. Database includes information on personal care, prescription assistance, homemaking, meal delivery, assisted living, care management, etc. Counties served: Oakland, Livingston, Washtenaw, Macomb, Monroe, and St. Clair.

800.852.7795

www.aaa1b.com

Detroit Area Agency for the Aging 1-A

Cities of Detroit, Hamtramck, Highland Park, Grosse Pointe Shores, Grosse, Pointe Woods, Grosse Point Farms, Harper Woods.

313.446.4444

8:30—5pm

www.daaa1a.org/

Senior Alliance, AAA 1-C

SE Michigan

734.722.2830

800.815.1112

8—5pm

www.aalc.org

Region 2 Area Agency on Aging

Counties of Jackson, Hillsdale, Lenawee

517.467.9113

www.r2aaa.org

Area Agency on Aging III-A
Kalamazoo County
269.373.5200
www.kalcounty.com/aaa/index.htm

Department of Human Services (DHS)

Adult community placement, Adult protective services, Food Assistance Program, Independent Living Services (ILS), Low-Income Energy Assistance Program (LIHEAP), Medicaid Coverage for Nursing Home Care, State Emergency Relief (SER).
Find you local DHS office at:
www.michigan.gov/dhs

Michigan Department of Community Health

Information on health policy and health services systems. Also oversees the state's mental health, substance abuse, and MI choice programs.
517.373.3740
www.michigan.gov/mdch

Michigan Office of Services to the Aging

Michigan Department of Community Health
517.373.8230
www.miseniors.net/

Office of HIV/AIDS Advocacy Services, DHS

Assistance in making sense of what federal and state financial and health benefits are available, determine if a client meets the state and federal eligibility requirements, sort out the benefit applications procedures.
313.456.1679
899.342.2437 *toll free*

Senior Citizens Department, Detroit

Information and referral service for City of Detroit.
313.224.5444
800.245.4116
8—5pm

Wayne County Senior Citizens' Services

Manages variety of services and programs, including Adult Day Services, Eloise Historical Collection, Friendly Reassurance Program, Greenhouse and Garden Program, Nutrition Services, Senior Prescription Drug Program, and Senior Multipurpose Center.
734.727.7373
www.waynecounty.com

National

National Association on HIV Over Fifty

www.hivoverfifty.org

US Administration on Aging

Helps find local services for seniors. Provides general information, insurance counseling, legal assistance, long-term care, ombudsman, and prescription assistance information.

800.677.1116

www.eldercare.gov

Health Care Planning

Every individual infected with HIV/AIDS, including the elderly, should work with their health care practitioner to plan a health care program that is appropriate to their lives and is responsive to their diagnosis. For some older people health conditions may deteriorate at a faster pace than younger people, making a well thought out health care strategy imperative to maintaining the most optimal and comfortable living.

The Senior Alliance offers Case Coordination and Support (CCS)

“designed to help seniors live as independently as possible by putting in-home support services in place...conduct in-home assessments of potential clients to determine eligibility for services such as Homemaker, Personal Care, and Respite Care”

734.722.2830

800.815.1112

Medical Care, Access to Care, and Benefits

MEDICARE

Medicare Prescription Drug, Improvement, and Modernization Act of 2003

(Sources: The Henry J. Kaiser Family Foundation, 2005, www.kff.org; centers for Medicare & Medicaid Services, 2005, www.cms.hhs.gov/)

Starting January 1, 2006 prescription drug coverage will be made available to all people with Medicare. People with Medicare can join the drug plan beginning November 15, 2005.

According to the Centers for Medicare & Medicaid Services (CMS), those people who already have retiree prescription drug coverage from a former employer or union may not want to join a Medicare drug plan, especially if it would affect the retiree prescription drug coverage.

There is a call to discuss these new drug coverage plans with family and friends the day after Thanksgiving. A guide to talk about Medicare's drug coverage with family and friends was available in the September 25 edition of *Parade* magazine. Additionally, in early October, a handbook titled *Medicare & You 2006* should have been mailed to every Medicare household.

These changes are a result of the Medicare Prescription Drug, Improvement, and Modernization Act of 2003 (MMA). Beginning in January, 2006 there will be a voluntary Part D program that will provide Medicare outpatients with prescription drug benefits. This Part D program will give recipients of Medicare the option of a) enrolling in a new prescription drug plan (PDP) and get all other benefits from the traditional fee-for-service (FFS) program that works with traditional Medicare or b) enrolling in plans called Medicare Advantage (MA), such as HMOs or regional PPOs, “that provide drug coverage with additional benefits,” according to CMS. Although plans must meet Medicare’s requirements for providing medically necessary drugs, including formulary standards, it seems, unfortunately, that the drug plans do not include all drugs for HIV/AIDS.

In a review performed by PricewaterhouseCoopers LLP at the request of The Alliance to Improve Medicare (AIM) and the Medicare Today partnership, the estimated effects of the MMA will significantly benefit low-income beneficiaries. In Michigan 97% of low-income beneficiaries will have prescription drug coverage after MMA goes into effect, as opposed to only 65% before MMA. On average, low-income beneficiaries should have their out-of-pocket expenses reduced by \$1,918 to \$1,597 depending on eligibility for other federal prescription assistance programs (CHAMPUS/DoD, VA, Medicaid, etc.).

www.medicaretoday.org/clientuploads/directory/toolbox_resources/MT%20PWC%20study.pdf

For more information visit www.medicare.gov or call its 24-hour toll-free number: 1-800-MEDICARE (633-4227). Local assistance: 1-800-803-7174

Gaps in Medicare benefits package

The Kaiser Family Foundation details these needs that recipients will have to find elsewhere:

- Outpatient prescription drugs—until 2006
 - Personal assistance services
 - Institutional services
 - Dental care and dentures
 - Hearing aids
 - Routine eye care and eyeglasses
 - Routine food care
 - Many screening tests
 - Bathroom grab bars and similar equipment
- Medicaid or Medigap may supplement these needs.

Other services that Medicare may provide

- Skilled nursing facility (SNF): This service is for inpatient hospital stays of three days or more and up to 100 days. Medicare can also pay for a medical social worker and a discharge planning service. These two resources help in finding needed services and support to leave facility and live in community.
- Skilled home health services: For people who require skilled care and are homebound.

- Durable medical equipment: This is for people who have Part B of Medicare and need the item or device to function at home. There many items not covered, and Medicare does not pay for items that help individuals live in the community.
(Source: *The Henry J. Kaiser Family Foundation, 2005, www.kff.org*)

The Henry J. Kaiser Family Foundation

Information on Medicare policy, benefits, and guidelines, as well as recommendations and suggestions for service seekers and health providers.
www.kff.org

Medicare

Information and guidelines on Medicare and prescription drug discount cards. The website also has a Medicare Personal Plan Finder 2005, which is an easy to use search site to determine what Medicare health plan choices are available and best suited to each individual.
(800) MEDICARE (634-2273)
www.medicare.gov

Office of HIV/AIDS Advocacy Services, DHS

Assistance in making sense of what federal and state financial and health benefits are available, determine if a client meets the state and federal eligibility requirements, sort out the benefit applications procedures.
313.456.1679
877.342.2437 toll free

OTHER SOURCES FOR PRESCRIPTION DRUG ASSISTANCE

Crossroads

15 days of medications and help connecting to other sources
313.831.2000

World Medical Relief

Oakland, Macomb, and Wayne counties. Clients 62 year of age and older and do not qualify for Medicaid, meet income eligibility.
313.866.5333

Oakland County Senior Prescription Program

Oakland County residents 60 years of age and older who do not have prescription coverage.
866.731.7213

Wayne County Senior Discount Prescription Program

Wayne County residents 60 years of age and older who do not have prescription coverage.
313.833.3626

Macomb County Senior Prescription Program

Macomb County residents 60 years of age and older who do not have prescription coverage.
810.469.6313

HEALTH SCREENING

Health screening can identify present or potential health problems. This is critical in staying ahead of the risks posed to older people with HIV/AIDS.

ACCESS

Provides health screening to senior groups and homebound older adults 60+.
6450 Maple Rd.
Dearborn, MI 48126
313.216.2200

The Medical Team

Call for site location and schedule.
24901 Northwestern Highway, Ste. 308
Southfield, MI 48075
800.382.5940

Project Healthy Living

This project is sponsored by United Health Organization and WXYZ-TV. The program provides a variety of health screening tests at community sites throughout SE Michigan.

United Health Organization

32380 Edward St.
Madison Heights, MI, 48071-1432
248.619.9100

OTHER HEALTH RESOURCES

Contacting your local Area Agency on Aging (AAA) is probably one of the best resources in additional health resources, such as prescription drug assistance, eye care assistance, etc. See www.eldercare.gov or call 800.677.1116 to locate your local AAA.

Area Agency on Aging (AAA) 1-B

Rapid Response

For those in need of short-term or long-term caregiver relief. For people age 18+ with a disability or age 60+. Customers pay percentage of cost according to financial ability.
800.852.7795, ask for Rapid Response Nurse

Wayne County Senior Citizens' Services

Manages variety of services and programs, including Adult Day Services, Eloise Historical Collection, Friendly Reassurance Program, Greenhouse and Garden Program, Nutrition Services, **Senior Prescription Drug Program**, and Senior Multipurpose Center.

734.727.7373
www.waynecounty.com

At Home Services/Care Out of the Hospital

Deteriorating health or mobility does not necessitate that older people infected with HIV or diagnosed with AIDS leave the comfort and independence of their own home. There are several things that can be done to facilitate living at home. Contacting your local Area Agency on Aging (AAA) is probably one of the best resources in determining the best options for at home services and care out of the hospital. See www.eldercare.gov or call 800.677.1116 to locate your local AAA.

MI Choice (Medicaid Waiver)

A program that offers comprehensive in-home services for persons who are medically appropriate for nursing home placement. Contingent upon income and age or disability status.

The Senior Alliance Area Agency on Aging 1-C

734.722.2830

The Information Center

734.282.7171

CHORE ASSISTANCE

There are also some organizations that provide assistance with chores that may become difficult in later years.

Senior Alliance, AAA 1-C

SE Michigan. Seniors are referred to at least 3 independent workers who are asked to charge reasonable fees. Seniors make arrangements with worker for time, work, and payment. Most common types of requested assistance: lawn mowing, snow removal, leaf raking, or minor home repairs.

734.722.2830

800.815.1112

8—5pm

www.aalc.org

AT-HOME CARE

It is also possible to receive certain types of living, health, and medical care at home without having to be in a hospital or facility. Your local Area Agency on Aging (AAA) should have a more extensive listing of these resources. See www.eldercare.gov or call 800.677.1116 to locate your local AAA.

HOSPICE CARE

Michigan Hospice & Palliative Care

General information about hospice services throughout MI.

6015 W. St. Joseph Highway, Suite 104

Lansing, MI 48107

800.536.6300, 517.866.6667

www.mihospice.org

OTHER AT-HOME SERVICES

Area Agency on Aging 1-B

Home care assistance for those people aged 60 years old and older who have some physical limitations and require low to moderate help with person and home care tasks. **Community Care Management Program** is intended to assist people 60 years old and older and at risk of nursing home admission *or* a nursing home resident assessed as able to return home if supportive services are provided.
800.852.7795
www.aaa1b.com

The Information Center, Inc., The Family Resources Place

20500 Eureka Rd., Suite 110
Taylor, MI, 48180
734.282.7171
TTY: 734.282.7184
info@theinfocenter.info
www.theinfocenter.info

Personal Emergency Response System

This is connected to a phone line that provides a fast, easy connection to a 24-hour response center. Subscribers wear a button pendant or wrist band. Installation fee and monthly service charge. The following are a few of the options available. Contact your local AAA for more information.

American Red Cross

Southeastern Michigan Chapter
Lifeline Program
800.959.6989
www.semredcross.org

Henry Ford Health System

Lifeline Program
313.874.6565
www.hfhs.org

Visiting Nurses Association—Home Support Services

Health Watch System
248.967.5800/ 800.446.2828
www.vna.org

The Senior Alliance offers

Case Coordination and Support (CCS)

“designed to help seniors live as independently as possible by putting in-home support services in place...conduct in-home assessments of potential clients to determine eligibility for services such as Homemaker, Personal Care, and Respite Care”

734.722.2830, 800.815.1112

Eldersupport

“this program offers a comprehensive in-home assessment for persons who need guidance regarding long term care”

734.722.2830, 800.815.1112

CAREGIVER RESOURCES

Being a caregiver can be exhausting and overwhelming. It has been evidenced that the health of caregivers is weaker and more susceptible to illness than those not burdened with care. These people are a huge resource for those who are ill, and we should not neglect their well-being and need for services, assistance, concern, and possibly even therapy.

Adult Well-Being Services

www.awbs.org

Workshops for family, friends, and/or neighbors who provide care/assistance to elders to introduce them to important care giving concepts and information. Topics include physical and psychological changes in later years, communication with medical professionals, legal issues, stress reduction, Medicare & Medicaid, and community resources. Adult Well-Being Services also provides monthly support groups.

1423 Field Ave.
Detroit, MI 48214
313.924.7860

Area Agency on Aging 1-B

See “Other At-Home Services” above for information on **In-Home Services Program** and **Community Care Management Program**. AAA1-B can help connect with many services valuable for caregivers, such as **Home Delivered Meals** and finding **Home Injury Control Providers**.

www.aaa1b.com
800.852.77795

Adult Day Service Provider

Catholic Social Services of Oakland County Sheltering Arms Adult Day Center
248.334.9680

Senior Alliance, AAA 1-C

www.aalc.org

Presentations with practical information to caregivers about subjects impacting both care recipients and themselves. Topics include behavioral issues, legal and financial issues, supports and community resources, caregiver stress, long-term care resources, communication problems, end-of-life issues, and others.

SE Michigan
734.722.2830
800.815.1112
8—5pm

Wayne County Senior Citizens’ Services

<http://www.waynecounty.com/commServ/age.htm>

Manages variety of services and programs, including **Adult Day Services**, Eloise Historical Collection, Friendly Reassurance Program, Greenhouse and Garden Program, Nutrition Services, Senior Prescription Drug Program, and **Senior Multipurpose Center**.

734.727.7373

Caregivers Marketplace

A free cash-back and discount program designed to offer savings to caregivers. Gives caregivers a savings card they can use to buy products.
www.caregiversmarketplace.com

National Alliance for Care giving

Provides support to family caregivers and the professionals who help them and to increasing public awareness of issues facing family caregivers.
www.caregiving.org

Taxes

We all know taxes are complicated and time consuming, as well as stressful. For those who must address the challenges of a hard to manage illness, taxes can be quite a burden. Additionally, being 55 years old and older may qualify some people for special tax benefits or exemptions for heating, cooling, or other products and services.

Contacting your local Area Agency on Aging (AAA) is probably one of the best resources in finding tax assistance. See www.eldercare.gov or call 800.677.1116 to locate your local AAA.

Tax preparation is available to low-income individuals and families through **Volunteer Accounting Service Team of Michigan (VAST MI)**. For more information please contact **VAST MI at (313) 647-9620**.

Assisted Living/Elder Facilities

For many people it will become necessary to consider moving to a place where all the provisions of care, health and medical are managed and immediately available. People living with HIV/AIDS should be careful in considering where they go and make sure that the program/facility can be sensitive to the social and medical concerns associated with HIV/AIDS. Contacting your local Area Agency on Aging (AAA) is probably one of the best resources in finding the most appropriate assisted living and elder facilities. See www.eldercare.gov or call 800.677.1116 to locate your local AAA.

Medication Concerns

ADHERENCE

For people living HIV/AIDS, managing medications can be worse than taxes. Now, empirical evidence is showing that strictly following the specific drug regime that the patient and physician have established is vitally important to delay resistance for as long as possible. For people who are getting older, this stressful and difficult system can be compounded with additional medications and vitamins that might be necessary for other conditions. Of course, on the other hand, older people may be experienced veterans at medication regimes by now, and could teach us a few lessons. Be prepared to address to the complications and importance of staying on a particular regime, be sensitive to the added difficulties older people may face, and be open to what knowledge can be passed around through others' experiences.

Many personal emergency response companies offer medication reminders and devices to provide support. These services are for a cost. (See: Personal Emergency Response System)

Here are a few suggestions that the American Association for Retired Persons makes for keeping track medications:

- **Help the client make a list of all medications.** Complete a master list of medication and keep it up to date. The client can review the master list of medications with client's health professional at every visit. This list can be used to verify that the medications the client receives from the pharmacy are correct.
- **Use a daily planner.** Client can list medication schedule in a daily planner that has spaces for hourly entries. This can be posted in a prominent place near the medicine cabinet. The client can take it with them when traveling.
- **Use a pillbox.** This can be purchased or an empty egg carton can be labeled and serve the same purpose.
- **Use reminders.** --post reminders, like on the bathroom mirror and refrigerator
--set alarm clocks
--pager
--be creative
- **Recruit family and friends** to provide you with timely reminders and phone calls to help you with your adherence. Family and friends can also be strong emotional and psychological support if they understand the difficulties of taking anti-retroviral medicines.

*Source: American Association of Retired Persons (AARP),
www.healthwise.net/WebPrint/WebPrintMgr.aspx?c=aarp&s=en-usQ1_05&h=hw151411*

DRUG INTERACTIONS

The Council on Family Health (CFH), in partnership with the U.S. Food and Drug Administration (FDA) and the National Consumers League (NCL), has a free consumer guide titled: "**Drug Interactions: What You Should Know**".

Available by writing to:

The Federal Consumer Information Center, Item #600 G, Pueblo, CO 81009

Nutrition Concerns

Maintaining good health means maintaining a good diet and getting all the appropriate vitamins. Be aware that maintaining good nutrition for older people infected with HIV or diagnosed with AIDS may require more attention to detail and use of supplements and vitamin pills. It would be good to make sure that the client's health practitioner is sensitive to these concerns and has addressed them with the client. Contacting your local Area Agency on Aging (AAA) is probably one of the best resources in finding information on how to establish a comfortable and nutritious diet. See www.eldercare.gov or call 800.677.1116 to locate your local AAA.

Wayne County Senior Citizens' Services

Manages variety of services and programs, including Adult Day Services, Eloise Historical Collection, Friendly Reassurance Program, Greenhouse and Garden Program, **Nutrition Services**, Senior Prescription Drug Program, and Senior Multipurpose Center. 734.727.7373

and **Wayne County Office of Nutrition Services (WCONS)**

http://www.waynecounty.com/commServ/nutrition_services.htm

Transportation

Limited mobility can be one of the greatest barriers to independent living for anyone, and most case-managers are aware that finding ways to address this need is critical. Contacting your local Area Agency on Aging (AAA) is probably one of the best resources in finding transportation information. See www.eldercare.gov or call 800.677.1116 to locate your local AAA.

Recreation

We are much more than what society sees as the accumulation of our limitations. People of all ages and experiencing all conditions need to find ways to express themselves, whether physical activity, art, reading, or social gatherings. Applying as much importance to recreation in the health care plan of older people with HIV/AIDS is just as vital as anything else in maintaining one's physical, social, emotion, and mental well-being. Contacting your local Area Agency on Aging (AAA) is probably one of the best resources in finding recreation opportunities. See www.eldercare.gov or call 800.677.1116 to locate your local AAA.

Wayne County Senior Citizens' Services

Manages variety of services and programs, including Adult Day Services, **Eloise Historical Collection**, Friendly Reassurance Program, **Greenhouse and Garden Program**, Nutrition Services, Senior Prescription Drug Program, and **Senior Multipurpose Center**.

734.727.7373

www.waynecounty.com

Volunteer/Work

Just as recreation allows us the vital expression of ourselves in maintaining well-being, for some people so is the feeling of function, purpose and social interaction provided by the opportunities of volunteering and working. If volunteering or working is of interest to an individual, these should be considered with the same respect and importance as any other element of a treatment plan. Contacting your local Area Agency on Aging (AAA) is probably one of the best resources in finding volunteer or work opportunities. See www.eldercare.gov or call 800.677.1116 to locate your local AAA.

Area Agency on Aging (AAA) 1-B Senior Community Service Employment Program

www.aaa1b.com

For Oakland and Macomb residents. Provides job training and part-time work in community services activities.

800.852.7795

Project HOPE, Goodwill Industries of Greater Detroit

Helps people living with HIV/AIDS enter or re-enter the workforce by developing coordinated access to information, education, and services.

3111 Grand River

Detroit, Michigan 48208

313.964.3900, Ext. 423

Wayne County Senior Citizens' Services

<http://www.waynecounty.com/commServ/age.htm>

Manages variety of services and programs, including Adult Day Services, Eloise Historical Collection, Friendly Reassurance Program, Greenhouse and Garden Program, Nutrition Services, Senior Prescription Drug Program, and Senior Multipurpose Center.

734.727.7373

End of Life Issues & Legal Concerns

Having a chronic illness in the later years of one's life can be stressful, but having a well thought-out plan that details all the legal and logistical concerns that face all people in this stage of their lives will help reduce the impact of illness and death. Contacting your local Area Agency on Aging (AAA) is probably one of the best resources to find information on end of life concerns. See www.eldercare.gov or call 800.677.1116 to locate your local AAA.

Elder Law of Michigan

www.elderslaw.org

Legal Hotline

Free legal advice and information to Michigan residents 60+. No legal fees, donations accepted.

800.347.5297 or 517.372.5959

Michigan Pension Rights Project

800.347.5297 or 517.372.5959

Michigan's Coordinated Access to Food for the Elderly (MiCAFE),

Genesee County

Helps senior apply for the Food Assistance Program.

877.664.2233

continued next page...

HIV/AIDS Advocacy Program

For referrals to legal services.
800.288.5923

Kendra S. Kleber & Associates PLLC

A wonderful source for legal information and assistance as they relate to HIV/AIDS, especially Social Security disability assistance.
888.629.3660 *toll-free*
hivlawyer@kendra.com
PO Box 20787
Ferndale, MI 48220
www.positiveoutlook.org

Michigan LawHelp

Statewide guide to free legal services for low-income persons and seniors in civil cases.
www.mi.lawhelp.org

Legal Aid & Defender Association

www.ladadetroit.org
Senior Citizens Legal Aid Project
Legal assistance regarding non-criminal matters.
645 Griswold, Ste. 2600
Detroit, MI 48226
313.964.4111 (General)
877.964.4700
877.964.5310 (Senior Intake Line)

Wayne County Neighborhood Legal Services

104 Lathrop St.
Detroit, MI 48202
313.874.5820
Elder Law Center
12121 Hemingway
Redford, MI 48239
313.937.8291
www.wcnls.org

PARTNER INCLUSION

For those people who are in partnerships unrecognized by the legal system, it will be imperative to anticipate how to fully include partners in decision making processes. This can be done through ***durable power of attorney, durable power of attorney for health care, and living wills***. See below for more information.

LIVING WILL/ADVANCE DIRECTIVE

The heated debates surrounding the Terry Schiavo case caused many Americans to start thinking about their wishes if they become seriously ill and are left unable to make decisions for themselves. If you consider the possibility of unexpected health issues and end-of-life issues when you are not in the midst of them you can help minimize many of the difficult decisions often left up to loved ones, family, and medical practitioners.

Case management is a perfect opportunity for clients to discuss their wishes and concerns. Case managers can direct clients to valuable information and assist them in making informed decisions about end-of-life care and treatment.

What is an advance directive?

- Legally documents your wishes if you become seriously ill and are no longer able to make decisions for yourself.
- Outlines for health care providers, family, friends, and the courts clear guidance about who makes decisions for you and how they make them.
- Can take the form of a **durable power of attorney for health care** or can be in the form of a **living will**.

What is a durable power of attorney for health care?

- You name a “patient advocate” to act for you and carry out your wishes.
- Patient advocate must be at least eighteen years old and can be a family member, friend or any other person you trust.
- Patient advocate can use the durable power of attorney for health care to accept or refuse any treatment on your behalf. If you want your patient advocate to be able to refuse any treatment and let you die, you must say so specifically in the durable power document.
- Only used when you are not able to make decisions for yourself.

What is a living will?

- Has the same legal effectiveness as a durable power of attorney for health care.
- Does not require a patient advocate.
- Allows you to state your wishes in writing without an advocate.

How will an advance directive benefit me and/or my family?

- Makes sure you receive the medical treatment you would want.
- Prevents any care that goes against your wishes.
- Gives power to the person who you want to make decisions for you.
- Prevents family and friends from feeling unsure about your wishes.

Do I need an attorney?

No, but an attorney can help you prepare your durable power of attorney or living will, if you wish.

How can I be sure my advance directive will be honored?

- Discuss your wishes with family and/or friends.
- Be sure to let family and friends know you have an advance directive.
- Discuss your advanced directive with your health care provider.
- Store your document in a safe place where it can be easily found.

Questions to consider when creating an advance directive:

- “Who would you like to make treatment decisions for you, if you become unable to do so?”
- “How do you feel about ventilators, surgery, resuscitation (CPR), drugs or tube feeding if you were to become terminally ill? If you were unconscious and not likely to wake up?” If you become senile or suffer from dementia?
- “What kind of medical treatment would you want if you had a severe stroke or other medical condition that made you dependent on others for all your care?”
- “What sort of mental, physical, or social abilities are important for you to enjoy living?”
- “Do you want to receive every treatment your caregivers recommend?”

Source: University of Michigan Health System, Advance Directives/Living Wills, <http://www.med.umich.edu/1libr/aha/umadvdir.htm>)

For more information:

University of Michigan Health System

<http://www.med.umich.edu/1libr/aha/umadvdir.htm>

On this site you can download sample forms for:

--Durable Power of Attorney for Health Care

--Living Will

--Do-Not-Resuscitate

Familydoctor.org

<http://familydoctor.org/003.xml>

U.S. Living Will Registry

<http://www.uslivingwillregistry.com/>

My Voice-My Choice

My Advance Directive Package was developed and approved by the American Association of Critical Care Nurses, Blue Cross Blue Shield of Michigan Foundation, and Oakwood Health Care System. Leave voice message requesting **My Voice-My Choice Advance Directive package**, say and spell first and last name, street number, spell street name, city, state, and zip, as well as home telephone number.

Director, Clinical Ethics Center

Oakwood Healthcare Systems

T: 313.436.2267

F: 313.436.2406

DURABLE POWER OF ATTORNEY

A legal document written document ahead of time in which a person of sound mind gives to another the power to act on his behalf for legal matters only. This document will still have legal effect if the person giving the power becomes of unsound mind. Void at death.

DURABLE POWER OF ATTORNEY FOR HEALTH CARE

A legal document written document ahead of time in which a person of sound mind gives to another the power to makes decisions only about health and personal care if the patient should become unable to participate in medical treatment decisions.

Spiritual and Emotional Support

Health is not just the absence or management of disease or infirmity, but also social and mental well-being. For many people this includes spiritual and emotional fulfillment. Not only can this improve one's internal well-being, but it can manifest to improve physical health and help in managing all the external stresses applied to older people with HIV/AIDS.

Mental Health/Counselors

Both HIV/AIDS and aging can result in depression for many people. Addressing these needs will be critical in health management. Contacting your local Area Agency on Aging (AAA) is probably one of the best resources in finding appropriate information on mental health and counselors. See www.eldercare.gov or call 800.677.1116 to locate your local AAA.

These services listed provide professional advice and guidance in an individual and group setting.

Adult Well-Being Services

www.awbs.org
1423 Field Ave.
Detroit, MI 48214
313.924.7860

CareGivers

2111 Woodward Ave., Suite 700
Detroit, MI 48201
313.964.5070

Catholic Social Services of Wayne County

www.csswayne.org
851 Hamilton Ave.
Detroit, MI 48202
313. 883.2100
20382 Van Born Rd.
Dearborn Hts., MI 48125
313.792.9286

Detroit-Wayne County Community Mental Health

640 Temple, 8th Fl
Detroit, MI 48201
Your Choice Program: 888.490.9698
General Office: 313.833.2500
800.630.1044

Family Services, Inc.

313.579.5989

HelpSource

www.helpsourceagency.com
684 Deer St.
Plymouth, MI 48170
734.453.0890

Addiction/Substance Abuse

Despite common misconceptions there are many older people who are addicted to or abuse both legal and illegal substances. Dialogue with clients about these issues should be considered regardless of age.

Adult Well-Being Services

www.awbs.org

313.924.7860

Central Access

313.833.3765

SHAR

Provides residential self help addiction rehabilitation programs for men and women.

SHAR East (Women & Children)

313.923.6300

CHAR Men's Program

313.839.7427

Additional Therapy Resources

Wayne County Senior Citizens' Services

Manages variety of services and programs, including Adult Day Services, Eloise Historical Collection, Friendly Reassurance Program, Greenhouse and Garden Program, Nutrition Services, Senior Prescription Drug Program, and Senior Multipurpose Center.

734.727.7373

<http://www.waynecounty.com/commServ/age.htm>

Pet Pals for Seniors

This program finds homes for cats that are one year old and older. There is a \$28 dollar adoption fee that includes age-appropriate vaccinations, sterilization and health and temperature testing.

The Senior Alliance

734.722.2830 / 800.815.1112

OTHER TREATMENT CHOICES

Many people find alternative sources of healing valuable in complimenting their more traditional medical regime. These may include forms of holistic therapy, herbal remedies, meditation, yoga, tai chi, etc. Acknowledging and supporting people's individual treatment and therapy plans are important in helping people live independent, satisfying, and fulfilling lives. There are lots of sources of information about these modes of therapy on the internet, in the library, or at bookstores, and doing a little research is important to help in understanding clients' needs and interests so that services can be adjusted appropriately. Additionally, some herbal or non-traditional

treatments may actually interact with medications. Consulting with medical practitioners can be a way to avoid conflict.

*NOTE: Alternative therapy and treatment should **not** be considered appropriate substitutes for anti-retroviral treatment in responding to HIV infection. Anti-retroviral treatment is the most effective and reliable means of helping those infected with HIV live long, healthy lives. AARP has this to say about complimentary or alternative treatments:*

“Alternative and complementary treatments for HIV need to be carefully evaluated...Some complementary therapies may actually be harmful—for example, St. John’s wart decrease the effectiveness of certain prescription medications for HIV. It is important to discuss complementary therapies with your health professional before trying them.”

Here are a few techniques for self-management of stress:

- Relaxation through controlled, rhythmic, and paced breathing and muscle relaxation exercises.
- Guided imagery by creating a series of thoughts and suggestions that help you visualize a place or a thing that is comforting, soothing, and empowering.
- Biofeedback, which teaches you to relax through learning to control a body function that is not normally under conscious control, such as heart rate or skin temperature. See a health practitioner or biofeedback specialist.
- Problem solving, which provides you the opportunity to focus your attention on any single concern one at a time. In this way you can build your own self-empowerment and take more control over your life all while solving problems.
- Acupuncture. A process of inserting very thin needles into the skin to stimulate energy flow throughout the body. It has been shown in clinical trials to be very effective for many illnesses. It may also help reduce the side effects of HIV medications. See a health practitioner or acupuncture specialist.

*Source: American Association of Retired Persons (AARP),
www.healthwise.net/WebPrint/WebPrintMgr.aspx?c=aarp&s=en-usQ1_05&h=hw151411*

Abuse Against Elders

Contacting your local Area Agency on Aging (AAA) is probably one of the best resources in finding information on elder abuse and how to find assistance. See www.eldercare.gov or call 800.677.1116 to locate your local AAA.

See also:

Citizens for Better Care

4750 Woodward, Suite 410
Detroit, MI 48201
800.833.9548, 313.832.6387
www.cbcmi.org

Wayne County Neighborhood Legal Services

Elder Law Center

12121 Hemingway
Redford Township, MI 48239
313.937.8291

Additional Resources

USEFUL WEBSITES FOR SENIORS WITH HIV/AIDS

American Association of Retired Persons (AARP)

www.aarp.org

National Council on Aging

www.ncoa.org

Area Agency on Aging

www.eldercare.gov

Adult Well-Being Services

www.awbs.org

Wayne County Senior Services

www.waynecounty.com/commServ/age.htm

HelpSource

www.helpsourceagency.com

Senior Site

www.seniorsite.com

**US Food and Drug Administration
HIV/AIDS Program**

www.fda.gov/oashi/aids/hiv.html

AIDS Medications

www.aidsmeds.com

HIV/AIDS Resources, general

www.thbody.com

Kaiser

www.kaisernetwork.org

National Institute on Aging

www.nia.nih.gov/

HIV Over 50

www.hivoverfifty.org/

**SAGE (Senior Action in a gay
Environment)**

www.sageusa.org

**New Mexico AIDS Infonet (500 Fact
Sheets)**

www.nmia.com/~hivcc