

## HIV & Ageing

19 October to 22 November 2020

*Proudly supported by an unrestricted education grant from*



*Endorsed by*



A four week interactive, facilitated online course providing skills and resources for health and community workers with older, HIV-positive clients. By 2025, over 50% of people living with HIV will be over 55 years old: this course will equip you to work holistically with this growing demographic.

### Topics covered include:

- The History of HIV/AIDS in Australia
- HIV Medication, its Effects and Side-Effects
- Complications of HIV & Ageing
- Psychosocial Needs of Older People Living with HIV

**Who should attend?** Health care, allied health, welfare, and community workers; those working in clinical settings or who have clients with HIV. All health workers need to know about HIV.

**Requirements:** Participants will need an email address and access to the internet and will be expected to spend 3 hours per week for 4 weeks to complete the course. This course is counted as 12 hours of study, which may be counted towards continuing professional development within your discipline. There will be no set time to be on-line. Participants can complete activities at a time that suits them.

**For enquiries or to register, please contact Albion Education and Development**

Email: [education@thealbioncentre.org.au](mailto:education@thealbioncentre.org.au)  
Tel: (02) 9332 9720  
Fax: (02) 9332 9775  
Website: <http://thealbioncentre.org.au/education-and-information>

*The Albion Centre - Working towards the virtual elimination of HIV transmission by 2020  
and the elimination of Hepatitis C as a public health threat by 2030*

## Learning outcomes:

- Become familiar with the emergence of HIV in Australia, and the response of government and civil society groups
- Identify common comorbidities among older people living with HIV, and their interaction with HIV
- Explain the role ARV medications play in maintaining the health of older people living with HIV, along with their side effects
- Understanding the nutrition and exercise needs of older people living with HIV
- Articulate the role chronic HIV-related inflammation plays in age-related comorbidities
- Identify the psychosocial needs of older people living with HIV, and avenues for meeting those needs

	Topic	Activities to complete
Week 1	<b>How Did We Get Here?</b> <ul style="list-style-type: none"><li>✓ History of HIV pre-1996</li><li>✓ Albion staff interviews</li></ul>	Post introduction Discussion forum
Week 2	<b>ARVs and Ageing</b> <ul style="list-style-type: none"><li>✓ HIV treatments and ageing</li><li>✓ Age-related comorbidities</li></ul>	Discussion forum Quiz
Week 3	<b>Mind and Body</b> <ul style="list-style-type: none"><li>✓ HIV and Nutrition</li><li>✓ HIV Associated Neurocognitive Disorder (HAND)</li><li>✓ HIV complex care and ageing</li></ul>	Discussion Forum
Week 4	<b>Psychosocial Needs, Putting It All Together</b> <ul style="list-style-type: none"><li>✓ HIV, ageing and psychosocial issues</li><li>✓ HIV stigma</li><li>✓ HIV, ageing and mental health</li></ul>	Quiz Case Studies Evaluation

## What others said about this course:

“I thoroughly enjoyed this learning experience. I know that what I have learnt will assist me in my practice when assisting ageing clients with HIV.”

“I enjoyed the pace of the course. It told a narrative in a way that was highly informative, factual and held a place of care and reverence for those who had been affected simultaneously. It was a course with a heart!”

“Thanks for putting this course together and sharing it with those who have an interest in our ageing HIV population. I learnt a lot of facts I didn't know about previously. It was very informative and well worth completing.”