



# Living and Ageing with HIV

A Community Perspective

By Mario Cascio



# What has living with HIV meant to me?

- Irrational fears
- Discriminations
- Self-stigma
- Sense of underlying Guilt

# The long journey towards self-acceptance

- Peer support
- Disclosure
- Finding joy and happiness

# Taking care of your health is not always an easy job!

- Information is never enough
- Gaps in Patient-doctor relationship
- Doctors' mission (from the early days to today)

# A change in healthcare is needed- Going beyond undetectable

- Holistic approach
- Better 'quality of life'
- Let's decide together!

# Keeping yourself in good health as you approach the older age

- What can I do?
- What can the healthcare system do?

# Access to Innovative drugs

- Innovative drugs are certainly expensive
- Many national health systems are collapsing
- From a patient's point of view: It's just not understandable!

# Comorbidities in older PLWHIV

- Heart disease
- Cognitive impairment
- Kidney function
- Hypertension
- Diabetes
- Loss of memory



# What does being undetectable mean to me?

- Importance for my physical well-being
- Importance for my psychological well-being

# Long-term survivors: A Heavy Toll to Survival

- Psychological trauma
- Physical scars
- The first generation of people ageing with HIV
- Unaccomplished professional careers and economic difficulties
- Social isolation
- Depression and anxiety
- The burden of stigma and discrimination
- The uncertainties for the future

# Why do I feel so different from people my age?

- Is it my impression?
- Or what's happening?

# The unexplored territory of 'Ageing with HIV'

- I believe that the people living with HIV aged 50 and over are therefore the ones who will pave the way for the future generations, personally experiencing what it means to age with hiv, from a medical, psychological and social point of view.
- Our new challenge: moving towards the unexplored territory of 'Ageing with HIV'



**THANK YOU**