

## **Silver Clinic**

### **Why do I need this assessment?**

As people with HIV age, they may encounter several challenges, including the management of multiple chronic conditions, the necessity to take numerous medications alongside antiretroviral therapies (ARTs), and potential issues related to mobility and falls. Addressing these concerns becomes increasingly crucial in maintaining overall well-being.

The Silver Clinic is specifically designed for individuals with HIV who are entering the older age phase. This multidisciplinary clinic offers comprehensive assistance in managing and treating conditions that are commonly associated with ageing that may be impacting your health and quality of life.

### **What will happen at the clinic:**

You should plan to be at the clinic for 1 hour. You should plan to be at the clinic for 1 hour.

Here's what will happen at the Clinic:

- You will undergo a thorough and personalized assessment including questionnaires and physical assessments (blood pressure, walking speed, hand grip) and blood tests to understand your unique medical history, current health status, and specific needs related to ageing with HIV.
- The Clinic adopts a holistic approach to care, taking into account not only physical health but also mental and emotional well-being. This means addressing not only HIV management but also considering your mental health, lifestyle, and social support.
- A team of healthcare professionals, including HIV specialists, geriatricians, nurses, pharmacists and other specialists, collaboratively will work together to ensure that all aspects of your health are addressed during the consultation
- The clinic specializes in managing multiple chronic conditions that commonly affect older individuals with HIV. The team will work to develop tailored treatment plans for you to address these conditions effectively.

- Considering the need to take multiple medications, including ARTs, the Clinic will provide guidance on medication management to ensure proper adherence and minimize potential interactions.
- For patients experiencing difficulties with mobility and falls, the clinic offers specialized support and interventions to enhance your safety and independence
- Regular health check-ups and monitoring will be scheduled to track the patient's progress, identify any new health concerns, and make necessary adjustments to the treatment plan.
- You will receive educational resources and support on various aspects, such as lifestyle modifications, nutrition, mental health, and coping strategies to navigate the challenges of ageing with HIV.

The primary goal of the Silver Clinic is to enhance the quality of life for older individuals living with HIV.