



# STAY CONNECTED

**If you are over 50, routine health care is important.**

Stay connected. If you are over 50, a network of friends, family, peers, and health care providers is important. As you age, it can be difficult to find balance in all that life throws at you. Isolation can make things worse. Having support along the way will keep you engaged, and will increase your chance of thriving for many years to come!

# You can be successful managing your health care by staying connected!

Use the networks you have and your team of health care providers. If you need help with insurance, oral health, transportation, housing, nutrition, or mental health, contact a local service provider such as a care manager, a referral specialist or a peer worker. Or ask your health care provider for information about where you can find one.

[www.health.ny.gov/diseases/aids/general/resources/provider\\_directory/docs/hiv\\_provider\\_directory.pdf](http://www.health.ny.gov/diseases/aids/general/resources/provider_directory/docs/hiv_provider_directory.pdf)



Agency information label here.

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## Your Networks

**Inner Circle:** Allow others to help when you need it.

For some, the *inner circle* is made up of:

- Family,
- Friends,
- Partner(s),
- Neighbors;
- People you worship with, or
- A combination of these.



As you get older, you are sometimes faced with limitations. Having a set group - or even one person - around you who can assist from time to time will help make possible what may at first seem impossible.

**Health Care Team:** Your team of health care providers is an essential part of your support system. People living with HIV who are over 50 may have an increased chance of:

- Bone disease,
- Kidney disease,
- Heart disease,
- Cancer,
- Diabetes,
- Liver disease, or
- Mental health disorders.

As you age, your health and health needs may change. It is important to keep seeing your health care provider for continued screenings and vaccinations. You may need to take more medications, and you may experience more side effects. Keep your appointments with your providers. This can help them catch any problems early, so that you can be treated right away.



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## Have regular visits with your:

- HIV provider,
- Primary care provider,
- Specialist(s),
- Dentist,
- Nutritionist,
- Therapist,
- Case manager, and
- Support service providers (such as a care manager, referral specialist, or a peer worker).



Your health care team looks at anything stopping you from getting the care you need, such as problems with:

- Your physical or mental health,
- Transportation,
- Food,
- Housing assistance, and
- Insurance.



You are in charge of your health care, and the most important member of your health care team. Your team of providers works together to keep you in the best health possible. Having a good relationship with each of your health care providers will make your appointment experience better.

## Lead your health care team by:

- Telling them how you are feeling,
- Sharing anything you noticed different with your body, and
- Asking questions.

Bringing someone from your inner circle network to your appointments can make a big difference. Going to a medical appointment can be overwhelming. Take a buddy with you as back-up. They can help to keep it all organized.

## An appointment buddy can help with:

- Support,
- Talking with your provider,
- Filling out forms, and
- Reminding you what the provider said.

