

CONFERENCE ABSTRACT

In.Porto.Me: Tracking and promoting the quality of Life of Seniors HIV + in Oporto

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Filomena Aguiar, Paula Costa, Inês Domingues, Ana Meireles, Ana Paula Cabral, Álvaro Moreira da Silva, Rui Nunes

Portuguese Foundation "The Community Against AIDS", Portugal

The Portuguese Foundation "The Community Against AIDS" is a Private Social Solidarity Institution, created to support those who are infected and affected by HIV/AIDS and their families and also to develop parallel actions on : i) primary prevention of AIDS and Other Sexually Transmitted Diseases through information and education; (ii) social-professional reintegration of HIV and AIDS patients; (iii) cooperation with local authorities to promote a better intervention in the social, educational and health areas so that Civic Education, Gender Equality and fight against AIDS and Drug Addiction may be easier to take over.

In this article we describe the In.Porto.Me project which main purposes are tracking and promoting the quality of life of HIV + Seniors from the Oporto, through the fight against AIDS among this senior population, screening, preventing and providing qualified support to this population by reinforcing the institutions' response to their needs. Moreover, it is expected a reduction in the incidence and late diagnosis of HIV among the elderly, but also a closer and more complete follow-up to this specific public more vulnerable to the biopsychosocial impact of this infection.

The purposes are: (i) reducing risk behaviors and raising awareness of HIV; (ii) promoting early diagnosis and adherence to treatment; (iii) improving epidemiological and behavioral awareness of HIV;(iv) providing medical, nursing, psychological, social and legal support nearby to people infected and affected by HIV; and (v) recognising their needs in HIV prevention, diagnosis, treatment and life experience.

At an extended level, In.Porto.Me allows a better interaction between health care and the community, providing an integrated and close response in the diagnosis, treatment and laboratory follow-up needs of the infected seniors, as well as it enables Seniors and the whole community (including hospital) for a more suitable prevention and intervention .

From the point of view of the project implementation, it is intended to use a participatory methodology that involves actively all the stakeholders (ie technicians, on the one hand, and seniors, on the other), along the following stages: i) Situation assessment - Health diagnosis; ii) Intervention characterization;iii) Outreach System operationalization - a) Approach to the

SLWHA; B) Mobilize the elderly by training, screening (pre and post-test) counselling; and iv) Manualize, publish and disseminate methods and results: statistical treatment of data and its publication and dissemination on a good practices handbook which promotes health and prevents risk behaviors in the elderly. Trial to Project beneficiaries will be done through the Hospital Centers involved, the Rotary Club of Gaia, Day Centers, Senior Universities, Local Associations, etc., in order to identify a minimum of 250 SLWHA and promote: i) the improvement of therapeutic adherence by 50%; ii) the quality of life and satisfaction with the health services provided. In addition, it covers more 1500 potential beneficiaries of the community by (i) raising awareness of the HIV importance; (ii) screening of about 1,500 elderly persons and do information sessions; iii) empowering elderly after HIV + diagnosis and iv) training them as mediators in the community also reducing their risk behaviors.

Keywords: seniors; hiv; empowerment; quality of life
