



Fact Sheet on

# HIV and AIDS Education

and the  
LGBTQ+  
Community

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# **HIV and AIDS Overview**

**HIV (Human Immunodeficiency Virus) is a virus that attacks the immune system, specifically CD4 cells (T cells), which help the immune system fight off infections.**

**AIDS (Acquired Immunodeficiency Syndrome) is the final stage of HIV infection when the immune system is severely damaged, and the body struggles to fight infections and diseases.**

**HIV is primarily transmitted through unprotected sexual intercourse, sharing needles for drug use, mother-to-child transmission during childbirth or breastfeeding, and less commonly, through blood transfusions or organ transplants.**

**While there is no cure for HIV, it can be effectively managed with antiretroviral therapy (ART), allowing individuals to lead long and healthy lives.**

**Preventive measures include regular testing, education about safer sex practices for older adults, and access to prophylactic materials.**

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# Education and HIV/AIDS

## Comprehensive Sex Education:

- Comprehensive sex education programs are essential to provide accurate information about HIV and AIDS, promote safe sexual practices, and reduce stigma.
- These programs should cover topics such as the transmission of HIV, prevention methods (condom use, PrEP, PEP), and the importance of getting tested regularly.

## Raising Awareness:

- Education efforts should aim to reduce stigma and discrimination against people living with HIV (PLWHIV), emphasizing that HIV is a medical condition, not a moral judgment.
- Public health campaigns can highlight the importance of regular testing, early diagnosis, and prompt initiation of treatment.

## Access to Healthcare:

- Promote access to healthcare services, especially in underserved communities, to ensure that PLWHIV receives appropriate care and support.
- Ensure healthcare providers are trained to offer culturally competent and LGBTQ+-friendly care.

## Educating your healthcare staff:

**SAGECare has designed a 1-hour training HIV and Aging to educate and guide your team through the extensive information on HIV and Aging. Training is available on-demand, live webinar or in-person.**

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# LGBTQ+ Community and HIV/AIDS

## Disproportionate Impact:

- The LGBTQ+ community, particularly gay and bisexual men, transgender individuals, and people of color, face a higher risk of HIV infection.
- Stigma, discrimination, and socioeconomic disparities can contribute to this increased vulnerability.

## Tailored Prevention:

- HIV prevention efforts should be tailored to the specific needs of the LGBTQ+ community.
- Promoting regular testing, access to PrEP (Pre-Exposure Prophylaxis), and promoting condom use are crucial to prevention strategies.
- Having testing events every six months as well as safer sex demonstrations, are vital to a healthier community.

## Support and Advocacy:

- LGBTQ+ organizations are vital in advocating for the rights and healthcare access of LGBTQ+ individuals living with or at risk of HIV.
- Support networks and community-based organizations are essential for emotional and social support.

## Ending Stigma:

Stigma around HIV and AIDS can be particularly harmful in the LGBTQ+ community. Education and advocacy should work to reduce this stigma and foster a more inclusive and accepting society.

Education, awareness, and support are crucial in the fight against HIV and AIDS, with specific attention needed to address the needs of the LGBTQ+ community. A holistic approach that combines education, access to healthcare and destigmatization efforts is necessary to combat the HIV/AIDS effectively epidemic and promote a healthier, more inclusive society.

**Contact SAGECare today, [sagecare@sageusa.org](mailto:sagecare@sageusa.org), to learn more about how to elevate your organization to a deeper level of understanding, empathy and inclusivity for LGBTQ+ older adults.**