

AGING WELL MISSION

Our purpose in the world.

We support the wellbeing of aging adults
living with or affected by HIV.

AGING WELL VISION

The imagined impact of our Mission, if we are successful in carrying it out.

To create a thriving, member-driven community that fosters hope and creates a sense of belonging among aging adults living with or affected by HIV.

In the darkest days of the HIV/AIDS epidemic, few believed HIV-positive individuals would still be alive 10 years later, much less 35. The release of antiretroviral drugs in the '90s gave the community new hope, but even then most people didn't give much thought to issues around HIV and aging.

Today, the number of aging adults living with or affected by HIV is substantial. More than half of the people living with HIV in the U.S. are over the age of 50, and estimates say that by 2030 the ratio will be closer to 70%.

Although we overcame the odds, many of us still carry scars from the struggle. Our community was decimated, our social networks torn apart. We lost partners, friends, and family. We were shunned and stigmatized. A 2018 study found that nearly three in four aging adults with HIV show symptoms of complex post-traumatic stress.

Those of us who are HIV-negative also lost partners, friends, and family and face our own hardships, including survivor's guilt, depression, and loneliness.

But we've also demonstrated remarkable resilience to get to this point. Our journeys vary, but many of us have found ways to replace sorrows with joy and turn our life experiences into sources of strength.

We all have a unique story—and each of our stories matters.

Aging Well exists to help aging adults who relate to these experiences—living with or affected by HIV—repair their social networks, build new ones, and create futures we never dreamed of. We don't "fix" members. We are a community that faces the challenges of aging with HIV together. We listen, we support, we accept, and we love.

To every long-term survivor, we say: *You're not alone. You're welcome here. Your presence will make a difference.*

TOP-LINE MESSAGES

What

Aging Well is a member-driven community in the greater Portland, Oregon, metro area that fosters hope and creates a sense of belonging among aging adults living with or affected by HIV. Together, we create the connections, support, and social intimacy each of us needs to heal past wounds and live more fully. To every long-term survivor, we say: *You're not alone. You're welcome here. Your presence will make a difference.*

Why

Today, more than half of the people living with HIV in the U.S. are over the age of 50, and estimates say that by 2030 the ratio will be closer to 70%. Yet few services exist to meet the needs of aging adults living with or affected by HIV, many of whom suffer from chronic depression and loneliness, complex post-traumatic stress, and other physical and emotional wounds. We believe in the power of human connection to help fill this void.

How

Every member has a say in the direction of our community and is encouraged to participate on their own terms. You're welcomed and embraced whether you wish to lead outings or remain quietly in the background. We are not a therapy support group or service provider. We are a community that faces the challenges of aging with HIV together.