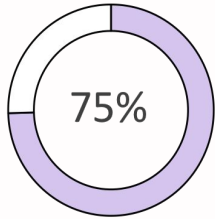


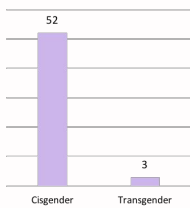
Resilience to the Clinical and Social Impacts and Risk of HIV/AIDS: Perspectives of Middle-Aged and Older Men Who Have Sex with Men - Executive Summary -

Percentage of HIV-Positive Participants

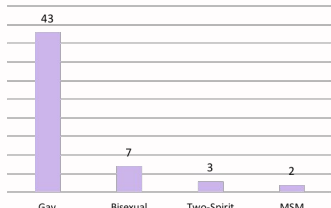


55 racially and ethnically diverse, middle-aged and older (i.e., ≥ 40 years old) men who have sex with men (MAO MSM) from Central and Southwestern Ontario were interviewed in this study to gain their perspectives on factors that they believe have helped them build and sustain resilience to the clinical and social impacts of HIV/AIDS.

Gender Identity



Sexual Orientation



Analysis of the interviews revealed 3 themes related to building resilience to HIV/AIDS:

Personal Strengths
<i>Proactiveness</i>
<i>Perseverance</i>
<i>Having the right attitude</i>
<i>Self-awareness & self-control</i>

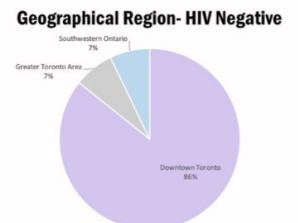
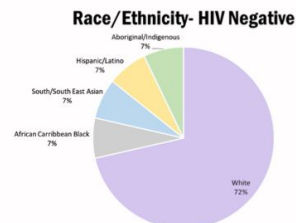
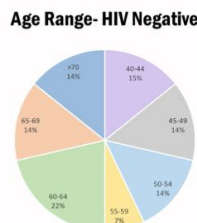
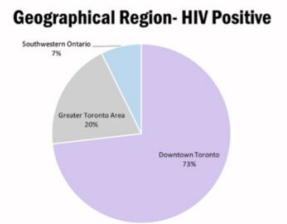
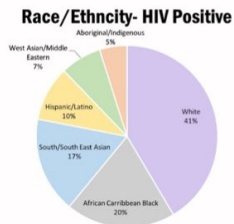
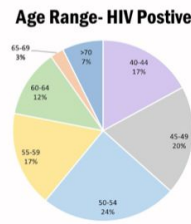
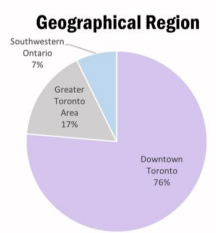
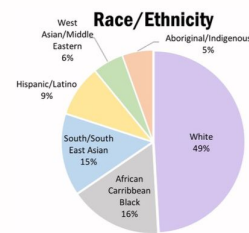
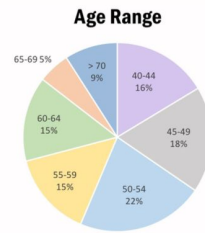
“An Examination of Resilience to HIV/AIDS Among Middle-aged and Older (MAO) Men Who Have Sex with Men (MSM): Resources, Strengths, and Protective Factors” received funding from the Canadian Institutes of Health Research (CIHR) - HIV/AIDS Community-Based Research Operating Grant [Reference # 156917], as well as the Endgame Student Leader in HIV and Aging Award [# EFP-1100] of the Ontario HIV Treatment Network (OHTN).

Our research team and Community Advisory Board would like to extend our most heartfelt appreciation to all the AIDS Service Organizations, not-for-profit 2SLGBTQ+ agencies, relevant community stakeholders, and MSM across Southwestern and Central Ontario, Canada, who supported, participated, and were meaningfully involved in this Community-Based Research study.

Protective Factors
<i>Education</i>
<i>Religion & spirituality</i>
<i>Family support</i>
<i>Old close friendships</i>
<i>Meaningful sexual relationships</i>
<i>Serosorting</i>
<i>Compartmentalization</i>
<i>The impact of losing so many in the first 20 years of the epidemic</i>
<i>Early adult years significant abstinence from MSM sexual activity</i>
<i>“Managed” substance use</i>
<i>Volunteering</i>
<i>Activism & advocacy</i>

Resources
<i>The 2SLGBTQ+ community</i>
<i>2SLGBTQ+ not-for-profit agencies</i>
<i>AIDS service organizations</i>
<i>Community health clinics & centres</i>
<i>Excellent healthcare & service providers</i>
<i>Homeless shelters & transitional housing</i>
<i>Harm reduction & needle exchange programs</i>
<i>Canada as a safe space</i>

Liboro, R., Fehr, C., Da Silva, G., Yates, T., Ibañez-Carrasco, F., Eaton, A., Pugh, D., Banks, G., Durrant, G., Hazell, K., Joseph, C., Kulatilake, R., Ross, L.E., & Shuper, P.A. (2020). Resilience to the Clinical and Social Impacts and Risk of HIV/AIDS: Perspectives of Middle-Aged and Older Men Who Have Sex with Men. Toronto, Ontario: Centre for Addiction and Mental Health.



Barriers to Forging Resilience to HIV/AIDS

Language Barriers
pernicious norms in gay culture
Internalized & Societal Homo/bi/transphobia
HIV Stigma
Problematic Substance Use
RACISM
homelessness
COMORBIDITIES
GOSSIP AND INNUENDO IN RACIALIZED COMMUNITIES

CONCLUSIONS



The participants identified **individual-level** factors that have helped build their resilience to HIV/AIDS over the years. Factors such as *proactiveness, perseverance, self-awareness, self-control, and having the right attitude.*



They also identified **collective-level** protective factors (external to the individual), such as *education, religion and spirituality, strong family support, old close friendships, volunteering, activism and advocacy, and meaningful sexual relationships*, which have bolstered their resilience to HIV/AIDS.



Finally, they revealed **community-level** resources, which were important to building resilience to HIV/AIDS, such as *the 2SLGBTQ+ community, 2SLGBTQ+ agencies, AIDS service organizations, community health clinics, excellent healthcare/service providers, homeless shelters, and harm reduction programs.*

RECOMMENDATIONS

Researchers, scholars, scientists, community-based healthcare and services providers, policymakers, key opinion leaders, advocates, and all relevant stakeholders in the HIV/AIDS sector and the 2SLGBTQ+ community should give serious consideration to promoting the individual, collective, and community-level factors that were identified by the participants of the study so as to bolster the resilience of men who have sex with men to HIV/AIDS in the 21st century. The factors that were identified and described in the study were purposefully derived from the perspectives and lived experiences of racially and ethnically diverse, middle-aged and older men who have sex with men, whom have remained resilient to HIV/AIDS since the beginning of the HIV/AIDS decades-long pandemic.