



Concern: Frailty and Falls

Older people with HIV who take multiple medications are more likely to develop frailty and are at higher risk for falls.

November 10, 2025 By [Liz Highleyman](#)

Older people with HIV who take multiple medications are more likely to develop frailty and are at higher risk for falls. Characterized by fatigue and weakness, frailty can lead to poor health outcomes, disability and death. Fall-related mortality among older adults has been climbing sharply, and many experts attribute the increase to rising use of medications that cause drowsiness, dizziness or poor coordination. Older people living with HIV often take multiple meds to manage comorbidities, known as polypharmacy. Canadian researchers looked at drug prescribing and its association with frailty and falls among 440 HIV-positive people ages 65 and older; 16% were classified as frail, 63% were considered “prefrail” and 21% had experienced a fall within the past six months. More than half (54%) used five or more drugs besides antiretrovirals, while 15% used 10 or more. People with polypharmacy, those who used inappropriate medications and those who took anticholinergic drugs or sedatives were two to three times more likely to experience frailty and falls.

© 2026 Smart + Strong All Rights Reserved.

<http://beta.docker.poz.com/article/concern-frailty-falls>