

Aging in the GLBTQ Community

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What We Will Cover

- Basic Knowledge
- Specific Challenges
- Practical Solutions
- Resources

The Basics

- Gay
- Lesbian
- Bi-sexual
- Transgender
- Queer/Questioning

Biological Sex

- Objectively measurable organs, hormones and chromosomes.

Female



Intersex



Male



Sexual Orientation

- Who you are physically, spiritually and emotionally attracted to based on their sex/gender in relation to your own.
- Heterosexual Bisexual Homosexual

Gender Identity

- How you, in your head, think about yourself. It is the chemistry that composes you and how you interpret what that means.
- Woman Genderqueer Man

Gender Expression

How you demonstrate your gender based on traditional gender roles through the ways you act, dress, behave, and interact with others.



Transgender

- People whose gender identity differs from the gender assigned at birth.

➤ Transwoman (MTF-male to female)

➤ Transman (FTM-female to male)



According to SAGE (2014) there are more than 3 million LGBT people age 55 and older in the United State and that number will double in the next two decades as the Baby Boom generation fully retires.



Mental Health in LGBT Adults

- Major depression (increased isolation among elders could increase risk.)
- Generalized anxiety disorder
- Bipolar disorder
- Suicide

• (Dean, 2000; Cahill, 2002)

Mental Health in Older LGBT Adults

- Better mental health is linked to:
 - Better physical health
 - Higher self-esteem
 - Less loneliness
 - Lower internal homophobia

Suicidal ideation linked to:

- More loneliness
- Higher internal homophobia
- Less disclosure of sexual orientation

• (D'Augelli, 2001)

Marketing/Communicating

- Do your materials feature only opposite sex couples?
- Do you market in LGBT magazines/on web sites?
- Do your materials feature people of color and other diverse populations?
- Does your agency feature or participate in any GLBT events, programming or sponsorships?

Physical Environment

- Rainbow flags or other LGBT welcoming art
- LGBT magazines
- Inclusive, welcoming or affirming statement displayed
- Safe Zone stickers in staff offices



Work Place Environment

- Do you include LGBT in non-discrimination policies and housing contracts?
- Do you provide LGBT specific training for staff and residents?
- Do you allow same-sex and non-married couples to live together?
- Do you have a list of LGBT friendly providers?

Questions



Resources