



Care Plans to Support LGBT Older Adults

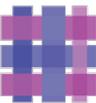
PRESENTED BY

ALEX KENT, MPA

sage

Advocacy & Services
for LGBT Elders
We refuse to be invisible

**National
Resource
Center**



ON LGBT AGING



THE CARE PLAN

HEALTH & AGING SERVICES ON YOUR TERMS

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We refuse to be invisible

SAGE is the country's largest and oldest organization dedicated to improving the lives of lesbian, gay, bisexual and transgender (LGBT) older adults.

www.sageusa.org



National Resource Center ON LGBT AGING

SAGE's National Resource Center on LGBT Aging (NRC) is the country's first and only technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual, and transgender (LGBT) older adults.

The NRC offers educational resources meant to assist you in learning the best ways to create an inclusive, safe, and welcoming environment for your LGBT older adult population.

www.lgbtagingcenter.org



We are the voice of LGBT older adults receiving care.

Annual in-person or web-based training credentials



www.sageusa.care

Plan for today

- Discuss Caregiving needs in the LGBT community
- Learn about Caregiving & Care Planning resources
- Practice skills to identify care networks for self and others
- Practice creating a Care Plan
- Gain knowledge of advocacy techniques for quality care and health access

What We Know

About Aging in the LGBT Community & the Need for Care Planning

- Many LGBT older adults lack traditional caregiving supports
- Many report shrinking social networks
- Concern with coming out in health settings
- Continued fear of stigma and discrimination

Caregiving

AND LGBT OLDER ADULTS



Caregiving

Caregiving is the act of providing physical, psychological, and/or emotional assistance to another person.

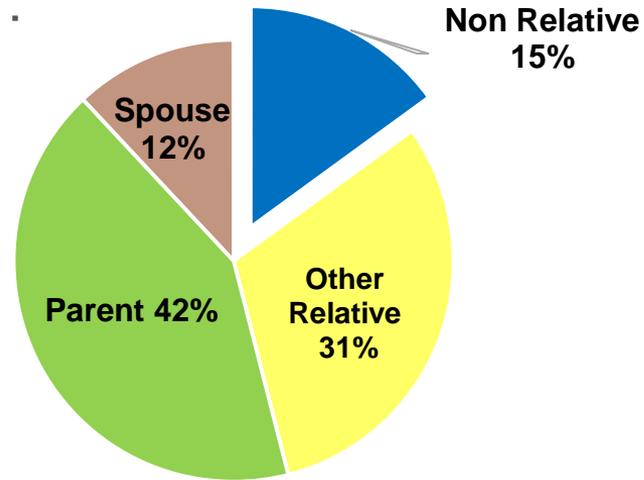
- Typically for someone who has physical, psychological or developmental needs
- Typically for an extended period of time
- Usually unpaid

Caregiving in the U.S.

34.2 million
caregivers

*Caring for
someone age 50+*

Caring For:



from **Caregiving in the U.S. 2015**, AARP & National Alliance for Caregiving

LGBT Older Adults Are...

- Twice as likely to be single
- 3-4 times less likely to have children
- Frequently estranged from families of origin

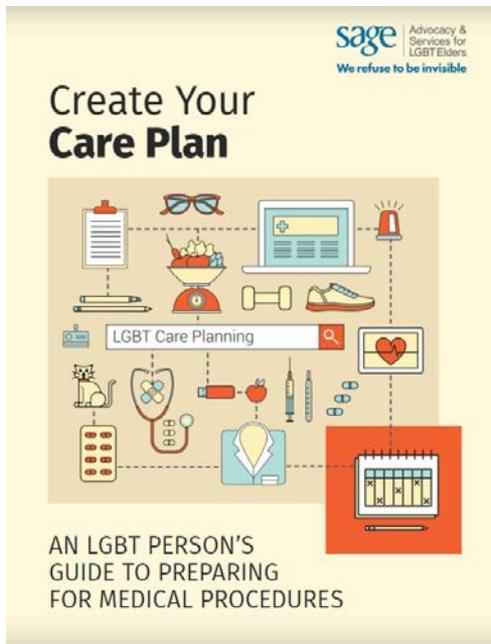


Who Will Care for Me?

- Many lack traditional caregiver support
- Reliance on Families of Choice
- Some have NO ONE to serve as caregiver



Care Planning Tool

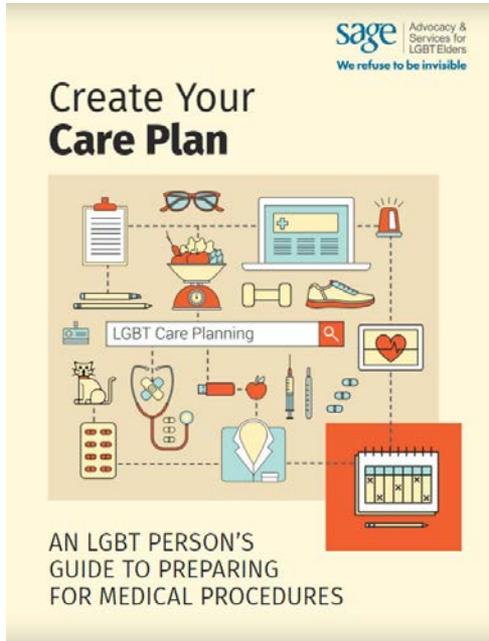


- Specific to medical procedures
 - General enough to cover most types of procedures
- Intentionally applicable to all ages
- Intentionally applicable to gender affirming surgeries
- Designed to be user-friendly
 - large font, engaging design, etc.

Contents

- Tips
 - Checklists
 - Resources
 - Worksheets
- What to Expect before/after a procedure
 - Questions to ask your doctor
 - Choosing LGBT-Affirming providers
 - Detailed list of potential care needs
 - Encouragement / Tips for asking for help
 - Professional services
 - Information on Advance Directives, hospital visitation rights, etc.

Availability



Downloadable at www.lgbtagingcenter.org/careplanning

- English Workbook
- Spanish Workbook
- Worksheets

Finding Affirming Services

- A primary concern for LGBT older adults & caregivers
- Deep-rooted mistrust of medical providers
- Fear of being treated poorly
- Looking for clues

Care Planning



TIPS FOR CARE PLANNING

- Creatively build the Care Team - Family of Choice
- Allow time for reflection
- Explain resources
- Documentation
- Active Advocacy



BENEFITS OF CARE PLANNING

- Confidence
- Informed and prepared Care Team
- Preservation of financial resources
- Decreased isolation
- Decreased complications



Circles of Support

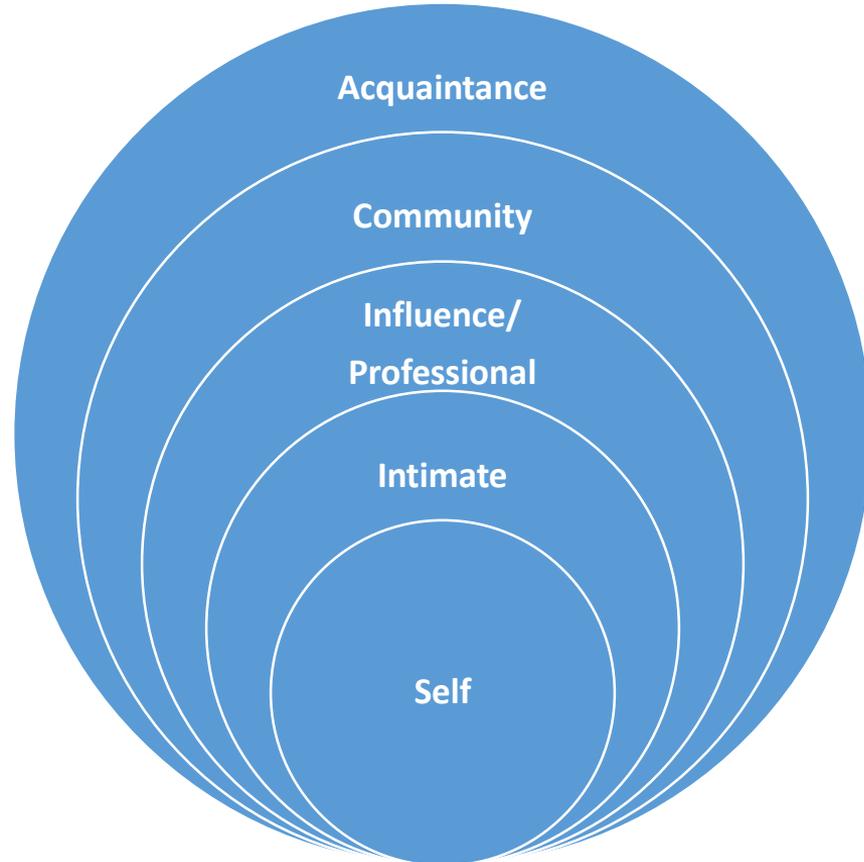
Who is in YOUR Circle

Acquaintance – neighbors, volunteers, co-workers

Community – social groups, support groups, sports and social clubs, church/spiritual groups

Influence – doctor, attorney, social worker, financial planner, etc.

Intimate – spouse/significant other, current and past lovers, families of choice and biological families



APPLICATION

Jim is a 76 year old African-American gay man and a veteran. He needs to have a rotator cuff surgery. He's been putting it off for awhile but the surgery should happen in the next year. Jim is very independent. He is active in his church, plays chess a few times a week at the park with some friends, and often cares for other people. He is not currently partnered, he has no children and his family lives in another state. Jim is looking to find a surgeon who takes Medicare at a good hospital. He wants to be sure he's not treated differently, and that he gets quality of life back after the procedure. You are a case manager at the VA, Jim casually brings up the surgery during a session. How can you assist Jim in building his care plan?

Resources You Can Use

Care Planning workbook & worksheets:
www.lgbtagingcenter.org/careplanning

Other caregiving resources:
www.sageusa.org/caregiving
www.lgbtagingcenter.org/caregiving



National Resource Center ON LGBT AGING

10 TIPS FOR FINDING LGBT-AFFIRMING SERVICES

As an LGBT older adult or a caregiver, you and your loved one might be considering home care or long-term care services. However, you might be concerned about finding services and programs that are LGBT-affirming, inviting someone into your home or revealing personal information can be intimidating at any time, and you may be feeling particularly vulnerable at this point in time. It is important to find service providers who understand LGBT issues and can be trusted to provide you with competent, respectful care. Here are ten helpful tips on finding an LGBT-affirming service provider:

1. The best references come from the people you already know and trust. Ask friends with similar circumstances who they have worked, and whether they felt respected and comfortable.
2. Contact your local SAGE Affiliate or LGBT aging provider, LGBT Community Center, PFLAG chapter or other LGBT organizations and ask for referrals to providers they have worked with in their networks.
3. Look to see if there are service providers that advertise in your local LGBT newspapers and magazines (either print or online) or have signed up as sponsors, members, etc. with local LGBT groups.
4. Reach out to your local HIV/AIDS service providers, who often have close connections to LGBT-affirming home care agencies and other services.

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