Introduction to LGBT Aging:

What You Need to Know about Lesbian, Gay, Bisexual and Transgender Older Adults

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Services & Advocacy for Gay, Lesbian, Bisexual & Transgender Elders

National Resource Center ON LGBT AGING

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Developed in collaboration with the LGBT Aging Project

LGBT AGING PROJECT

Welcome and Introductions

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National Resource Center ON LGBT AGING

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

The National Resource Center on LGBT Aging 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.

www.lgbtagingcenter.org

A basic introduction to:

- … some of the unique issues facing LGBT older adults and caregivers.
- … the reasons why LGBT older adults are less likely to access health and social services.
- … best practices for helping LGBT older adults feel more included in your organization.

Key Terminology

LGBT: Lesbian, Gay, Bisexual & Transgender

Lesbian: A women who is attracted to women

Gay: A man who is attracted to men; also an umbrella term to describe both gay men and women

Bisexual : Individuals who are attracted to both men and women

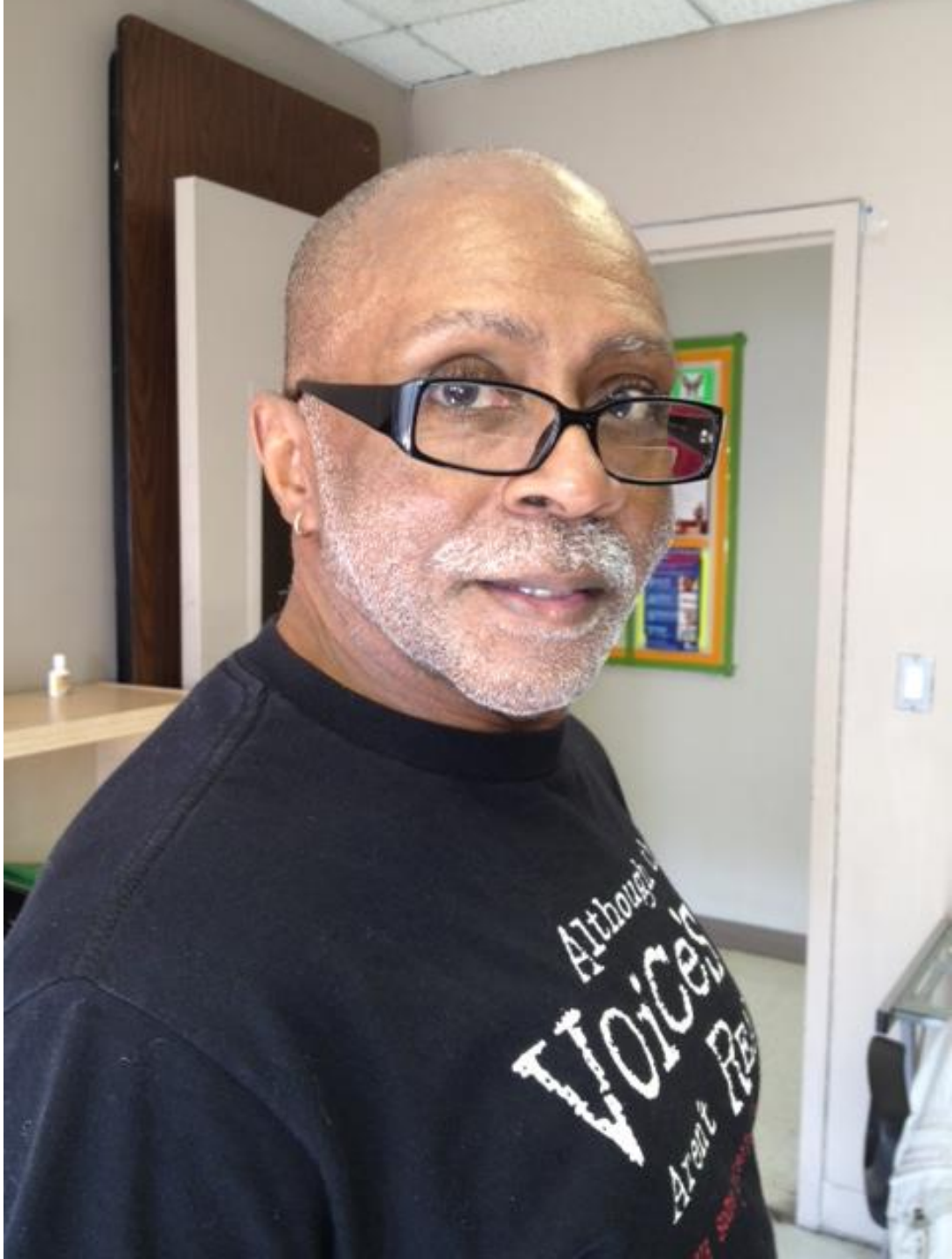
Key Terminology

Transgender: Individuals whose gender identity or gender expression do not align with their biological or assigned sex.

Cisgender: Individuals whose gender identity or gender expression do align with their biological or assigned sex.

Terms to Avoid

- Queer
- Homosexual
- Lifestyle
- Sexual Preference



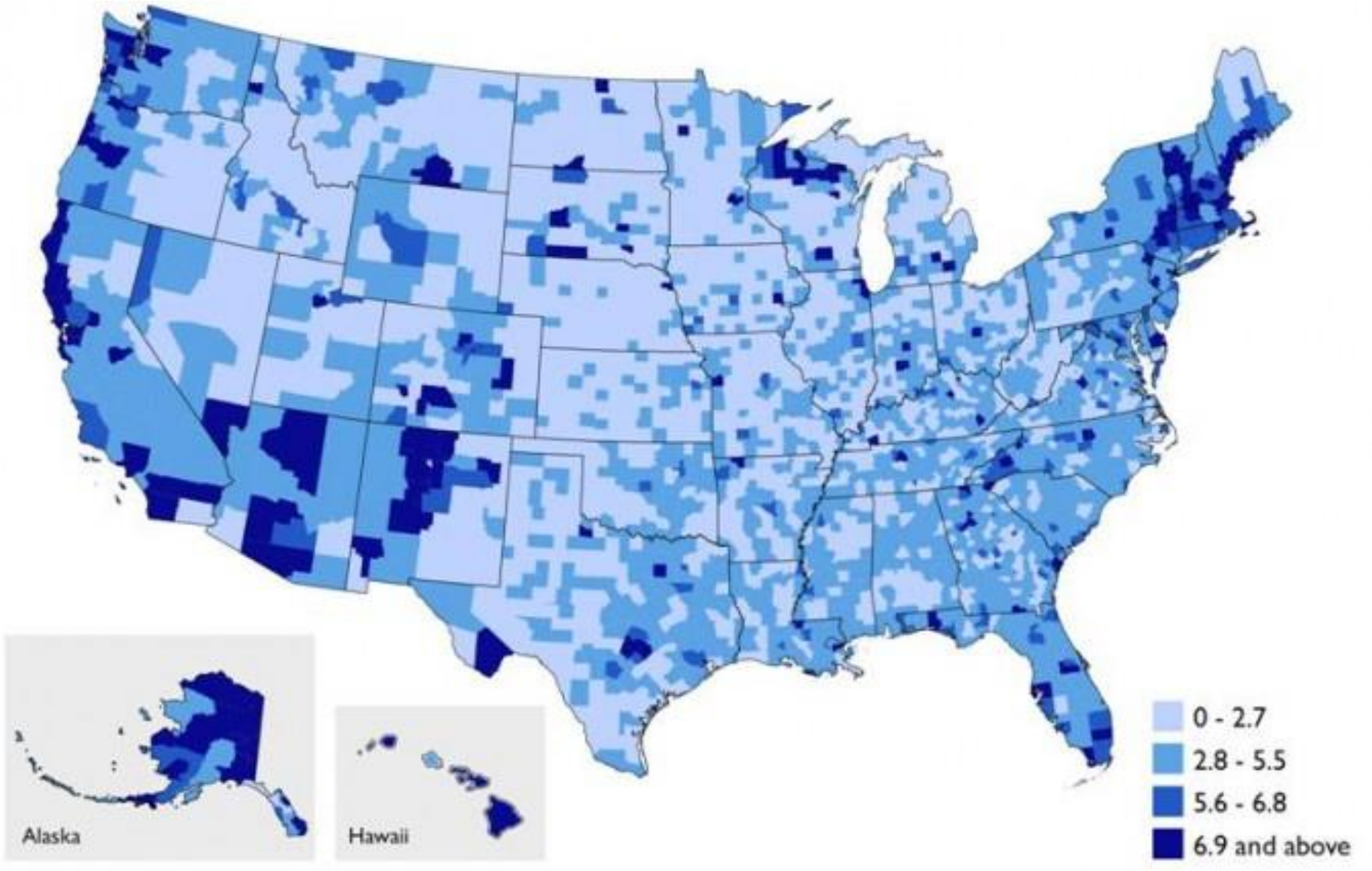
LGBT Older Adults: A Forgotten Population

LGBT Older Adult Population

2010: Between 1.6 and **2.4 million**

2030: As many as **7 million**

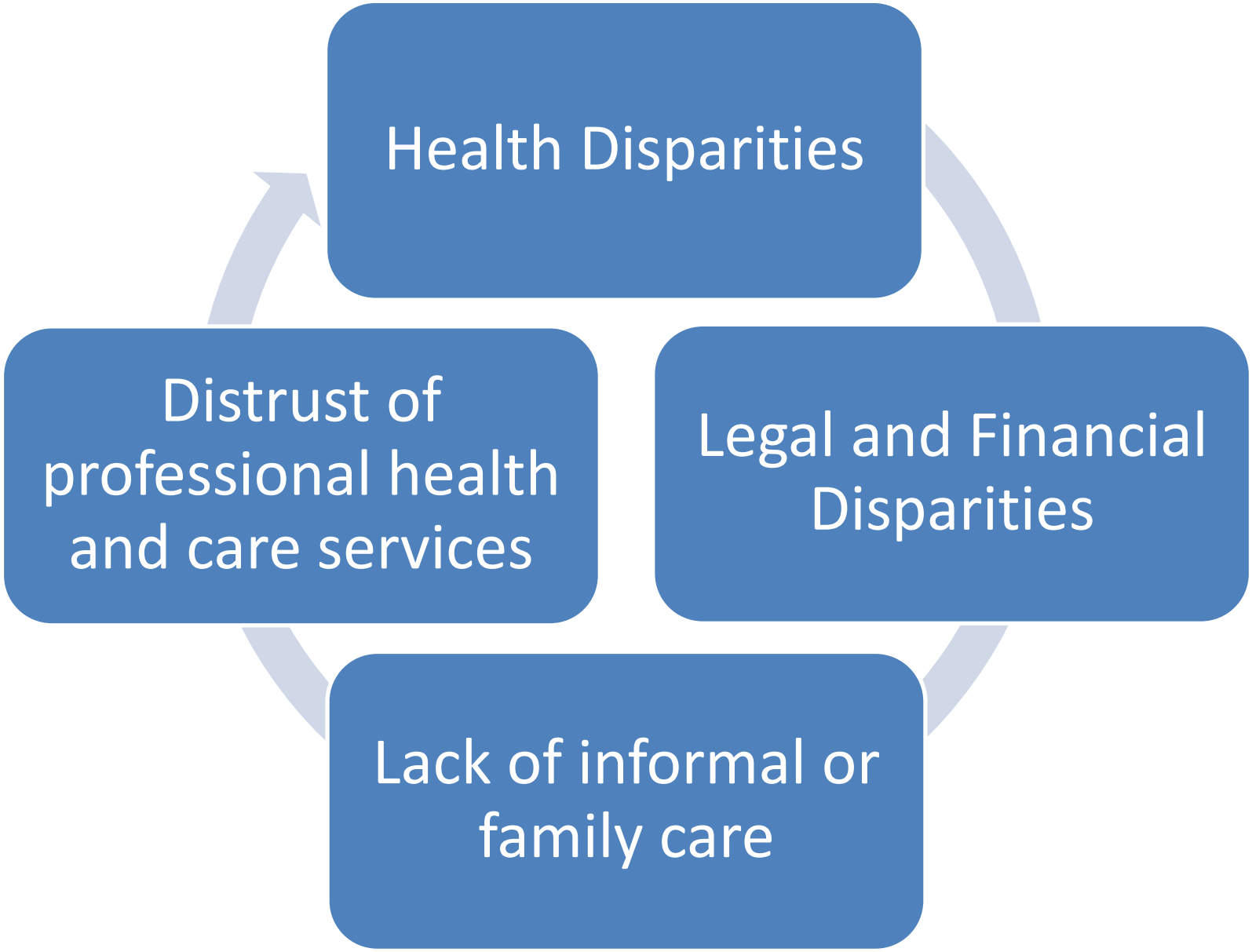
Same-sex couples per 1,000 households by county (adjusted)



What makes LGBT older adults unique?

- *Many LGBT older adults **live alone** and rely on other older adults for support and **caregiving**.*

- *A **history of discrimination** leaves many LGBT older adults with a general **distrust** of mainstream institutions.*


Health Disparities
Legal and Financial Disparities
Lack of informal or family care
Distrust of professional health and care services

Remember, LGBT older adults may not come out right away, but if you set a tone of respect and acceptance they may feel comfortable coming out later on.

“What is one thing I can start doing differently to better serve LGBT older adults?”

In-Person Trainings

- *Introduction to LGBT Aging* *(60 minute highly interactive presentation)*
- *For Aging Service Providers* *(Intensive 4 or 8 hour workshop)*
  Our most popular training!
- *For LGBT Organizations* *(Intensive 4 or 9 hour workshop)*

Request a training and get more information at: www.lgbtagingcenter.org

Thank You!