Proud To Be Out!
LGBTQ+ Strategies and Resources
Welcome!

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Aging is out of your control. How you handle it, though, is in your hands.

Diane Von Furstenberg
WHAT KEEPS YOU UP AT NIGHT?
CONCERNS FOR AGING LGBTQ PEOPLE

- Isolation and Loneliness
- Housing
- Finances
- Care Support
- Healthcare
WHAT IS AVAILABLE?

- Primary Care Physician
- Pharmacy
- Hospital
- Health Insurance
- Long Term Care Insurance
- Visiting Doctors
- Caregivers
- Informal/ Family Caregivers
- Meal Deliveries
- Housekeepers
- Home Health
- Palliative
- Hospice
- Supportive Living Facility
- ILF - Independent Living Facility
- ALF - Assisted Living Facility
- SNF - Skilled Nursing Facility
- LTAC - Long Term Acute Care Facility
- Eldercare Attorneys
- Care Navigators
WHAT IS IMPORTANT TO YOU?

- LOCATION
- HOSPITAL
- SERVICES
- LEVEL OF CARE
- LGBTQ FRIENDLY
- LOVED ONES
- CLIMATE
- COST OF LIVING
- RURAL/URBAN
- CULTURE
## WHAT ARE MY STRATEGIES?

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STRATEGIES FOR LGBTQ AGING WELLNESS

- STAY ACTIVE
- PLAN AHEAD
- BUILD TRUSTED MEDICAL TEAM
- INTEGRATE FAMILY OF CHOICE
- FOSTER INTERGENERATIONAL RELATIONSHIPS
- PLAN TOGETHER
HOW DO I FIND AN LGBTQ FRIENDLY PROVIDER?

1) Ask First
2) Research
3) Interview
4) Build The Relationship
1) ASK FIRST!

- Informal Network
  - Family of choice, friends, acquaintances
- Formal Network
  - Social service and healthcare providers, case managers
- Social Media
  - Facebook wall/groups, online support groups
2) RESEARCH

- Online databases
  - GLMA.org
  - Radremedy.org
  - Don’t forget to vet!
  - Healthgrades
  - Medicare.gov
  - Care.com
3) INTERVIEW

What would YOU ask your provider?

- Do they currently serve LGBTQ people?
- What has their training and commitment been to these communities?
- What policies and procedures do they have in place to protect against discrimination?
- How much time do they spend with patients?
- How are emergencies handled during off hours?
4) BUILDING THE RELATIONSHIP

- Be honest and upfront about expectations
- Stay in communication about what is going well and what is not
- Have someone with you whenever possible
- Follow up with appointments
- Follow up with recommendations
LGBTQ Affirming Healthcare Practices

- Comprehensive, person directed approach
- Affirming intake forms
- Gender neutral bathrooms
- Pictures of LGBTQ people in common areas and offices
- LGBTQ related literature in waiting rooms and offices

- Staff training on LGBTQ cultural competency and health issues
- Hire and promote LGBTQ people
- Comprehensive, person directed approach
- Develop relationships and collaborate with LGBT community organizations
HOW DO I INTEGRATE FAMILY OF CHOICE?

Families of choice can be:

- Friends
- Family of Origin
- Co-workers
- Community Members
- Service Providers
LGBTQ Affirming Resources

CALIFORNIA

Los Angeles LGBT Center, Senior Services
https://lalgbtcenter.org/social-service-and-housing/senior

Sage of the Desert - Palm Springs LGBT Senior Center
http://www.thecenterps.org/

The Center Long Beach Senior Services
https://www.centerlb.org/seniorservices/

Los Angeles Bi Task Force http://www.labicenter.org/

WEB BASED

www.radremedy.org
National LGBTQ Affirming Services Search Engine

www.sageusa.org
Services and Advocacy for GLBT Elders

www.wpath.org -
World Professional Association for Transgender Health

www.lgbtagingcenter.org
National Resource Center on LGBT Aging
Thanks!!

Any questions?
Contact The Care Plan at
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References


Intersex Society of North America www.isna.org

