

Social Engagement Among LGBTQ+ Older Adults: Successful Programs and Strategies



Leaders in Aging Well at Home

April 13, 2023

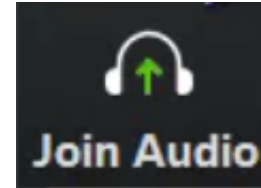


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ELDERS
COALITION

Webinar Instructions

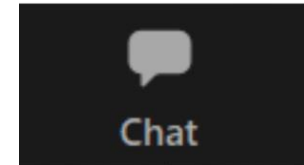
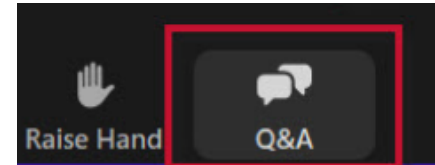
Audio Options

- Use your computer speakers, **OR** dial in using the phone number in your registration email.
- All participants are muted.



Questions and Answers (Q&A)

- You can submit questions for the panelists at any time during this presentation. On the Zoom module on the bottom of your screen, click the Q&A icon, type your question in the box and submit.



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- **Screen Reader Users: Reduce unwanted chatter**
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 - Raise or Lower Hand: Alt + Y

USAging

- USAging represents and supports the national network of Area Agencies on Aging and advocates for the Title VI Native American Aging Programs that help older adults and people with disabilities live with optimal health, well-being, independence and dignity in their homes and communities.
- www.usaging.org

Overview of engAGED

- National effort to increase social engagement among older adults, people with disabilities and their caregivers
- Administered by USAging
- Funded by the U.S. Administration on Aging, which is part of the Administration for Community Living
- Broad-based Project Advisory Committee
- www.engagingolderadults.org

Presenters



Lauren Pongan (she/her)
National Director, Diverse Elders
Coalition

Sherrill Wayland (she/they)
Senior Director of Special Initiatives and
Partnerships, SAGE



Lisa Knoll
Chief Executive Officer, Aging Ahead



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- **FOUNDED IN 2010** to ensure that the unique needs and perspectives of diverse elders would be heard when and where it mattered.
- **SIX ORGANIZATIONS** representing racially and ethnically diverse people; American Indian and Alaska Native; and lesbian, gay, bisexual, queer/questioning and transgender (LGBTQ+) people.
- **ADVOCATES FOR POLICIES AND PROGRAMS** that improve aging in our communities.



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NAPCA NATIONAL ASIAN PACIFIC
CENTER ON AGING



National Caucus and Center on Black Aging

NICOA

National Indian Council on Aging, Inc.

NHCOA

NATIONAL HISPANIC COUNCIL ON AGING



SEARAC

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Advocacy &
Services for
LGBTQ+ Elders

We refuse to be invisible®




AGING
AHEAD
1973-2023

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Aging Ahead is one of 10 Area Agencies on Aging in Missouri. We have been providing supportive services in St. Louis, St. Charles, Franklin and Jefferson counties since 1973.

Adults 60 and older count on Aging Ahead to provide nutritious meals, connection to resources and supportive services like Meals on Wheels, Community Centers, Caregiving Services, Community Options Consulting and Case Management.

A decorative graphic consisting of several thick, yellow, hand-drawn brushstrokes of varying lengths and curves, located in the top right corner of the slide.

SAGE's National Resource Center on LGBTQ+ 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, transgender, queer+ (LGBTQ+) 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 LGBTQ+ older adult population.

LGBTQ+ Older Adults Across the Country

- 20% of LGBTQ+ people avoid medical care due to fear of discrimination.
- 41% of LGBTQ+ older adults report living with a disability.
- Many fear having to re-closet as they age to access services.
- LGBTQ+ older adults twice as likely to live alone as they age and less likely to have children.
- SAGE study found 60% of LGBTQ+ older adults report lacking companionship and 50% feel isolated.



2014 estimates indicate upwards of 3 million LGBTQ+ people age 55+ growing to 7 million by 2030.

Caregiving in LGBTQ+

- ✓ LGBTQ+ people have higher rates of caregiving than general population (1 in 5 vs. 1 in 6)
- ✓ May be estranged from family and traditional caregiver supports
- ✓ Often rely on family of choice for caregiving



Unique Challenges

- ✓ Legal/Policy Issues
 - Families of Choice often lack legal recognition
 - Not all partners have married
- ✓ Family Conflict
 - LGBTQ+ people may be caring for unsupportive family members
 - LGBTQ+ people may be cared for by unsupportive family members

U.S. Census Household Pulse Survey Economic, Health & Well-being Among 50+ LGBT Adult

- More economic insecurity among LGBT adults – including food insecurity
- More LGBT rented vs owned homes
- More pronounced economic disparity among Asian, Black, Hispanic, and Multiracial LGBT age cohorts than White LGBT age cohorts.
- Black and Hispanic LGBT people who reported living in poverty report food insecurity, difficulty paying bills, expenses and rent.
- More reports on anxiety and depression among LGBT people than straight/cisgender people.
- More LGBT people report being prescribed medication for mental health.
- More LGBT people report needing help from mental health professional, but not getting it.

[LGBT Adults Aged 50 and Older in the US During the COVID-19 Pandemic - Williams Institute \(ucla.edu\)](#)

Source: U.S. Census Household Pulse Survey (July 2021–August 2022)

Note: Bolded values indicate LGBT people are statistically different from straight/cisgender people.

Support through SAGE

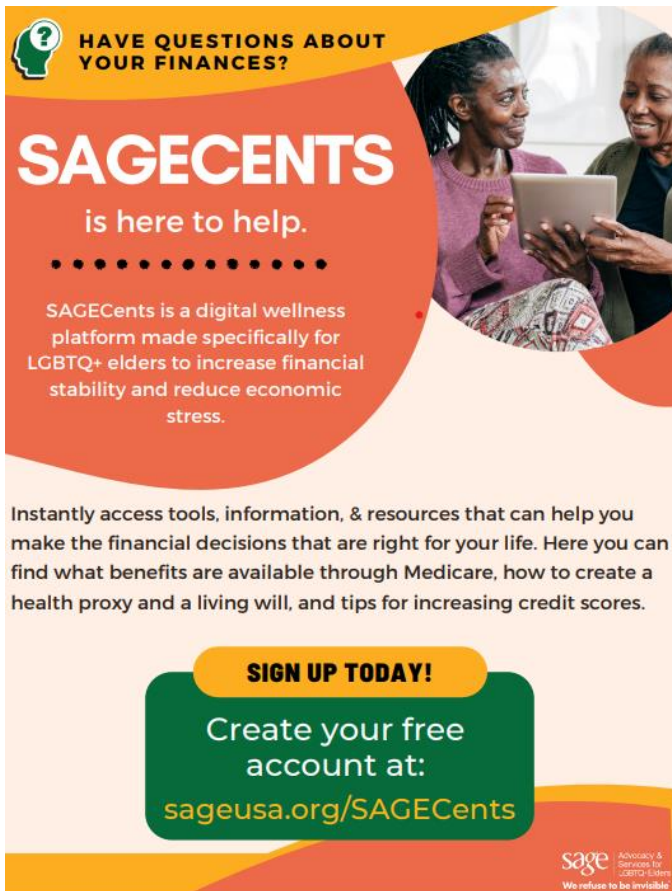


sage CONNECT
Who will you connect with?

Phone/Video Call Support Program

sageusa.org

Supports through SAGE

A promotional graphic for SAGECents. It features a yellow header with a question mark icon and the text 'HAVE QUESTIONS ABOUT YOUR FINANCES?'. Below this is a large orange circle containing the text 'SAGECENTS is here to help.' followed by a dotted line and a paragraph: 'SAGECents is a digital wellness platform made specifically for LGBTQ+ elders to increase financial stability and reduce economic stress.' To the right of the orange circle is a photograph of an elderly Black woman and man looking at a tablet together. Below the orange circle is a paragraph: 'Instantly access tools, information, & resources that can help you make the financial decisions that are right for your life. Here you can find what benefits are available through Medicare, how to create a health proxy and a living will, and tips for increasing credit scores.' At the bottom, there is a yellow button that says 'SIGN UP TODAY!' and a green box that says 'Create your free account at: sageusa.org/SAGECents'. The Sage logo and tagline 'We refuse to be invisible' are in the bottom right corner.

HAVE QUESTIONS ABOUT YOUR FINANCES?

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is here to help.

.....

SAGECents is a digital wellness platform made specifically for LGBTQ+ elders to increase financial stability and reduce economic stress.

Instantly access tools, information, & resources that can help you make the financial decisions that are right for your life. Here you can find what benefits are available through Medicare, how to create a health proxy and a living will, and tips for increasing credit scores.

SIGN UP TODAY!

Create your free account at:
sageusa.org/SAGECents

sage Advocacy & Services for LGBTQ+ Elders
We refuse to be invisible

Digital Financial Wellness Program with instant access to tools and resources you can use today.

sageusa.org/SAGECents

Support through SAGE

**SAGE National LGBT Elder Hotline
877-360-LGBT (5428)**



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**SAGE Línea Nacional de Apoyo para adulto mayor LGBT
877-360-LGBT (5428)**



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SAGECollab



ANNOUNCING

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COLLAB

SAGECollab is a network of diverse organizations that partner with SAGE under the common goal of supporting LGBTQ+ older people in their communities. Together, we exchange ideas, explore public policy changes, and inspire each other to better support and empower older LGBTQ+ people everywhere.

Learn more:

sageusa.org/sagecollab

LGBTQ+ older people are diverse and live in every region of our country, from urban neighborhoods to rural counties—and everywhere in between.

SAGE is expanding to enable an ever more inclusive community-focused approach and increase capacity to reach more BIPOC, TGNB and rural elders and organizations, among other historically marginalized populations.

Support through SAGE

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Caregiving in the LGBT Community



A Guide to Engaging
and Supporting LGBT
Caregivers through
Programming

National Resource Center on LGBTQ+ Aging
Caregiving Resources

www.lgbtagingcenter.org/caregiving

Finding an LGBTQ+ Inclusive Long-Term Care Community

theLEI.org

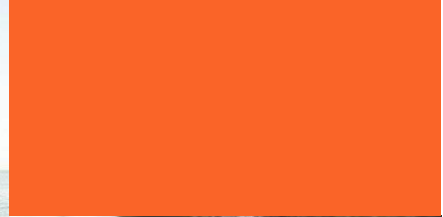


HUMAN
RIGHTS
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FOUNDATION™

sage

Advocacy &
Services for
LGBTQ+ Elders

We refuse to be invisible®



Creating more welcoming care for LGBTQ+ elders



- Skilled nursing facilities
- Health care organizations
- Assisted living communities
- Hospice and palliative care
- Long-term care communities
- Home health providers
- Anyone providing services to older adults

www.sageusa.care

Critical Need to Strengthen Community Engagement

The lack of family supports,
ongoing stigma, discrimination -
leads many older LGBT people to
ask the question:

Who will support me as I age?



Community Engagement

How can Area Agencies on Aging and other Community Organizations get started with outreach to LGBTQ+ communities?



LGBTQ INCLUSIVE SERVICES READINESS CHECKLIST

A Self-Assessment for Area Agencies on Aging

This self-assessment aims to help agencies determine how effectively they are supporting LGBTQ individuals and aid in identifying areas of growth. To get started, mark the boxes next to the actions your agency is taking to be more inclusive to the LGBTQ community. When finished, add up the number of boxes checked to determine your agency's score. Results for each score, plus related resources, are listed on the last page.

Awareness and First Impressions—To what extent has our agency created an environment that visually shows it welcomes the LGBTQ community?

- Even if our agency does not currently have clients that openly identify as LGBTQ, service providers still work from the assumption that we have LGBTQ clients.
- Our agency's pamphlets and materials that include pictures of individuals and couples also feature photos of LGBTQ older adults, older adults of color, and older adults with a range of abilities.
- Our agency provides materials that include local resources for the LGBTQ community. Our agency's calendar includes LGBTQ community events, programs, or organizations.
- Our agency displays pride flags, local LGBTQ organizations' logos, or other symbols that show solidarity with the LGBTQ community

Inclusive Language and Documentation—To what extent does our agency recognize the importance of language in being more inclusive to the LGBTQ community?

- When collecting general demographic information, our agency asks clients about their sexual orientation and gender identity in a respectful and confidential way.
- Service providers at our agency do not assume our client's sexual orientation or gender identity. Our forms include a space for clients to write in their gender identity and preferred pronouns.
- Our service providers never force clients to answer questions about their sexual orientation or gender identity.
- Our service providers discuss confidentiality with clients and are honest with who does and does not have access to their information.
- Our forms have been updated to include options such as "significant other" or "partner" when clients are asked about their relationship status. Our agency has expanded our understanding of familial relationships to include families of choice.

***“Awareness and First Impressions--
To what extent has our agency
created an environment that
visually shows it welcomes the
LGBTQ community?”***

***Download this readiness checklist
at:***

[LGBTAgingCenter.org - LGBTQ Inclusive
Services Readiness Checklist: A Self-
Assessment for Area Agencies on Aging](https://www.lgbtagingcenter.org/lgbtq-inclusive-services-readiness-checklist-a-self-assessment-for-area-agencies-on-aging)

Community Engagement

What if staff and volunteers are reluctant to engage in LGBTQ+ outreach and services?



Community Engagement

How do we know if we have LGBTQ+ older adults in our service area?

How do we know what supports they may need?





LGBTQ SURVEY

Aging Ahead is committed to making diversity and inclusion a part of our organizational DNA. Together, we continue to build an inclusive culture that encourages, supports, and celebrates the diverse voices of those in our community. Please take a moment to help us learn more about the LGBTQ+ community we serve by completing this brief survey. Thank you for your time. We are here for you!

[FILL OUT THE SURVEY](#)

Community Engagement

How can aging organizations find partners at the local/state level to work with in support of LGBTQ+ outreach and services?



Community Engagement

How important is it to incorporate LGBT volunteers to be active in their own communities?



Community Engagement

“Volunteers who support their own peer groups have a big impact, helping to reduce feelings of social isolation and mistrust of service providers. They are often the bridge that people in marginalized communities need to connect with the critical services and support they need” – Lydia Franklin, Aging Ahead Volunteer Coordinator



What actions can you take over the next week, month, or year - to reduce social isolation through greater outreach and services in support of older LGBTQ+ people and caregivers?





Thank you

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www.sageusa.org

www.lgbtagingcenter.org

engAGED Resources

- New! A manual on Implementing Hybrid Programs
- Updated! A re-launched and updated Community Awareness Toolkit
- Other resources:
 - Social Engagement Innovations Hub
 - Tips for holding Virtual Events manual
 - Videos
 - Consumer brochures
- Monthly newsletter and blog
- www.engagingolderadults.org



Commit to Connect

- Aim is to connect people living with isolation with programs and resources to build the social connections they need to thrive
- Fostering a nationwide network of champions who are committed to addressing social isolation and loneliness
 - Online discussions
 - Communities of Practice
 - Community of Interest webinars
 - Peer Networking opportunities
 - Newsletter and resources
- Funded by ACL
- USAging serves as the Coordinating Center
- committoconnect.org



Upcoming Opportunities

Webinar: Supporting Independence and Inclusion through a Community Participation Measure: A University and CIL Collaboration

- Friday, April 21, 1:00-2:30pm ET

Peer-To-Peer Exchange: Outreach Strategies for Social Engagement Programs

- Wednesday, April 19: 1:00-2:00pm ET

To register visit: www.committtoconnect.org/events



COMMIT TO
Connect



COMMIT TO
Connect

Register Now: engAGED and Commit to Connect Social Engagement Virtual Summit

- This two-day virtual event will be held May 9 and 10, from 1:00-4:00 pm ET.
- More information on the event and how to register can be found on the engAGED website.

Questions and Discussion

Please submit your questions or comments
through the Q&A.

Thank You!

- Please complete the survey which will be displayed in your browser after Zoom closes. There is also a brief 3-month survey.
- The recording will be available on www.engagingolderadults.org.

Connect With Us!

- www.engagingolderadults.org
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- info@engagingolderadults.org