



**THE CARE PLAN**

HEALTH & AGING SERVICES ON YOUR TERMS

# CARE PLANS TO SUPPORT LGBTQ+ OLDER ADULTS



# WELCOME

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# OBJECTIVES

1. UNDERSTAND CURRENT CHALLENGES TO CARE PLANNING FOR LGBTQ+ OLDER ADULTS
2. LEARN AVAILABLE PLANNING TOOLS AND RESOURCES
3. GAIN SKILLS TO PROVIDE DIRECT CARE PLANNING SUPPORT TO LGBTQ+ OLDER ADULTS



01.

# PLANNING FOR LGBTQ+ OLDER ADULTS

WHAT ARE CURRENT CHALLENGES WE FACE?

# IDENTIFYING LGBTQ+ OLDER ADULTS

50+ Years Old

Varied experiences, resources and communities

Often invisible or unsafe in healthcare settings



## LGBTQ+ OA PRIORITIES

Isolation and Loneliness

Housing

Finances

Care Support

Healthcare



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**GEN SILENT, THE LGBT AGING DOCUMENTARY:  
OFFICIAL TRAILER**

<https://youtu.be/fV3O8qz6Y5g>

# BARRIERS TO CARE PLANNING

## SUPPORT

3-4x less likely to have children

2x as likely to age alone

## STIGMA AND DISCRIMINATION

Invisibility within aging systems

78% go back in the closet in LTC

12 years lower life expectancy in areas of high stigma



# BARRIERS TO CARE PLANNING

## HEALTH

41% of LGB people >50 years old have a disability

2.5x mental health and substance misuse rates

Distrust of medical and aging systems

Lack of affirming services





# BARRIERS TO CARE PLANNING

## PERSONAL BELIEFS AND EXPERIENCES

Focus on youth within communities

Lived through HIV/AIDS crisis, trauma

‘I have a partner, I’m fine’

‘Talking about this stuff is depressing’

‘My case manager is too young to understand’

‘I don’t want to be a burden to anyone’

‘I don’t have anything or anyone’



02.

# RESOURCES FOR CARE PLANNING

LGBTQ+ DOCUMENTS

# LGBTQ+ DOCUMENTS



## AARP PREPARE TO CARE GUIDE

[Download PDF](#)



## SAGE CREATE YOUR CARE PLAN - MEDICAL PROCEDURES

[Download PDF](#)

**AFFINITY COMMUNITY SERVICES - CREATE YOUR OWN!**



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## ADVANCED DIRECTIVES

Will

Power of Attorney for Health

Power of Attorney for Estate

Living Will/5 Wishes



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## CARE COORDINATION

Lotsa Helping Hands

<https://lotsahelpinghands.com/>

Care Calendar

<https://www.carecalendar.org/>

Caring Bridge

<https://www.caringbridge.org/>

03.

# HOW TO CARE PLAN WITH OLDER ADULTS

TIPS TO SUCCEED AND AREAS TO ADDRESS

## TIPS TO SUCCEED

Start early

Explain the role of choice

One topic at a time

Focus on their 'triggers' or priorities, not yours

Identify and include support team

Make practical recommendations

Document and review with client regularly



## BEST PRACTICES

Ongoing training for staff

Revise intake forms, policies and procedures

Hire within LGBTQ+ communities

Apply diversity celebrations to LGBTQ

Practice inclusive language

Screen employees

Survey clients / staff





## HOUSING

LGBTQ+ Friendly

Independent and LTC

Location



## FINANCIAL

Retirement Planning

Medicaid Planning

Benefits



## LEGAL

Advanced Directives

Estate Planning

End of Life



## CARE

Support Team

Advocates

Caregiving Access



## HEALTH

Current Providers

Medications

Needs



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# AREAS TO ADDRESS



*How will you start the conversation?*

*What have you learned that you can apply to your work?*



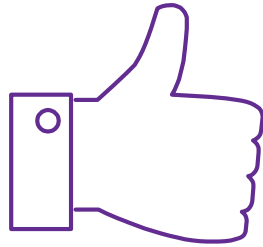
# THANK YOU!

*We utilize Assessments, Care Management and Care Planning to restore **Clarity, Comfort and Control** to our clients.*

As a leader in the field of LGBTQ aging, we train organizations and medical providers on competency with older adults and LGBTQ communities.



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# STAY CONNECTED



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[info@the-care-plan.com](mailto:info@the-care-plan.com)



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## REFERENCES

**Fenway Health** <https://fenwayhealth.org/trump-administrations-religious-refusal-actions-threaten-access-to-healthcare-by-lgbt-people/>

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