Care Plans to Support LGBT Older Adults

PRESENTED BY

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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
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+

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

Can be used:
• By individuals to plan for their own care
• By others to assist individuals in planning for care
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
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