



Identifying and Supporting Caregivers in the LGBT Community

HANDOUT 1A: Case Study – Carol & Nancy

Carol is a 53-year-old lesbian caring for her good friend and ex-lover Nancy, 64, who suffers from severe mental illness. Nancy lives alone but cannot safely leave her apartment without assistance, so Carol accompanies her to all medical appointments and handles all of Nancy's grocery shopping, takes her laundry to the laundromat, etc.

They both struggle financially, and Carol, a freelance carpenter, finds that having to arrange her schedule around Nancy's needs is costing her some work opportunities. Carol also feels guilty attending social functions without bringing Nancy along, so her social life is suffering.

At one point Carol attempted to reach out for assistance through the City's Senior Services Program, but the operator she spoke to could not understand why she was bothering to care for an ex, and offered very little assistance.

Questions:

1. What resources might be available for Carol and Nancy?
2. What might be some barriers to accessing those resources?
3. What can **you** do to help or advocate for Carol and/or Nancy?

HANDOUT 1B: Case Study – James & Martin

James is a 63-year-old African-American transgender man caring for his father, Martin, who suffers from dementia.

When James came out as transgender 10 years ago, Martin refused to acknowledge his transition and continued to address him by his birth name, “Janet,” and refer to him with female pronouns. As a result, James distanced himself from his father and spoke to him only once or twice a year.

When James’ mother passed away, Martin became isolated and wasn’t eating well or taking his medications regularly. James ultimately made the decision to move into his father’s home in order to care for him.

Martin was grateful for the help and for the chance to reconnect with his only child. Although he didn’t understand James’ choices, he began to address him with his chosen name and use male pronouns.

After a recent infection, Martin’s condition has declined both physically and mentally. He now needs assistance with a number of ADLs, and James is becoming concerned about leaving the home to go to work. His father has also started to call him “Janet” again, with increasing frequency.

Questions:

1. What resources might be available for James and Martin?
2. What might be some barriers to accessing those resources?
3. What can **you** do to help or advocate for James and/or Martin?

HANDOUT 1C: Case Study – Julia & Li Jun

Julia is a 48-year -old woman who provides long-distance care for her uncle, Li Jun. Li Jun emigrated to New York from China with his family as a young man, but lost contact with most of his family when he came out as gay in his later years. He has very few friends, and those he does have are unable to climb the 4 flights of stairs to his apartment so he speaks to them only by phone.

Julia lives in Chicago, and has asked her employer about transferring to New York but it isn't a possibility at this time. She worries about her uncle constantly and speaks to him every day. She's done her best to set him up with services, but it's difficult to do long-distance. Her uncle and most of his friends speak Mandarin, with limited English, so she has to translate with service providers.

After a recent fall, Li Jun's mobility has become severely limited, and Julia had to scramble to line up extra home care before returning home from her emergency visit. She's starting to feel that Li Jun might need to move into an assisted living facility, but he is adamantly opposed to the idea. He doesn't want to leave his home, and he insists that no one there will speak his language. He also fears he won't be treated well if staff or other residents find out that he's gay. They've already had several arguments about the issue, and Julia is feeling desperate as she no longer feels she can keep him safe from afar.

Questions:

1. What resources might be available for Li Jun and for Julia?
2. What might be some barriers to accessing those resources?
3. What can **you** do to help or advocate for Julia and/or Li Jun?

HANDOUT 2: National Resources



For resources on LGBT older adults visit:

- www.lgbtagingcenter.org
- www.sageusa.org

For more information on training visit:

- www.sageusa.care

For our National LGBT Older Adults housing portal visit:

- <http://sageusa.org/lgbthousingresources/>

LGBT Older Adult Hotline number: 1-888-234-SAGE

- More info on the hotline: <http://www.sageusa.org/programs/hotline.cfm>

HANDOUT 3: Caregiving Resources

Family Caregiver Alliance

www.caregiver.org

National Alliance for Caregiving

www.caregiving.org

AARP

www.aarp.org/caregiving

Alzheimer's Association

www.alz.org

U.S. Dept. of Veterans Affairs

www.caregiver.va.gov

LGBT *Prepare to Care* Guide

www.sageusa.org/preparetocare

National Resource Center on LGBT Aging

www.lgbtagingcenter.org/caregiving