

2023 Forum on Aging in Rural Oregon

LGBTQ+ Older Adult Survey – What’s Next? Addressing Survey Gaps

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Thank you to our partners:



LGBTQ+ Older Adult Survey – What's Next? Addressing Survey Gaps

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Forum on Aging in Rural Oregon

Survey



LGBTQ+

Older Adult Report

September 2021

Acknowledgements & Thanks

- AARP Oregon
- Aging Well Program of Cascade AIDS Project
- Alzheimer's Association
- EngAGE NW
- Governor's Commission on Senior Services
- HIV Alliance
- Metropolitan Community Church of Portland
- Oregon Home Care Commission
- Oregon LGBTQ+ Aging Coalition
- Quest Center for Integrative Health
- PRIDE Foundation
- SAGE Metro Portland

And Members of the Oregon LGBTQ Older Adult
Survey Advisory Committee

Survey Goal & Purpose

“I am concerned about my future as I, and the people in my community, grow older. I worry about who will take care of us, and I wonder who I’ll be able to turn to for help as my body gets more feeble.”

- Goal: Understand the risks, needs and strengths of demographically diverse LGBTQIA2S+ Oregonians aged 55 and older, including those not represented in previous studies
- Purpose: Produce publicly available findings to be used for advocacy, training, education, program and policy development and other purposes
- Build/Strengthen LGBTQIA2S+ community relationships

Survey Components

- Conducted by [Karen Fredriksen Goldsen](#), PhD and her research team at the University of Washington
 - Under the supervision of their Institutional Review Board
- Oregon Behavioral Risk Factor Surveillance System (OR-BRFSS) data 2013-2018
- Community-based **survey** people aged 55+ who identify as LGBTQ+ 1,402 valid responses
- Online, phone, paper options and in translation (10 languages)

Key Finding –Access to Services & Elder Abuse

“I’m a case manager and I have difficulty placing my LGBTQIA clients within any community in Oregon. They often decline facility placement because they don’t feel welcome and they fear discrimination. We need more long-term care facilities for our aging LGBTQIA community.”

- More than 50% have service needs that are not met.
- 24% of LGBTQ+ older adult participants have experienced elder abuse in the past year
- 76% did not report the experience to the authorities
 - The most common barriers to reporting abuse are:
 - Distrust of authorities’ fair treatment of LGBTQ+ people (26%)
 - Lack of knowledge on how to report (16%)

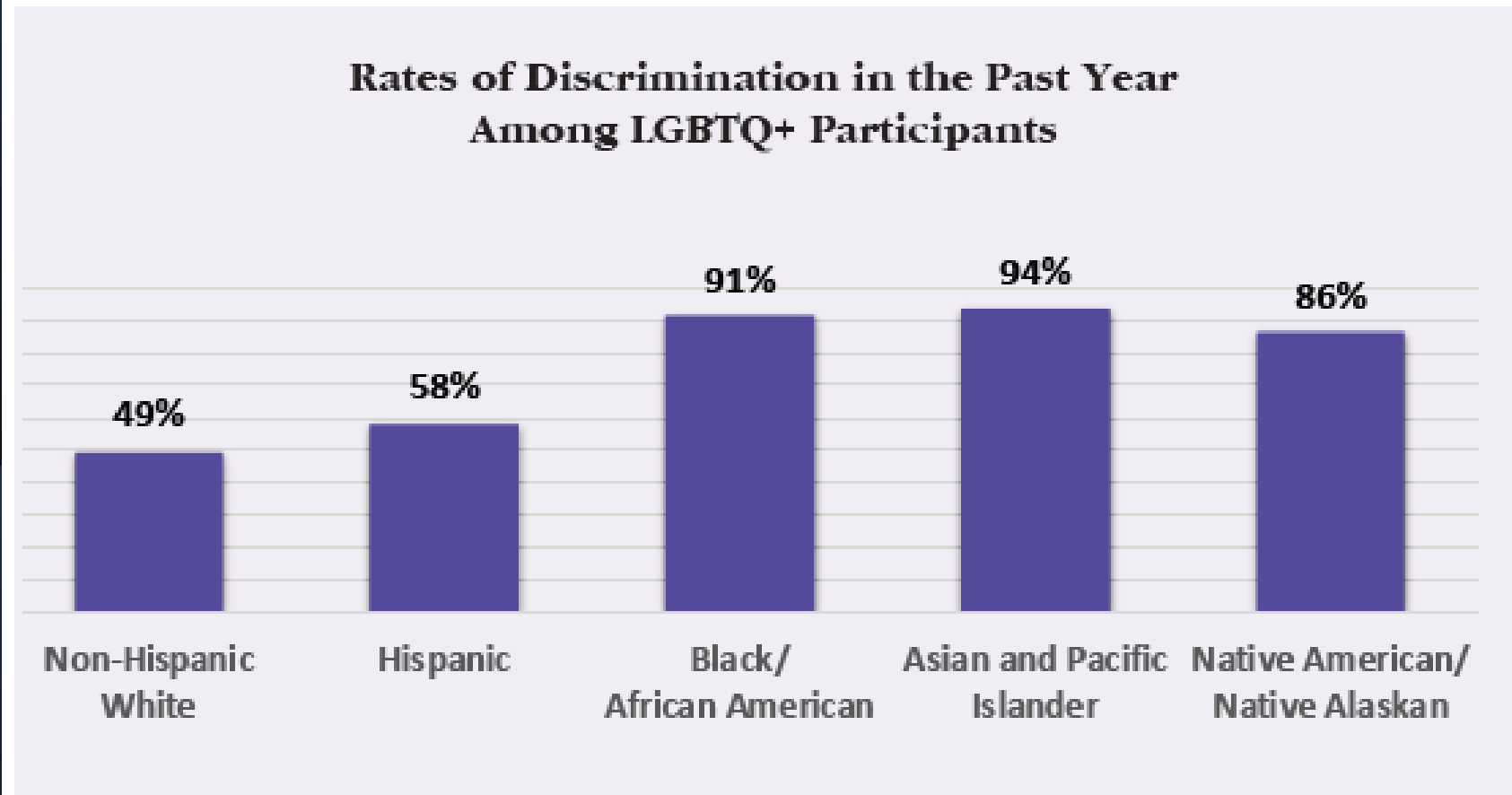
Key Finding – Mental Health

- Suicidal ideation: 21% of the LGBTQ+ older adult participants have experienced suicidal ideation in the past year
- Greatest elevated risk of suicidal ideation are:
 - Black/African Americans, Asian and Pacific Islanders, Native American/Alaska Natives

Key Finding – Adverse experiences

“While I am out to those close to me, putting up a pride flag or BLM sign feels unsafe and could put my family at risk.”

- Nearly 60% of participants experienced discrimination within the last year



Key Finding – Economic & Housing Stability

“I am scared of retirement and how I will survive in terms of housing. The long-term facility I visit feels completely heteronormative and conservative.”

- 40% live at or below 200% of Federal Poverty Level (FPL)
- Those living at or below 200% of the FPL report higher rates of:
 - discrimination (67%),
 - elder abuse (27%), and
 - identity non-disclosure (57%)
- One-third of LGBTQ+ older adult participants have difficulty paying bills or buying nutritious meals due to financial instability
- Nearly two-thirds (64%) of participants are not confident that they will be able to continue living in their current housing

Key Finding –Social Resources & Resilience

“I live in a rural area. I know there are other gay people around but I haven’t met any yet.”

- More than 70% of LGBTQ+ older adult participants have three or more people they can count on for social and emotional support
- Despite close relationships and communities, nearly 20% report lack of social support, which is highest among people of color

Post Survey Work

- Public presentations on survey findings
 - Local
 - Legislative
 - State & national
- 7 community partner sessions to prioritize actions based on survey findings
- Ongoing community engagement
- Drafted APD Action Plan

Top Priorities for Action Plans

From community listening sessions:

Health/Mental Health Care	Economic Security/Poverty
Housing	Discrimination
Elder Abuse (including self-neglect)	Food Assistance
Educate, Communicate, Support	Unmet Service Needs/Access
Community Engagement/ Social Support	Training, trained facility staff and homecare workers

Themes

- Safety
- Basic needs
- Training & education
- Disparities
- Access barriers
- Mental Health
- Community-listening, outreach, trust building and collaboration
- Safe spaces, social support and connection

APD Action Plan: Recommendations

“It is important to help Oregonians feel welcomed and safe in communities that can meet their increasing care needs.”

- Public Education Campaign
- Community Outreach & Advocacy
- Training
- Specific Resource Development
- Staffing
- Data Collection

Public Education Campaign

- Elder abuse
 - Risk factors in LGBTQIA2S+ populations
 - Racial and ethnic specific materials, outreach
 - How to Report
- Suicide Prevention
- SNAP outreach

Community Outreach & Advocacy

- Listening sessions with a broad range of racial/ethnic groups
- Permanent, robust APD LGBTQIA2S+ website and social media content
- Plan to reduce access barriers
- Develop relationships with ODVA Older Adult & LGBTQIA2S+ coordinators
- Create provisional Advisory Committee

Training

“There is very little support for transgender women in my age range. I believe this keeps transwomen and transmen, such as myself, from coming out and seeking the care we often desperately need.”

- Funding and contract
 - Basic training on LGBTQIA2S+ strengths and challenges, experiences across the lifespan and showing impacts as an older adult
 - Contract with community partners including culturally diverse providers and in other languages & formats
- Trauma informed care cheat sheet relating to trauma informed work with LGBTQIA2S+

Training

- Require/mandate training for Aging & People with Disabilities at start of employment
 - All Local Office staff, Central Office - including Safety, Oversight & Quality
 - Housing Navigators
 - Area Agencies on Aging (AAA) - require in AAA contracts
- Explore training partnerships or contracts with others for training healthcare providers

Specific Resource Development

- Address specific ideas for Native Americans, Latinx, African-Americans interventions provided at prior listening sessions
 - Programming on Spanish language radio
 - Support safe spaces for the Black community to discuss HIV – through CBOs as well as APD local and districts offices
 - Expand respite resources for tribal elders
- Increase legal assistance services and access to them for LGBTQIA2S+ and estate, long term care and other planning

Specific Resource Development

- Create/support funding for senior loneliness hotline for LGBTQIA2S+ or friendly to LGBTQIA2S+
- Contract to develop and provide MH interventions (peer support and MH treatment groups (example depression), access to counseling, other treatment) to address intersectionality of race, LGBTQIA2S+ and older adults

Specific Resource Development

As a queer older person living in subsidized housing, I feel very removed from any specific support. Along with the usual subsidized housing issues, there is a large religious population in my community and I don't feel comfortable. We don't have choices when applying for housing."

- Designate a housing navigator to cover technical assistance w/LGBTQIA2S+ housing and/or offer contract incentive payments for serving LGBTQIA2S+ older adults
- Initiate LGBTQIA2S+ friendly Adult Foster Home designation program statewide

Racial/Ethnic Specific Priorities

Ideas for action:

- Multi-generational education and supports
- Native speakers of Latinx Indigenous languages to go out to the community
- Hold more listening sessions with other racial/ethnic communities
- Prioritize actions considering racial equity
- LGBTQIA2S+ resources for culturally specific groups
- Culturally specific services that address intersectionality
- Homebound seniors of color need technology, also technology access for social, recreational activities and telehealth

Data Collection

- Track reporting after public education campaign
- Repeat the survey in 3 years
- Report REALD & SOGIE data by LGBTQIA2S+ & race

Staff Work

- Community Outreach
 - Connect with diverse racial/ethnic LGBTQIA2S+ members
- Project Management
- Policy:
 - Staff projects/collaborations to address loneliness and lack of social supports
 - Review policies and procedures to address equity for LGBTQIA2S+
 - Review APD materials for LGBTQIA2S+ inclusion in language, images, content
 - Navigator Program

Related Legislative Proposal

“It is important to help Oregonians feel welcomed and safe in communities that can meet their increasing care needs.”

Senate Bill 99 would:

- Establish a standing Commission on LGBTQIA2S+ Older Adults
 - To advise the Governor, ODHS and other state agencies
- Create a Resident Bill of Rights for LGBTQIA2S+ older adults living in community based or nursing facilities
- Mandate Facility Staff Training

Post Survey Work- Collaborations

- **Social Connections & Loneliness:** with Older Adult Behavioral Health Specialists
- **Suicide Prevention:** with Oregon Health Authority Adult Suicide Prevention Plan staff
- **Training:**
 - With ODHS PRIDE Employee Resource Groups
 - With APD Training Unit
 - With Meaningful Care Conference planning
- **Access to Services, Discrimination:**
 - With Area Agencies on Aging, work on AAA Service Equity Plans
 - With community partners, development of next State Plan on Aging

APD Next Steps

APD Next Steps:

- Continue to foster/build ongoing community partnerships and collaborations
- Staff workgroup formed to finalize draft APD wide Action Plan
- Take Action Plan to community for input
- Action Plan approval and implementation
- Implementation of new State Plan on Aging strategies (pending federal approval)

Questions and Discussion

- Questions?
- Discussion:
 - What is your initial reaction to the APD Action Plan to address survey gaps?
 - Are you or your organization doing work that relates to services for LGBTQIA2S+ older adults?
 - Are there opportunities for collaboration or partnerships with APD to address survey gaps?

Survey Links

- [Survey Website](#)
- [Survey Report](#)
- [Survey Executive Summary](#)
- [Fact Sheet](#)
- [Oregon LGBTQ+ Older Adult Survey Results Presentation and Discussion](#)

Contacts

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Terminology

LGBTQIA2S+

Lesbian: A woman who is attracted to women

Gay: A man who is attracted to men; also an umbrella term to describe both gay men and women

Bisexual: Individuals who are attracted to both men and women

Transgender: Individuals whose gender identity or gender expression do not align with their biological or assigned sex

Terminology

Queer: A term people often use to express a spectrum of identities and orientations that are counter to the mainstream. This term was previously used as a slur but has been reclaimed by many parts of the LGBTQIA2S+ movement.

Intersex: Intersex people are born with a variety of differences in their sex traits and reproductive anatomy. There is a wide variety of difference among intersex variations, including differences in genitalia, chromosomes, gonads, internal sex organs, hormone production, hormone response, and/or secondary sex traits.

Terminology

Asexual: Asexual refers to a complete or partial lack of sexual attraction or lack of interest in sexual activity with others.

Asexuality exists on a spectrum, and asexual people may experience no, little or conditional sexual attraction.

Two Spirit: Two Spirit refers to someone who is Native and expresses their gender identity or spiritual identity in indigenous, non-Western ways. This term can only be applied to a person who is Native. A Two Spirit person has specific traditional roles and responsibilities within their tribe. Not all Native LGBTQ people identify as Two Spirit.

Terminology

“+”: The “+” sign recognizes the limitless sexual orientations and gender identities used by members of the LGBTQ+ community.

Sexual Orientation: A person’s primary physical, romantic, and/or emotional attraction to other people.

Gender Identity: The gender you feel you are inside (man, woman, neither or both).

Community Resources

- [Aging & Disability Resource Connection of OR \(ADRC of Oregon\)](#)
 - 1-855-673-2372
 - Clearinghouse for information related to older adults and people with disabilities
- [Alzheimer's Association: LGBTQ Community Resources for Dementia](#)
- [SAGE Metro Portland](#)
 - Portland area-Advocacy & Services for LGBTIA2S+ Elders
- [SAGE](#)
 - National- Advocacy & Services for LGBTQIA2S+ Elders

Community Resources

- Oregon Home Care Commission class
 - Diversity Awareness: Challenges Facing Lesbian, Gay, Bisexual, Transgender Older Adults

Understanding and awareness of LGBT issues and healthcare challenges; terms and definitions; how to create a welcoming and inclusive working relationship
 - Free to Homecare workers, Person Support workers, Personal care attendants and APD Adult Care Home owners and their staff
 - Small fee for others. Contact:
Training.OHCC@dhshoa.state.or.us

Community Resources

- [Oregon AIDS Education & Training Center](#)
 - AIDS education and training
- [Oregon Health Sciences University Transgender Health Program](#)
 - Provides support, information and advocacy
- [Transgender Aging Network](#)
 - Improve the lives of current and future trans/SOFFA (Significant Others, Friends, Family and Allies) elders

Community Resources

- [Two Spirit And LGBGTQ Health](#)
 - Northwest Portland Area Indian Health Board
- [Zami Nobla](#)
 - National Organization of Black Lesbians on Aging
- [LGBT Elders of Color](#)
 - Connecting LGBT elders of color
- [Prime Timers Worldwide](#)
 - Enriching social lives of gay/bi men

Community Resources

- [Old Lesbians Organizing for Change](#)
 - Conceived as a way to utilize the unique experiences of Lesbians at least 60 years of age, to challenge ageism within our own community, within the larger women's community and within society at large
- [LGBTQIA+ Aging Project](#)
 - Fenway Institute-Advocacy, training, policy development, equity work for LGBTQIA+ older adults

Research & Publications

- Movement Advance Project & Advocacy & Services for LGBT Older Adults (SAGE)
 - [Understanding Issues Facing LGBT Older Adults](#)
- AARP & SAGE
 - [LGBTQ Community Caregiving Guide: A Planning Guide for Caregivers in the LGBTQ Community](#)
- SAGE- National Resource Center on LGBT Aging
 - [Self-Care for the Caregiver](#)
 - [Inclusive Services & welcoming environments](#)

Research & Publications

- [Maintaining Dignity: Understanding and Responding to Challenges Facing Older LGBT Americans](#)
 - AARP 2018 Survey
- [The State of LGBTQ Dignity 2020: A Supplement to Maintaining Dignity Pre–COVID-19](#)
 - AARP 2020

Research & Publications

- [Aging with Pride](#)
 - National longitudinal study of aging, health, and well-being of LGBTQ midlife and older adults and their families
- [Goldsen Institute](#)
 - Research and publications on a number of LGBTQ+ older adult topics

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Thank you!

