The Landscape of LGBTQ Aging

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How Many LGBT Older Adults?

Today: 1.4 to 3.8 million in U.S.

2030 estimate: 3.6 to 7.2 million in U.S.

Three Generations: Invisible-- the oldest old
Secret --- greatest generation
Proud – baby boomers & beyond

Harley & Teaster, 2016
What’s So Different?

Elder Issues

• Healthcare
• Housing
• Medication Costs
• Social Network: Family, Friends
• Income
• Retirement / Work
• Social / Recreational Activities

LGBT Elder Issues

• Healthcare
• Housing
• Medication Costs
• Social Network: Family, Friends
• Income
• Retirement / Work
• Social / Recreational Activities
Aging Supports

- Spouse Partner
- Children & Grand
- Family Of Origin
- Faith Community
- Local Community
- Social Community
- Social Services
Aging Supports

Spouse
Partner
Children
& Grand
Family
Of Origin
Faith
Community
Local
Community
Social
Community
Social
Services
Mainstream Supports

- Public Safety
- Health Care
- Military Service
- Faith Community
- Housing

Entrapment, Harassment
Mental Illness (until 1973) Institutionalization
Dishonorable Discharge
Sin Immoral
Eviction Harassment
<table>
<thead>
<tr>
<th>Event</th>
<th>Anna</th>
<th>Sarah</th>
</tr>
</thead>
<tbody>
<tr>
<td>Born:</td>
<td>1930</td>
<td>1950</td>
</tr>
<tr>
<td>McCarthy Trials (1954)</td>
<td>24</td>
<td>4</td>
</tr>
<tr>
<td>Stonewall (1969)</td>
<td>39</td>
<td>19</td>
</tr>
<tr>
<td>APA/DSM (1973)</td>
<td>43</td>
<td>23</td>
</tr>
<tr>
<td>Harvey Milk Elected (1977)</td>
<td>47</td>
<td>27</td>
</tr>
<tr>
<td>Reagan Mentions AIDS (1987)</td>
<td>57</td>
<td>37</td>
</tr>
<tr>
<td>“Ellen” Comes Out on TV (1997)</td>
<td>67</td>
<td>47</td>
</tr>
<tr>
<td>Gay Marriage is Legal in MA (2004)</td>
<td>74</td>
<td>54</td>
</tr>
<tr>
<td>Don’t Ask Don’t Tell Repealed (2011)</td>
<td>81</td>
<td>61</td>
</tr>
<tr>
<td>DOMA Repealed (2013)</td>
<td>83</td>
<td>63</td>
</tr>
<tr>
<td>SCOTUS: Marriage Equality (2015)</td>
<td>85</td>
<td>65</td>
</tr>
</tbody>
</table>
Bisexuality and Aging

- Most invisible element in LGBT spectrum assumption of identity based on current partner

- Stigma, historical/cultural factors, life history, and context impact self identification and community more than 50% of adult LGB population but only 7% of those 65+

In comparison with heterosexuals, lesbians, and gays:
- Significant health disparities including
- high rates of self-harm, suicide, depression, anxiety, drug/alcohol use

Movement Advancement Project 2016
Transgender Aging

• Transition early in life: some lived “stealth” with no history or context; significant losses

• Transition later in life: after milestones
  • Death of parents, grown children, retirement, divorce

• High rates of unemployment, underemployment, violence, denied healthcare

• Reluctance & fear of health/long term care

The Aging and Health Report: Disparities and Resilience in Lesbian, Gay, Bisexual and Transgender Older Adults, 2011
LGBT Elders of Color & Aging

- Estimated 20% of LGBT Older Adults are people of color; expected to double to 40% by 2050

  M. Adams, Generations, 2016 in MAP 2017

- Lifetime experience with minority stress (multiple minority identities – multiple stressors)

- What does it mean to be LGBT in one’s racial/ethnic community? What does it mean to be old?

- What does it mean to be a person of color in the LGBT community? What does it mean to be old?

- Flashback Sunday/Griot Circle – community for LGBT EOC
HIV/AIDS and Aging

• By 2017: Approximately 50% of all people in the U.S. living with HIV & AIDS will be over 50 years old

CDC, 2015

• Disproportionally LGBT and People of Color

• Long Term Survivors (infected pre HAART; 20 years with HIV)
• New Infection (not at risk or ‘should have known better’ → later stage)
• New Diagnosis (17% of all new diagnosis were 50+)

• Enormous Cultural Taboo: Sexuality and Aging
• “who me?” heterosexual transmission & “who cares” in gay/bi transmission
Alzheimer’s & LGBT Patients/Loved Ones

- Diagnosis – When and by whom?
  - Delayed by lack of family support and isolation

- Memory Loss and “secrets”

- Care – Primary contact? Who manages? Who is informed?
  - Family may be estranged, partner not acknowledged
  - Reluctance to ask for help

- Legal Issues – “next of kin” vs. “family of choice”
LGBT Baby Boomers as Caregivers

Most LGBT Caregiving is Horizontal not Vertical

<table>
<thead>
<tr>
<th>General Population</th>
<th>LGBT Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>women</td>
<td>men/women</td>
</tr>
<tr>
<td>90% birth/marriage</td>
<td>35% partner/spouse</td>
</tr>
<tr>
<td></td>
<td>16% parent</td>
</tr>
<tr>
<td></td>
<td>9% other relative</td>
</tr>
<tr>
<td>10% non relative</td>
<td>32% friend</td>
</tr>
<tr>
<td></td>
<td>7% non relative/neighbor</td>
</tr>
</tbody>
</table>

The Aging and Health Report: Disparities and Resilience in Lesbian, Gay, Bisexual and Transgender Older Adults, 2011

LGBT Caregiver Support Group/LGBT Bereavement Group
Safe space for unique experience
LGBT Cultural Competency Training for Individual and Organizational Practice

• Individual Practice
  • Challenge Heterosexist assumptions
  • Normalize inclusion and expand definition of family and friends
  • Opportunities for families to come out
  • Language: gender-neutral and LGBTQIAA*
    • Special Friend/ Roommate
    • Queer
    • Ally
  • Handle possible backlash as an LGBT ally
LGBT Cultural Competency Training for Individual and Organizational Practice

• Organizational Practice
  • LGBT cultural competency training for all staff
  • Review and modify policies and programs
  • LGBT inclusive culture and programming (LGBT friendly cafes, longtime couples, Pride celebrations)
  • Broader conversations about diversity and inclusion
SPECIAL LEGISLATIVE COMMISSION ON LESBIAN, GAY, BISEXUAL AND TRANSGENDER AGING