

Care of the Older Adults: LGBT Residents in LTC

Presenters:

Dr. Grace Huizinga, EdD, MSN, RN

Kirkhof College of Nursing

Cassandra Cummings, RN-BSN,

KCON DNP-Student



Objectives

- Provide examples of the history and resilience of individuals within the older LGBT community.
- To raise awareness of LGBT older adult concerns in LTC facilities
- To identify communication techniques to facilitate a welcoming environment for LGBT residents and significant people in their lives
- To broaden the dialogue on LGBT aging in West Michigan
- To highlight important resources for LGBT older adults



Video: Gen Silent

Stu Maddux



Gen Silent: Discussion

- What did you learn about communication with LGBT old adults (social worker)?
- How may the history of older LGBT people influence them?
- Has anyone faced or heard of a similar situation?
- What is your perspective on how to best address the problems in this film?



How Many Americans Identify as LGBT?

(Fredriksen-Goldsen, 2015).

- Approximately 2.4 million adults 50 and older in the US identify as lesbian, gay, bisexual, or transgender (LGBT)
- 2.4% of the population



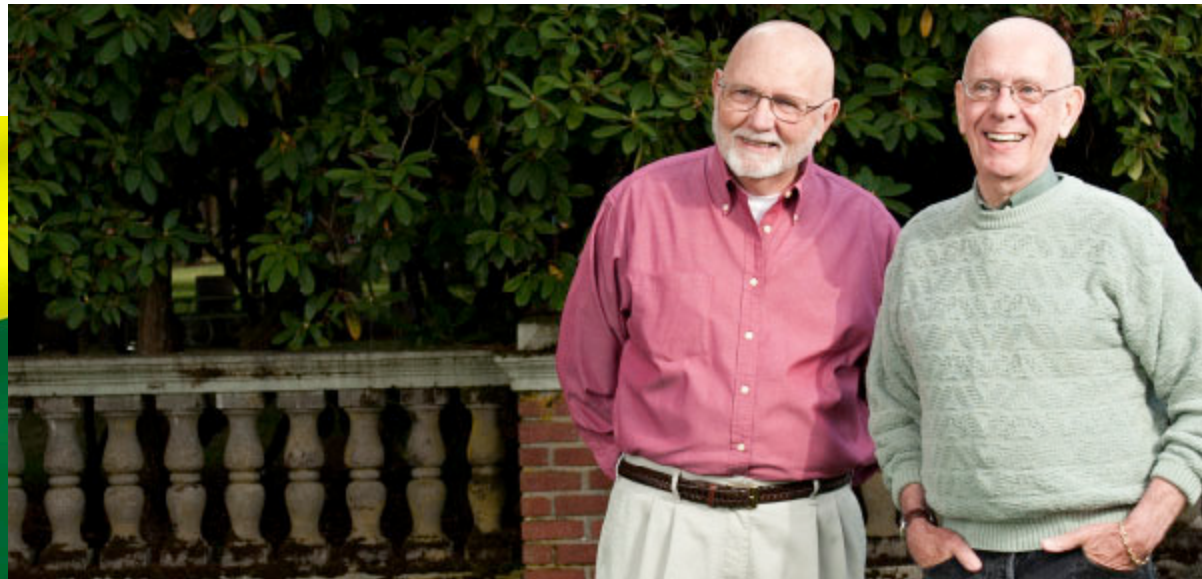
Myths: LGBT

- You can tell a person is gay by their looks and mannerisms
- Most experts agree that homosexuality is a choice
- Older LGBT persons are more likely to disclose to medical and service providers about their sexuality than are younger LGBT persons



-isms/phobias

- Homophobia is an irrational fear of people who are attracted to persons of the same gender
- Heterosexism is the concept that only heterosexuality is natural, normal, superior, and expected.
- Queer



Experiences of Discrimination Over a Lifetime

1952

- The American Psychiatric Association lists homosexuality as a mental disorder. It would be removed 20 years later in the DSM IV, 61 years until transgender is removed.

1962

- Illinois becomes the first state to decriminalize private, consensual homosexual acts. Until then, sodomy could be punished by lengthy terms of imprisonment or hard labor

1969

- Patrons of the Stonewall Inn respond to a police raid with a violent riot, inciting a series of protests and sparking the modern gay civil rights movement.

1980s

- The AIDS crisis galvanized the LGBT community, but also showed lack of governmental action to protect LGBT individuals health.
- The “Moral Majority” starts crusade against LGBT community.

1993

- President Clinton implements the “Don’t Ask, Don’t Tell” policy prohibiting LGBT service men and women from serving openly in the military. The policy was repealed in 2010.

2008

- Californians pass a state constitutional amendment banning gay marriage after the state supreme court had ruled previous bans as unconstitutional. The Supreme Court ruled the amendment unconstitutional in 2013.

Improving the Lives of LGBT Older Adults: Policy Report (March, 2010)



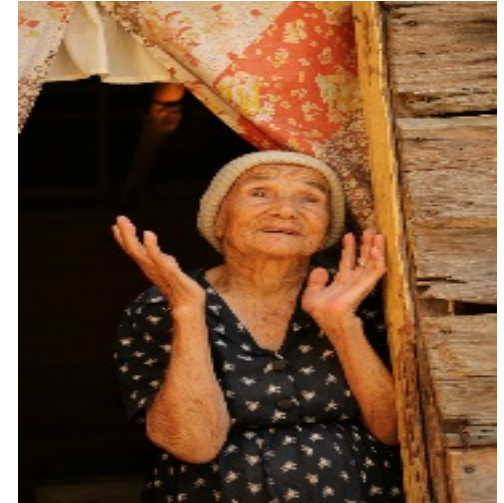
The LGBT older adult population will double by 2030

Q: Is this surprising to you? Have you experienced older adult LGBT individuals in your field?



Challenges & Opportunities: General (Summit for LGBT older adults coming, 2012)

- 90% LGBT older adults have no children
- Twice as many LGBT older adults live alone compared to heterosexual older adults
- 3 times as likely to live in poverty as heterosexual adults
- Federal and state civil rights laws do not include the terms sexual orientation and gender identity, and therefore do not protect these individuals
- Due to the lack of policy, aging providers are not required to go through cultural competency training



Challenges & Opportunities: LTC Facilities

- Hiding sexual identity is necessary to moved to a retirement home, (Johnson, 2005)
- One half of senior centers do not welcome LGBT people who are open about their sexual identity, (Knauer, 2009).
- Gay elders are likely to be rejected by retirement communities and nursing homes (Haber, 2009)



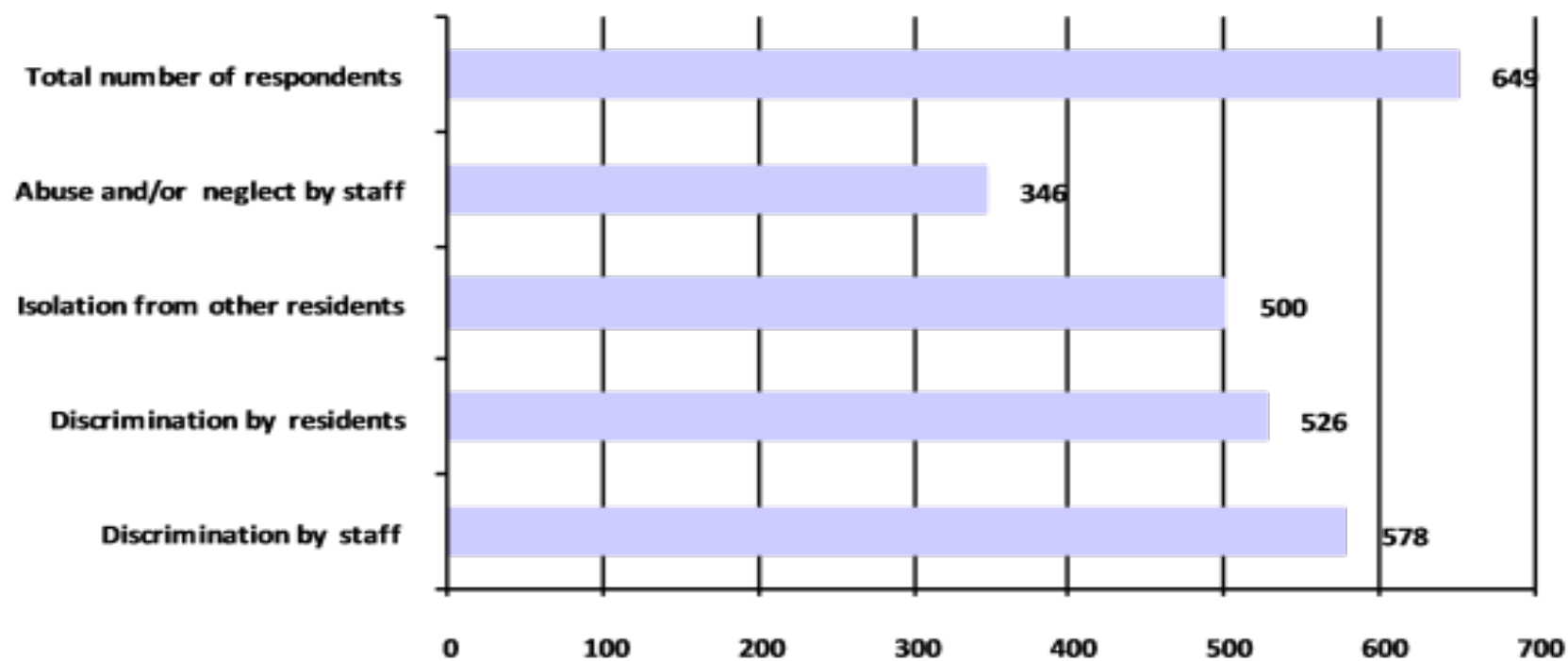
LGBT Older Adults in Long-Term Care Facilities



Stories from the Field



Possible Issues Affecting LGBT Older Adults



Quotes

- Most feel that there are no LGBT residents in their facilities.
- A gay couple moved into my mother's facility. The residents kept talking about: "Which one is the man and which one is the woman?" They moved out in a couple of months."
- Several residents' offhand comments about gays and fags make me (and any gays) uncomfortable.
- My partner was in the long-term skilled nursing facility for 30 days— it was a difficult time for both of us, but particularly because of some staff who seemed to "resent" our relationship and my advocacy on his behalf.
- I have been haunted for years by what happened to two lesbian friends of mine. They had been "married" for more than 50 years, when they both fell ill. Their families sent them to separate nursing facilities despite all protests. They each shortly passed away. It was heartbreaking



Enhancing Resilience

- Learn to cope with stigma from an early age
- Role flexibility
- Ability to cope with crises
- Importance of social support in successful aging:
social support from other LGBT members is crucial in healthy aging



Enhancing Resilience

- 91% engage in wellness activities
- 89% feel good about belonging to the LGBT community
- 71% percent reported having a person in their life to love and make them feel wanted
- 83% have people with whom to do something enjoyable



The Aging and
Health Report

LGBT Older Adults in Long-Term Care Facilities, Supportive Organizations

Supportive Organizations

- National Senior Citizens Law Center
- National Gay and Lesbian Task Force
- Services & Advocacy for GLBT Elders (SAGE)
- Lambda Legal
- National Center for Lesbian Rights
- National Center for Transgender Equality
- National Council on Aging
- AARP
- Family Caregivers Alliance
- Old Lesbians Organizing for Change

Resources

- Services and Advocacy for Gay Elders (SAGE):
<http://sageusa.org/about/>
- American Society on Aging (ASA)
- The LGBT Aging Issues Network (LAIN)
- LGBT older adults in Long term care facilities:
<http://www.lgbtlongtermcare.org>
- Gay and Lesbian Medical Association
 - www.glma.org
- American Society on Aging
 - www.asaging.org
- National Gay and Lesbian Task Force
 - www.thetaskforce.org
- Improving the Lives of LGBT Older Adults, March 2010
 - <http://www.lgbtmap.org/file/improving-the-lives-of-lgbt-older-adults.pdf>



Be Aware



Be Open



Be Knowledgeable

References

- Addis S, Davies M, Greene G, Macbride-Stewart S, Shepherd M. The health, social care and housing needs of lesbian, gay, bisexual and transgender older people: a review of the literature. *Health Soc Care Community*. 2009;17(6):647-658.
- Arien, K. M., & Adeyinka, M. A. (2013). Older adults and sexuality: Implications for counseling ethnic and sexual minority clients. *Journal of Mental Health Counseling*, 35(1), 1-14. Retrieved from <http://search.proquest.com.ezproxy.gvsu.edu/docview/1269701620?accountid=39473>
- Baron, A., & Cramer, D. (2000). Potential Counseling Concerns Of Aging Lesbian, Gay, And Bisexual Clients. In R. M. Perez., K. A. Debord., K. J. Bieschke (Eds.), *Handbook of counseling and psychotherapy with lesbian, gay, and bisexual clients* (pp. 207-223). Washington, DC: American Psychological Association, 2000.
- Berger, R. M. (1982). "The Unseen Minority: Older Gays and Lesbians. *Social Work*, 27(3), 236-242. Retrieved from <http://web.ebscohost.com/ehost/resultsadvanced?sid=f8029f21-5b85-4031->
- Brennan-Ing, M., Seidel, L., Larson, B., & Karpiak, S. E. (2014). Social care networks and older LGBT adults: Challenges for the future. *Journal of Homosexuality*, 61(1), 21-52. doi: 10.1080/00918369.2013.835235
- Claes JA, Moore W. Issues confronting lesbian and gay elders: the challenge for health and human services providers. *J Health Hum Serv Adm*. 2000;23:181-202
- Haber, D. (2009) Gay Aging. *Gerontology & Geriatrics Education* 30 (3) 267-80. doi:10.1080/02701960903133554
- Cloyes, K. G. (2015). The silence of our science: Nursing research on LGBT older adult health. *Research in Gerontological Nursing*, , 1-13. doi:<http://dx.doi.org/10.3928/19404921-20151218-02>
- David, S., & Cernin, P.A. (2008) Psychotherapy with Lesbian, Gay, Bisexual, and Transgender Older Adults. *Journal of Gay & Lesbian Social Services* 20(1), 31-49. doi:10.1080/10538720802178908
- Fredriksen-Goldsen, K.I., Kim, H., Murac., A., & Mincer, S. (2009). Chronically Ill Midlife and Older Lesbians, Gay Men, and Bisexuals and Their Informal Caregivers: The Impact of the Social Context." *Sexuality Research and Social Policy: Journal of NSRC* 6 (4), 52-64. Retrieved from <http://web.ebscohost.com/ehost/resultsadvanced?sid=f8029f21-5b85-4031-bab5>
- Grant, J.M. (2010). Outing Age 2010: Public Policy Issues Affecting Lesbian, Gay, Bisexual and Transgender Elders. Retrieved from National Gay and Lesbian Task Force website: http://www.thetaskforce.org/reports_and_research/outing_age_2010
- Jacoby, S. (2005, July & August). Sex in America. AARP: The Magazine. Retrieved from http://www.aarpmagazine.org/lifestyle/relationships/sex_in_america.html/
- Summit for LGBT older adults coming, 2012, Jun 14). *Between the Lines*. Retrieved from <http://search.proquest.com.ezproxy.gvsu.edu/docview/1023800613?accountid=39473>

