

Key Findings Fact Sheet

The National LGBT Health and Aging Center

The Aging and Health Report

Disparities and Resilience among Lesbian, Gay, Bisexual, and Transgender Older Adults

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The National LGBT Health and Aging Center reveals the findings from *Caring and Aging with Pride*, the first national federally-funded project examining LGBT aging and health. This project provides new knowledge about risks and resilience among LGBT older adults age 50 and older. Initially, we examined the health disparities of lesbian, gay, and bisexual older adults compared to heterosexuals of similar age utilizing population-based information from the Behavioral Risk Factor Surveillance System in Washington State. Next, we surveyed 2,560 diverse LGBT adults across the nation, age 50 to 95 years old.

DISPARITIES

Health disparities revealed

- Lesbian, gay, and bisexual older adults have higher rates of disability and mental distress than heterosexual older adults.
- Lesbian and bisexual older women have higher rates of cardiovascular disease and obesity than heterosexual older women.
- Gay and bisexual older men are more likely to experience poor physical health and to live alone than heterosexual older men.

41%
have a
disability

RESILIENCE

LGBT older adult participants are resilient

- 91% engage regularly in wellness activities.
- 89% feel positive about belonging to their LGBT communities.
- 38% attend spiritual or religious activities at least once a month.
- 41% of transgender older adults, 41% of bisexual men, and 34% of gay men have served in the military.

82%
engage in moderate
physical activities

*The LGBT community has stepped up
in the past to address coming out, AIDS, and civil rights.
The next wave has to be aging.*

63-year-old gay man



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RISKS

Many participants have faced serious adversity

- 68% experienced verbal harassment; 43% were threatened with violence.
- 31% report depression; 53% experience loneliness.
- 27% have experienced the death of a partner.
- 30% do not have a will; 36% do not have a health care power of attorney.
- 14% of gay and bisexual male participants are living with HIV.

82%
have been
victimized
at least once
in their lives

64%
at least three times

ACCESS TO CARE

Participants encounter barriers to care

- 21% do not disclose their sexual or gender identity to their physician.
- 22% of transgender older adults need to see a doctor but can't afford it.
- 15% fear accessing healthcare *outside* the LGBT community.
- Five services identified as most needed: senior housing, transportation, social events, support groups, and legal services.

13%
have been
denied
healthcare
or provided with
inferior healthcare

CAREGIVING

Caring for one another

- Rates of caregiving by both women (30%) and men (26%) are high.
- 35% of the caregivers are providing care to a partner or spouse, 32% to a friend, 16% to a parent, 2% to an adult child, 7% to other relatives.
- Caregivers are more likely than non-caregivers to report a disability, depression, victimization, and verbal and physical abuse.

*Isolation, finding friend support, caregiving and health
are the biggest issues older gay persons face.
Who will be there for us, who will help care for us without judgment?
66-year-old lesbian*

About This Report: The full report, *The Aging and Health Report: Disparities and Resilience among Lesbian, Gay, Bisexual, and Transgender Older Adults*, is available on our website at <http://CaringAndAging.org>. Community partners are SAGE, LA Gay & Lesbian Center, New Leaf, LGBT Aging Project, SAGE Center on Halsted, Senior Services of Seattle, FORGE Transgender Aging Network, SAGE/Milwaukee, Openhouse, GLBT Generations, and SAGE Metro St. Louis. This research is funded in part by the National Institutes of Health and the National Institute on Aging, R01 AG026526, Fredriksen-Goldsen, PI.

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The Full Report, Executive Summary, and Fact Sheets are available at <http://CaringAndAging.org/>



Caring and Aging with Pride

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