Welcome!

The fourth wave (2020 - 2021) of Aging with Pride: National Health, Aging, and Sexuality/Gender Study (NHAS) surveys were completed last fall and have been providing us with fresh insights into the health and well-being of LGBTQ older adults. The next round of surveys will be sent out in Fall 2022. We continue to be impressed by the overwhelming support we’ve received from participants, our community partners, and all of you who follow our work. Please connect with us through social media to learn more.

My best wishes,

Karen I. Fredriksen-Goldsen, PhD
PI, Aging with Pride: National Health, Aging, and Sexuality/Gender Study

COVID-19 Research Highlights

According to the NHAS 2020-2021 Survey:

- **79%** reported feeling isolated from others since the pandemic
- **54%** reported there has been a time when medical or dental care was needed but delayed or not available since March 2020

**Top 5 Services Needed During the Pandemic**

- Health services: 33%
- Social or recreational activities: 28%
- Groceries and food services: 26%
- Health promotion, wellness, or exercise classes: 19%
- Mental health services: 18%

About 1/3 reported experiencing difficulty accessing these services

The pandemic has impacted older adults in major ways:

**Top 5 Barriers to Health Care Since the Pandemic**

- Provider cancelled, closed, rescheduled: 49%
- Decided it could wait: 42%
- Was afraid to go: 29%
- Couldn’t get an appointment: 16%
- Couldn’t afford: 9%

Study participants continue to show resilience:

- **83%** reported that, since the pandemic, they get the social and emotional support they need
- **86%** reported they are not worried or stressed about having enough money to buy nutritious meals
- **78%** reported their income has remained the same

About 1/3 reported experiencing difficulty accessing these services

Aging with Pride Needs You!

Your participation and commitment is the key to our project! Because of you, Aging with Pride has been able to identify the key strengths, challenges, and needs of LGBTQ elders and use our findings to serve the critical needs of our community. Stay connected! If your contact information has changed, please contact us at AgePride@uw.edu or 1-800-558-8703.
Aging with Pride Makes an Impact

Trends identified through the analysis of research findings from the Aging with Pride: National Health, Aging and Sexuality/Gender Study (NHAS) have paved the way for a broadened field of research to be explored through the following studies:

**Aging With Pride: IDEA (Innovations in Dementia Empowerment and Action)** was developed from findings from Aging with Pride: NHAS. A team of interventionist researchers are testing an innovative program designed to improve physical functioning and quality of life for LGBTQ+ people who experience memory loss or who help those experiencing memory loss. The program enhanced a clinically proven program, Reducing Disabilities in Alzheimer's Disease (RDAD), by integrating culturally relevant modifications and empowerment strategies to address unique needs in LGBTQ+ communities. Data collection for this first federally-funded project of its kind is currently ongoing.

**The Oregon LGBTQ+ Older Adult Study** was commissioned by the Oregon Department of Health Service's (ODHS) Office of Aging and People with Disabilities. Conducted in collaboration with community-based agencies, the study examined statewide Oregon Behavioral Risk Factor Surveillance System data and administered a community-based survey to understand the risks, needs and strengths of demographically diverse LGBTQ+ Oregonians aged 55 and older, including those not represented in previous studies. This study concluded in summer 2021.

**The Global Pride Study** was developed in collaboration with more than 40 scholars from across the globe. Our goal is to gather information to address health and well-being holistically in LGBTQ+ adults, including quality of life, physical and mental health, and economic and social lives. Data collection for this study ends in late spring 2022.

**Community Partner Spotlight: Center on Halsted**

Through funding year 2021, Center on Halsted's Senior Services Department developed new programming to address the social isolation of seniors during the pandemic. These programs included special events offered virtually such as Intergenerational Dinners and a concert in partnership with Roosevelt Conservatory students. To respond to the health decline experienced by seniors who were not as active due to the pandemic, Senior Services offered “Bingocize” which was an exercise class offered twice weekly. The virtual group was facilitated by an occupational therapist and combined exercises with bingo and prizes.

As a result of the pandemic, food insecurity emerged as a serious concern for many seniors. Senior Service partnered with local restaurants which donated meals, the Greater Chicago Food Depository which donated non-perishable food boxes and various community members and Equity Leadership Groups (ELG) which donated items for a food pantry.

Looking ahead, Senior Services anticipates resuming in-person programming to the greatest extent possible. With the availability of a COVID-19 vaccine, Senior Services resumed offering in-person congregate dining in July. All programming has returned to being offered in-person and some groups have chosen a “hybrid” model where some participants are on-site and others are joining the group via zoom.

In a time when older adults are facing considerable fears and risk to their health and safety, Center on Halsted’s Senior Services program continues to provide high-quality, affirming, and compassionate services in dedicated ways.

Sincerely,

Britta Larson
Center on Halsted
Senior Services Director