



# Aging with Pride: NHAS

National Health, Aging, and Sexuality/Gender Study  
The Goldsen Institute - University of Washington

2  
0  
2  
2

Welcome!

## SPRING NEWSLETTER

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

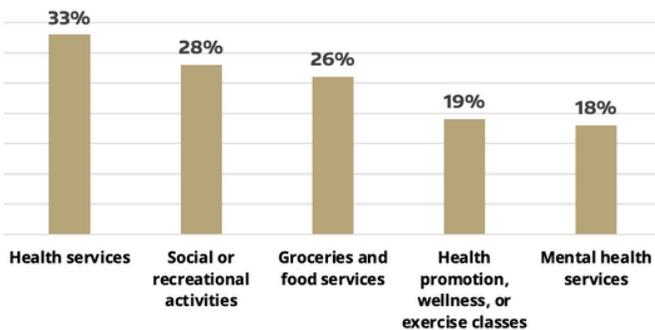


## COVID-19 Research Highlights

### 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



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



### 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

## 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.

@GoldsenInstitute @Goldsen\_Inst

AgePride@uw.edu 1-800-558-8703

GoldsenInstitute.org/AgingwithPride

Connect  
with us!

## 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



Aging with Pride: National Health, Aging, and Sexuality/Gender Study is the first ever federally funded and largest ongoing national project designed to deepen our understanding of how various life experiences are related to changes in health, aging, and well-being over time for LGBTQ adults 50 years and older. Our community collaborators are Center on Halsted, FORGE Transgender Aging Network, Lexington Pride Center, GenPride, GRIOT Circle, LGBT Aging Project/The Fenway Institute, Los Angeles LGBT Center, Mary's House for Older Adults, Inc., Milwaukee LGBT Community Center, Montrose Center, Openhouse, SAGE USA, SAGE Metro St. Louis, and Utah Pride Center.

Recommended citation: Fredriksen-Goldsen, K. I., Kim, H.-J., & Hodge, K. (2022). Aging with Pride: National Health, Aging, and Sexuality/Gender Study Spring 2022 Newsletter. Seattle, WA: Goldsen Institute.

Research reported in this publication was supported by the National Institute on Aging of the National Institutes of Health under Award Number R01AG026526 (Fredriksen-Goldsen, PI). The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.