

HEALTH AND WELLNESS OF LGBT+ OLDER ADULTS

Age is the greatest risk factor for Alzheimer's disease.

An estimated **2.7 million** LGBT people are **over age 50** & **7.4%** of the lesbian, gay, and bisexual older adult population **has dementia** (Alzheimer's Association)

Fear of discrimination can delay access to care.

40% say their health care providers don't know their sexual orientation (Alzheimer's Association)

LGBT+ older adults can experience greater health disparities due to:

- Increased rates of chronic illness
- Mental health concerns
- Difficulties in accessing healthcare
- Social isolation
- Discrimination and stigma



These factors contribute to a greater risk of poor health outcomes and shorter life expectancy among LGBT+ older adults.



It is estimated that there are over **170,000** LGBT+ adults age 65 and older living in California (UCLA School of Law)

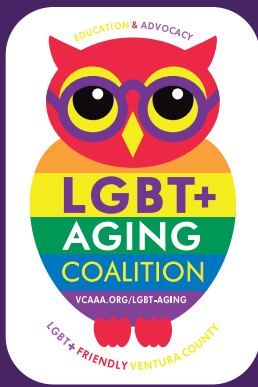
LGBT+ older adults are **2x** as likely to be single and live alone (SAGE)

88% of LGBT+ older adults say they'd feel more comfortable with long-term care services if they knew staff had been specifically trained about the needs of LGBT+ patients (SAGE)



59% of LGBT+ older adults report feeling a lack of companionship (SAGE)





HOW CAN WE SUPPORT LGBT+ OLDER ADULTS IN VENTURA COUNTY?



Actively advocate for LGBT+ older adults.

Speak up when you hear homophobic, transphobic, or ageist comments or jokes at the expense of older adults.

Humanize the experiences of LGBT+ older adults by sharing that these comments are hurtful and negatively affect their mental and physical wellness.

Create welcoming spaces free of judgment. Older adults may rely on caregivers to support them with the most intimate of tasks (e.g., bathing) – they may feel incredibly vulnerable. Affirming spaces increases the likelihood of older adults sharing their needs with us.

Embrace and model compassion and kindness for others.

