



# LGBT&A: The Aging Project

## Defining Access, Needs, and Barriers among LGBTQ Older Adults in Cook County

Kelly Rice, MPH (she, her, hers)  
Program Manager, Intensive Community Care Services  
Howard Brown Health

Claire Niemet, MPH (she, her, hers)



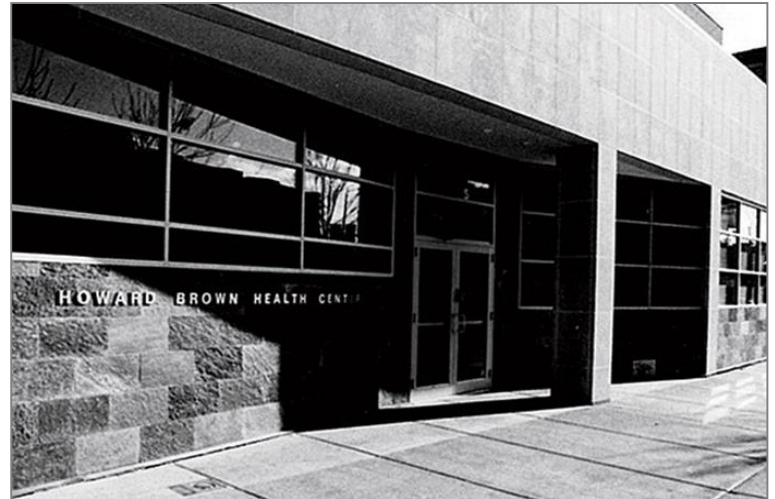
Center for  
Education, Research,  
Advocacy

# Learning Objectives

- Define types of health disparities experienced by LGBTQ older adult population in Cook County
- Describe intersections of complex identities with access, needs, and barriers to services
- Explain best practices for recruitment of LGBTQ older adults in research studies

# Howard Brown Health

- Mission: Howard Brown Health Center exists to eliminate the disparities in health care experienced by lesbian, gay, bisexual and transgender people through research, education and the provision of services that promote health and wellness.

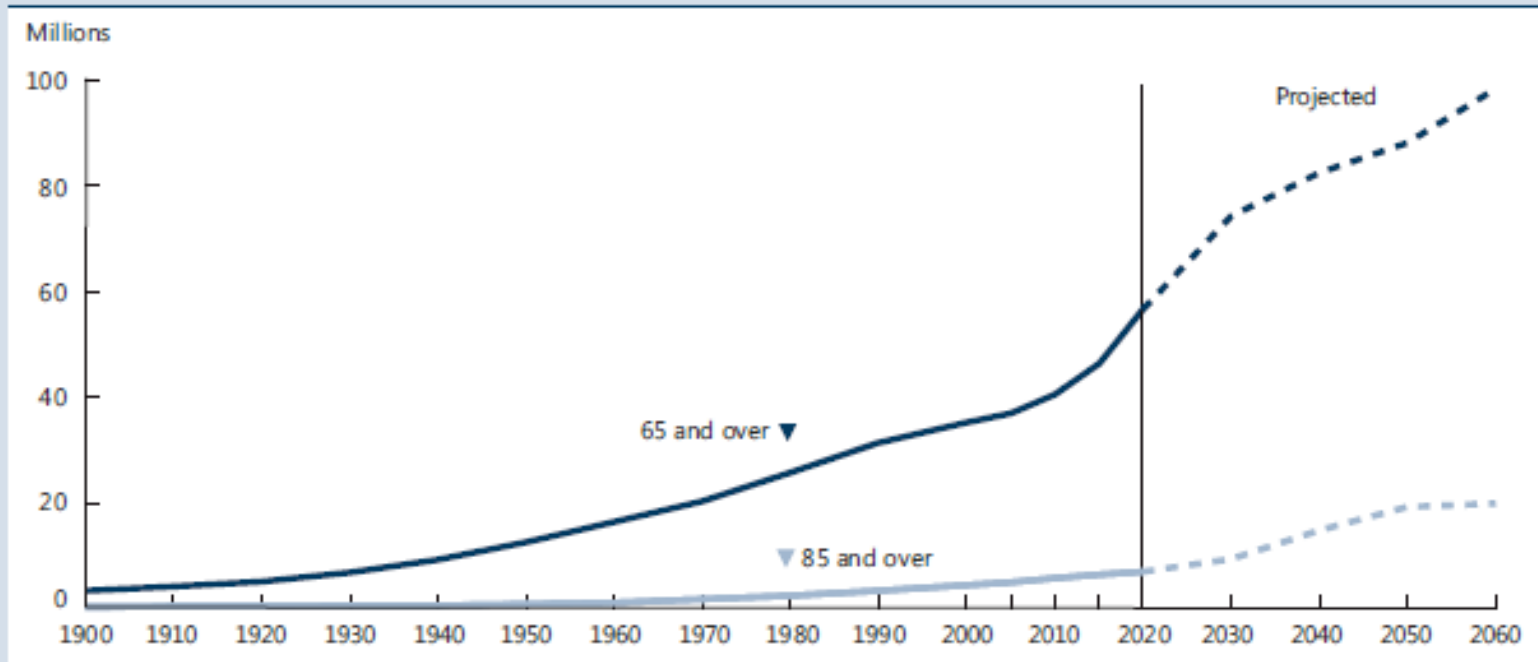


Unknown (photographer). (October 31, 2014). Howard Brown Health Center [digital image]. Retrieved from <http://michiganavemag.com/> david-ernesto-munar-celebrates-40-years-of-howard-brown



# Aging in America

Population age 65 and over and age 85 and over, selected years, 1900–2014, and projected years, 2020–2060



NOTE: Some data for 2020–2050 have been revised and differ from previous editions of *Older Americans*.

Reference population: These data refer to the resident population.

SOURCE: U.S. Census Bureau, 1900 to 1940, 1970, and 1980, U.S. Census Bureau, 1983, Table 42; 1950, U.S. Census Bureau, 1953, Table 38; 1960, U.S. Census Bureau, 1964, Table 155; 1990, U.S. Census Bureau, 1991, 1990 Summary Table File; 2000, U.S. Census Bureau, 2001, *Census 2000 Summary File 1*; U.S. Census Bureau, Table 1: Intercensal Estimates of the Resident Population by Sex and Age for the U.S.: April 1, 2000, to July 1, 2010 (US-EST00INT-01); U.S. Census Bureau, 2011, *2010 Census Summary File 1*; U.S. Census Bureau, Annual Estimates of the Resident Population for Selected Age Groups by Sex for the United States, States, Counties, and Puerto Rico Commonwealth and Municipalities: April 1, 2010, to July 1, 2014 (PEPAGESEX); U.S. Census Bureau, Table 3: Projections of the Population by Sex and Selected Age Groups for the United States: 2015 to 2060 (NP2014-T3).



# Aging in the LGBTQ community

- In 2011, estimated 2.4 million LGB adults over 50 years old  
(Fredriksen-Goldsen et al. 2011)
- By 2030, LGBTQ older adult population expected to double to 5 million  
(Fredriksen-Goldsen et al., 2014)
- In 2014, Administration on Aging estimated 1.75-4 million LGBT adults 60+

# Aging in Comparison

- <https://youtu.be/lkPJxQorieo>



# Meet Lois...



1920: 19<sup>th</sup> Amendment gave women the right to vote

1930: Lois is born

1954: Brown v. Board of Education ended government sanctioned school segregation

1964: Civil Rights Act





# Meet Lois...



1969: Stonewall raid and riots

1990: ADA Act prohibited discrimination against people with disabilities

2003: Lawrence v. Texas declared a statute unconstitutional criminalizing same-sex sexual activity

2015: Obergefell v. Hodges upheld marriage equality





# Health Disparities

- Older LGBT adults report higher levels of chronic disease, social isolation, depression, and risk behaviors (including smoking and drinking)
- 62% of transgender older adults report disability, compared to:
  - 47% of cis-gender LGB older adults
  - 35% of heterosexual older adults

(Fredriksen-Goldsen, et al. (2011))

# Disparities in Care

- 13% reported being denied healthcare or provided with inferior care
- 15% of LGBT older adults fear accessing care outside of LGBT provider networks
- 21% have not identified their sexual orientation or gender identity to their PCP
- 30% do not have a will and 36% do not have power of attorney for healthcare.

# HBH and Aging Needs Assessment





# Study Approach

- A mixed method study
- Research questions:
  - Who makes up the LGBTQ older adult population in Cook County?
  - What services do they access?
  - What are their service needs?
  - What barriers do they face when trying to access services?

# Social Ecological Model





# Study Recruitment

- Challenges:
  - LGBTQ older adults are a small population
  - Volunteer bias if recruit in LGBTQ neighborhoods
  - Trust between researcher and participant

# Study Recruitment

- Expand definition of older adult
  - 50 years and older
- Recruit throughout Cook County
  - Not just the north side
- Expand definition of LGBTQ venues
  - Nursing homes, community agencies, senior centers and listservs
- Multiple sampling techniques
- Various survey formats
  - Electronic & paper; Languages





# Next Steps

- Focus Groups
  - Topics include identity, participation and avoidance of medical services, cultural competency of providers
- Case Studies
  - Topics include perceptions about aging, experiences with discrimination, coping mechanisms, interaction with PCP and behavioral health providers

# Implications

- Contribute to the research on LGBTQ older adults
- Inform agencies serving LGBTQ older adults about important issues to focus on when developing aging programs.
- Improve health-related quality of life of LGBTQ older adults

# References

- Administration on Aging. (2014). *Lesbian, gay, bisexual, and transgender (LGBT)*. Retrieved from: the U.S. Department of Health and Human Services, Administration for Community Living website  
[http://www.aoa.acl.gov/AoA\\_Programs/Tools\\_Resources/diversity.aspx#LGBT](http://www.aoa.acl.gov/AoA_Programs/Tools_Resources/diversity.aspx#LGBT)
- Federal Interagency Forum on Aging-Related Statistics (2016). *Older Americans 2016: Key Indicators of Well-Being*. Federal Interagency Forum on Aging-Related Statistics. Washington, DC: U.S. Government Printing Office.
- Fredriksen-Goldsen, K.I., Kim, H.-J., Emlet, C.A., Muraco, A., Erosheva, E.A., Hoy-Elis, C.P., Goldsen, J., Petry, H. (2011). *The Aging and Health Report: Disparities and Resilience among Lesbian, Gay, Bisexual, and Transgender Older Adults*. Seattle: Institute for Multigenerational Health.
- Fredriksen-Goldsen, K.I., Kim, H.M., Shiu, C., Goldsen, J. & Emlet, C.A. (2014). Successful aging amongst LGBT older adults: Physical and mental health-related quality of life by age group. *The Gerontologist*, 55 (1). 154-168. doi: 10.1093/geront/gnu081.

# Questions?

Kelly Rice, MPH

Program Manager, Intensive Community Care Services

[kellyr@howardbrown.org](mailto:kellyr@howardbrown.org)

Claire, Niemet, MPH

[Claire.g.Niemet@gmail.com](mailto:Claire.g.Niemet@gmail.com)

If you or someone you know is interested in participating in the LGBTQ&A study, please contact The Aging Project at:

[theagingproject@howardbrown.org](mailto:theagingproject@howardbrown.org)