

Key Findings Fact Sheet

The National LGBT Health and Aging Center announces

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 to examine LGBT aging and health. This project provides new knowledge about risks and resilience among lesbian, gay, bisexual, and transgender older adults. Across the nation 2,560 diverse LGBT adults ranging from 50 to 95 years old participated in this project.

RESILIENCE

LGBT older adult participants are resilient

- 91% engage regularly in wellness activities.
- 82% engage in moderate physical activities.
- 38% attend spiritual or religious activities at least once a month.
- 41% of transgender older adults and 41% of bisexual men have served in the military.

89%

**feel positive
about belonging
to their**

LGBT communities

DISPARITIES

Health disparities revealed

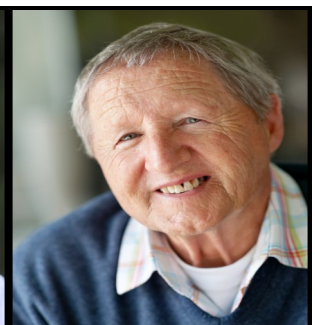
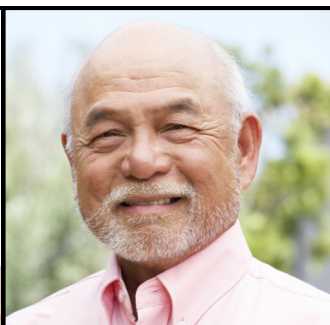
- Lesbian, gay, and bisexual older adults have higher rates of disability and mental distress than heterosexuals of similar age.
- Lesbians and bisexual older women have higher rates of cardiovascular disease and obesity compared with heterosexual older women.
- Gay and bisexual older men are more likely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

41%

**have a
disability**

*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% experience depression; 53% report loneliness.
- 27% have experienced the death of a partner.
- 30% do not have a will; 36% do not have a durable power of attorney.
- 14% of gay and bisexual male participants are living with HIV.

CAREGIVING

Caring for one another

- Most participants have social support available to them.
- 27% assist someone close to them who has a health issue or other needs.
- 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.

ACCESS TO CARE

Participants encounter barriers to care

- 15% fear accessing healthcare *outside* the LGBT community.
- 13% have been denied care or provided inferior 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.
- Five services identified as most needed: senior housing, transportation, social events, support groups, and legal services.

82%
have been
victimized
at least once
in their lives

64%
at least three times

13%
have been
denied
healthcare
or provided with
inferior healthcare

*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 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, SAGE/Milwaukee, FORGE Transgender Aging Network, 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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