

Well Being

is a Rainbow Flag

Putting Well-Being
Back into the Lives of
LGBT Elders Through
Person-Directed Practices

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Person-directed care involves knowing *every* person well. This includes the LGBT community.

Getting comfortable with the acronym.

- Lesbian
- Gay
- Bisexual
- Transgender





LGBT older adults: scope and unique issues



- The Silent Generation
- Baby Boomers

Why is this important?

Source: Sage's Improving the Lives of LGBT Elders

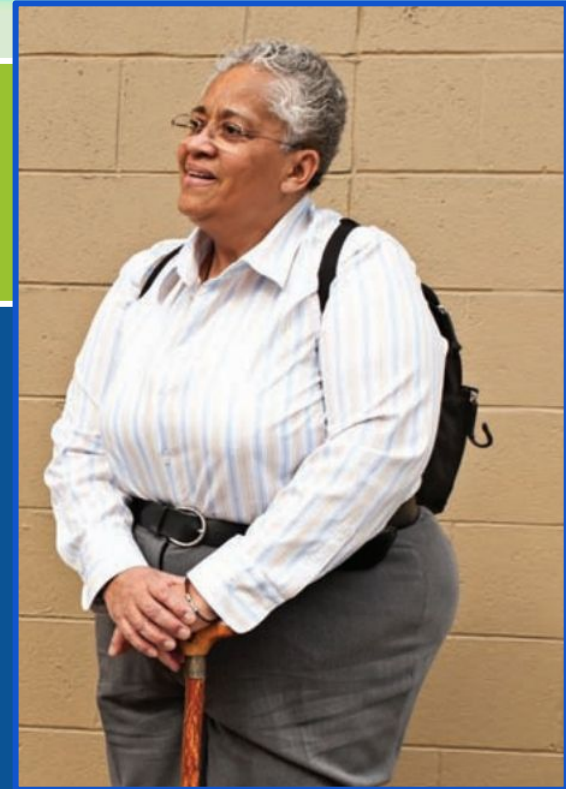
A diverse and hidden population

- 1.5 million Americans Over 65 Are LGBT
- 80% live alone
- 90% have no children
- May not have traditional family support
- May be isolated from LGBT community
- More likely to face poverty and economic insecurity
- Five times less likely to access senior services
- Part of a 'youth-centric' culture.

Effects of a lifetime of stigma and discrimination

Greater risk of physical & mental illness, plus

- social isolation
- depression and anxiety
- poverty
- chronic illnesses
- poor nutrition
- premature mortality



Source: National Resource Center on LGBT Aging



Identity

- individuality
- wholeness
- personhood
- having a history
- being well known

Connectedness

- state of being connected
- alive
- belonging
- engaged
- involved
- not detached
- connected to the past, present and future
- connected to personal possessions
- connected to place
- connected to nature

Meaning

- significance
- heart
- hope
- import
- value
- purpose
- reflection
- sacred



Autonomy

- liberty
- self-governance
- self-determination
- immunity from the arbitrary exercise of authority
- choice
- freedom

Security

- freedom from doubt, anxiety or fear
- safe, certain, assured
- having privacy, dignity and respect



Growth

- development
- enrichment
- unfolding
- expanding
- evolving



Joy

- happiness
- pleasure
- delight
- contentment
- enjoyment



You Are a Star!



How can you start the change process?



Take a Look at Your . . .

Visual
Cues

Marketing
Materials:

Brochures

Flyers

Activity
Calendars

Language

What is said

vs.

What is not said

Non-
Discrimination
Policy

Visitation Policy

Staff Training

More Person-Directed Care Practices

- Dedicated Staff Assignment
- Person Before Task
- Meaningful Engagement



Putting this into Practice

Case Studies

- How would you respond?
- What resources could you offer?
- How can you make this Elder feel safe?



Comments. . . .



Questions????

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