Key Disparities among LGBT Older Adults

- Elevated risk of social isolation compared to heterosexuals
- Income not commensurate with education
- More lifetime discrimination and victimization
- Higher rates of physical limitations, weakened immune system, mental distress
- Lesbian and bisexual women: Higher rates of disability, cardiovascular disease, overweight, poor general health
- Gay and bisexual men: Twice as likely to live alone; higher risk of cancer, HIV
- Transgender older adults: Higher rates of discrimination, victimization, mental distress, poor health, less support
- Bisexual older adults: Higher stigma, less likely to disclose identity, lower income, less support
- Older adults of color, and those with lower income and education: Elevated risk of health disparities
- Limited access to aging, health, support services

Resilience in the Face of Adversity

- Deep satisfaction with their lives
- Most engage in exercise and physical activities
- Involvement in spiritual and religious activities
- Foster close kin, families of support
- Pride and engagement in communities

Social Isolation of LGBT Older Adults

<table>
<thead>
<tr>
<th>Group</th>
<th>Isolated (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transgender Adults</td>
<td>62.5%</td>
</tr>
<tr>
<td>Bisexual Men</td>
<td>66.2%</td>
</tr>
<tr>
<td>Gay Men</td>
<td>53.3%</td>
</tr>
<tr>
<td>Bisexual Women</td>
<td>55.3%</td>
</tr>
<tr>
<td>Lesbians</td>
<td>48.7%</td>
</tr>
</tbody>
</table>

As a trans person, I am afraid of services so I avoid or refuse preventive care. I do not know what I will do if I am unable to care for myself.

62-year-old trans bisexual woman participant
Best Practices for Sexual Identity and Gender Identity Data Collection

Data collection can be an important tool to address the needs of LGBT older adults. It is critical to determine what will be asked, why the information is being gathered, and how it will be used. These dynamic constructs reflect the shifting social and cultural meaning of sexual and gender identities. Having tested sexual identity and gender identity questions with more than 4,000 older adults, we recommend the following:

Which of the following best represents how you think of yourself? (Check one box)

☐ Gay or lesbian
☐ Bisexual
☐ Straight (not gay, lesbian, or bisexual)
☐ Not listed above (please specify): ________________________________

Which of the following was your assigned status at birth? (Check one box)

☐ Female
☐ Male
☐ Not listed above (please specify): ________________________________

Currently, which of the following best represents your gender? (Check one box)

☐ Woman
☐ Man
☐ Not listed above (please specify): ________________________________

Do you consider yourself to be trans/transgender? (Check one box)

☐ Yes
☐ No

Important considerations: We recommend not including both sexual identity and gender identity in a single question because they are two separate aspects of people’s identities and are best asked independently. Sex and gender should not be assumed by appearance but asked about directly. It is important to consider also adding questions related to sexual behavior, romantic relationships and attraction. Confidentiality and non-discrimination must be assured when asking these questions. Interviewers’ negative responses to sexual identity or gender identity disclosure can be detrimental to the health and well-being of LGBT older adults.

References and Resources


For more publications and information about this project go to: http://Age-Pride.org/