



Providing quality care for LGBTQ+ older adults in long-term care.

This workshop will present guidelines and methods to create inclusive care environments for LGBTQ+ older adults living in long-term care communities. The curriculum is designed for caregivers including administrators, nurses, activity directors, staff educators, and therapy providers in Nursing and Assisted Living Communities. The program will be divided into two sections.



Session 1: Understanding LGBTQ+ Older Adults

This first session will focus on characteristics of LGBT elders in long-term care settings. We will discuss terminology, demographics, health concerns, the impact of discrimination, and life course events. The intent will be to understand the unique needs of individuals in the LGBTQ+ Community and the events and experiences that have shaped their lives.

- Discuss key terms basic to understanding LGBTQ+ people.
- Describe historical events that have shaped the lives of LGBTQ+ Older Adults.
- Discuss strategies for effective communication with LGBT older adults in residential care.
- List the strengths of LGBT Older Adults and how they can be used to promote quality care.



Session 2: Creating a Welcoming and Affirming Community

This second session will focus on how experiences of elders who are LGBT may impact their interactions with caregivers, other residents, and their families and methods for creating welcoming environments. We will discuss challenges LGBT people have experienced and strengths they have developed.

- Describe the impact of race, class, religion, sexuality, and gender that LGBTQ+ older adults have experienced.
- Discuss the effects of discrimination on the health of LGBT older adults.
- Describe strengths of LGBT Older Adults that act as protective factors in increasing resilience.
- Discuss ways to implement change in long-term care settings.

At the end of each module, we will review training resources available to communities for staff education and training.