

Strengthening Community Ties: Supporting LGBTQ2+ Client-Centred Care for Older Adults

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Agenda

- **LGBTQ2+ Older Adults**
- **Nursing Role**
- **LGBTQ2+ Best Practices for Older Adults**
- **Case Study: LGBTQ2+ & LTC**
- **Lessons Learned**
- **Implications for Nurses**
- **Conclusion**

LGBTQ2+: Health Focus of the Aging Population

Acronym stands for but is not limited to:

lesbian, gay, bisexual, transsexual/transgender, queer, 2 spirited

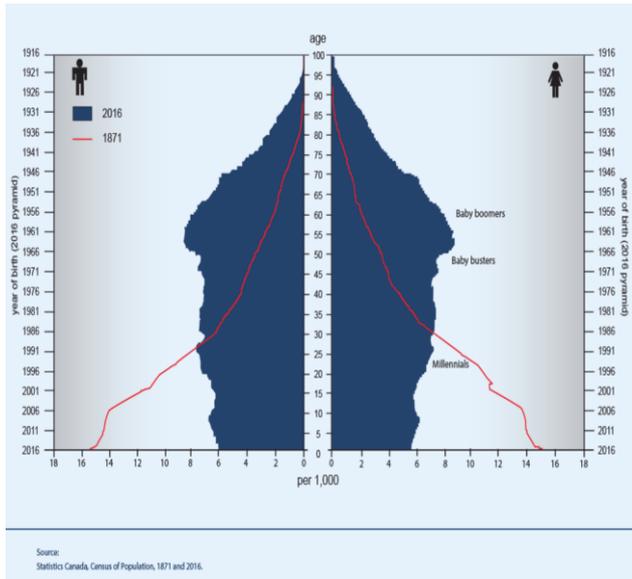


Image Source: <https://www150.statcan.gc.ca/n1/daily-quotidien/170503/G170503a001-eng.png>

In 2016, **16.9% (5.9 million)** of Canadians aged **65+**, expected projection to **20%** by **2024** (Garner et al., 2018)

- **~1.25 million** (~10%) of Ontario's population identifies as LGBTQ2 (TLTCHS, 2008)
- **~200 thousand** (~16%) of Ontario's senior population (65yrs+) identify as LGBTQ2 (The 519, 2017)
 - Expected to rise to ~25% by 2041

Why are we interested in this population?

LGBTQ2+: History of Marginalization

- **1969** Homosexuality decriminalized
- **1970s** Gay Liberation Movement

Diagnostic and Statistical Manual of Mental Health Disorders (DSM)

- **1973** Homosexuality removed
 - **2013** Gender dysphoria remains
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- **1996** Sexual orientation added to the Canadian Human Rights Act
 - **2005** Same sex marriage was legalized
 - **2015** 59% of the most violent police-reported hate crimes targeted sexual orientation



Image Source: <https://desertpeace.files.wordpress.com/2017/05/dacsh6txgoahrgd.jpg?w=477&h=239>

What does this mean for the LGBTQ2+ older adults?

LGBTQ2+: Health Focus of the Aging Population

- Heterosexual focused health care
- Fear of disclosure

Special Health Concerns:

- Transgender
- HIV+
- Substance Use
- Cardiovascular Disease
- Type 2 Diabetes
- Dementia



Image Source: <https://www.vancouverislandmentalhealthsociety.org/wp-content/uploads/2017/06/picture-754-1024x513.jpg>

LGBTQ2+ or heterosexual? How can you tell?

Nursing Role



Caring for Clients and Communities (CHNC, 2011; Trans Care BC, 2017):

- Create inclusive and safe environments to support clients
- Respect client rights to self-determine their health/gender
- Maintain a gender-affirming approach
- Be prepared to discuss gender and health care options
- Support clients through transitions in relationships/settings
- Collaborate with families and significant others to develop supportive relationships
- Address physical/mental/social conditions and assess interventions readiness
- Act as liaisons in creating partnerships for healthy inclusive communities

Resources for LGBTQ2+ Care

- Community health nurses can use toolkits and manuals to guide their practice
 - Trans Care BC: A Primary Care ToolKit discusses the role of the primary care provider
 - Ontario Public Health Association: A Positive Space is a Health Space (Manual)
- On going projects aim to support LGBTQ2+ communities
 - The Q Card Project
 - The Trevor Project
- Community nurses are at an unique position to participate in developing new initiatives

**We provide
crisis intervention
and suicide prevention
for LGBTQ
youth**

Image Source: <https://www.thetrevorproject.org/#sm.0000nd3coc2dlf3qv91kg9qv69g>



Image Source: http://alicejleedesign.com/wpcontent/uploads/2014/01/QCard2013_DesignConcepts_01.jpg

OPIHA
Ontario Public Health Association

LGBTQ2+ Best Practices

Diversity our strength: LGBT Tool Kit for Creating Lesbian, Gay, Bisexual and Transgendered Culturally Competent Care at Toronto Long-Term Care Homes and Services (TLTCHS, 2008):

- Welcoming Environment
- Governance and Administration Processes
- Leisure Activities and Social Programs
- Nursing and Personal Care
- Staff and Volunteers
- Community Engagement

**Diversity
Our
Strength**

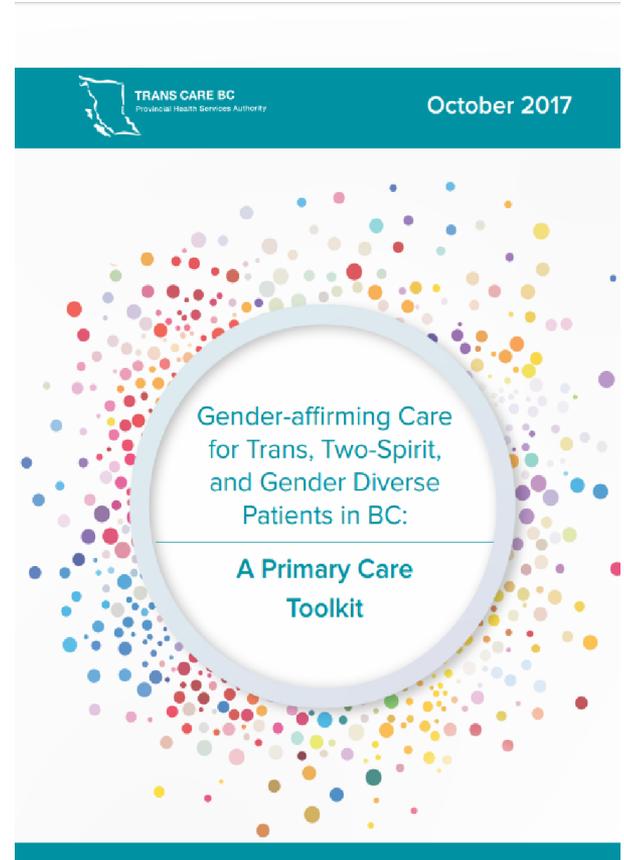


LGBT Tool Kit
*For Creating Lesbian, Gay,
Bisexual and Transgendered
Culturally Competent Care at Toronto
Long-Term Care Homes and Services*

LGBTQ2+ Best Practices

Gender-affirming Care for Trans, Two-Spirit, and Gender Diverse Patients in BC: A Primary Care Toolkit (Trans Care BC, 2017):

- Gender-Affirming Health Care Options
- Role of Primary Care Provider
- Hormone Readiness Assessment
- Testosterone-Based Hormone Therapy
- Estrogen-Based Hormone Therapy
- Surgical Readiness Assessment
- Gender-Affirming Surgeries
- Working with Trans, Two-Spirit, and Gender Diverse Youth



Case Study: LGBTQ2+ & LTC



Case Study: Results

Community Findings

(Statistic Canada, 2017a, 2017b, 2017c, 2017d, 2017e, 2017f; OCHPP, 2017b, 2017c, 2017d, 2017e, 2017f)

High population density, working age, not married/common law, w/o children, tall dwellings, lower income, COPD, diabetes, mental health/addiction service use, high community capacity and resources for older adults, various community partners

Site Findings

Reduced quality of life (leisure & social interactions, living conditions, life satisfaction, personal happiness), self-perceived lack of freedom/ choice, lack of supportive social environment and income, restrictive policies, reduced mobility, incidents of discrimination and violence

Policies & Practice: No reference to LGBTQ2+, lack of protection of sexual orientation and gender identification information

Health Access & Equity (Daley & MacDonnell, 2011): Multicultural, diversity, social determinants of health & anti-oppression, citizen/social rights



Case Study: Results

- **Multilingual Traditions**
- **Willingness**
- **Existing Partnerships**
- **LGBTQ2+ Hubs**

- **Staff Training**
- **Supportive Policies**
- **Further Partnerships**
- **Commitment**



- **↓ Quality of Life**
- **↓ Freedom/Choice**
- **Discrimination**
- **Violence**
- **Policies**
- **Staff Knowledge**

- **Care Providers Turnover**
- **Unmatched Needs**
- **No Formal Commitment**
- **Lack of Policies**

Case Study: Recommendations

POLICIES

- Commitment & resources
- LGBTQ2+ policies
- Gender neutral language
- Relevant care
- Staff training
- Employee Resource Groups
- LGBTQ2+ staff support
- Evaluation plans

ENVIRONMENT

- Positive physical space
- Privacy
- Socialization
- Safe affirming space
- Representation of culture
- Knowledge supportive staff
- Employee Resource Groups
- Gender Sexuality Alliance

EDUCATION

- Client freedom & choice emphasis
- Evidence based curriculum
- Expert resources

RE/EVALUATION

- Examine access & equity
- Assess implementations

Lessons Learned

- Incidences of stigmatization, discrimination & violence against LGBTQ2+ clients
- Importance of supportive culture, values, and positive physical and social environments
- Lack of investment in LGBTQ2+ client centred care
- Utilization of social opportunities to connect partners
- Achievement of goals and continuation of partnerships

Implications for Nurses

- Take initiative to learn about health care needs and resources to support LGBTQ2+ community
- Be aware and respect cultural differences
- Embrace diversity and uniqueness of each LGBTQ2+ individual
- Contribute and advocate for respectful, positive, and empowering environments
- Address the needs of the LGBTQ2+ community
- Work towards connecting community partners to strengthen/support the LGBTQ2+ community



Image Source: <https://diversitynursing.com/>

Conclusion

- Growing population of LGBTQ2+ older adult population
- Significant roles of nurses in supporting LGBTQ2+ care
- Community partners as potential leaders of the community
- Capacity building to improve the health and wellbeing of community members
- Importance of LGBTQ2+ diversity and inclusive policies, strategies, initiatives, and programs
- Opportunity to build a foundation supporting a diverse, inclusive and a healthy community for all

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