



The
Goldsen
Institute
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LGBTQ+

Older Adult Report

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Oregon LGBTQ+ Older Adult Survey
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Making the Project Possible

- Oregon Department of Human Services
- Aging and People with Disabilities
- UW Research Team
- Community Advisory Committee Members
- Organizations: support and collaboration
 - Oregon LGBTQ+ Aging Coalition, The Governor's Commission on Senior Services, SAGE Metro Portland, Aging Well of Cascade AIDS Project, Alzheimer's Association, AARP Oregon, EngAGE NW, HIV Alliance, Metropolitan Community Church of Portland, Oregon Home Care Commission, Pride Foundation, Quest Center for Integrative Health.
- LGBTQ+ Older Adult Participants

Presentation Overview

- Project goals
- Population level disparities
- Access to services
- Aging and health indicators
- Adverse experiences
- COVID-19
- Resilience and resources
- Next steps

Project Goals

The Oregon LGBTQ+ Older Adult Survey is designed to address the following:

1. Assess health disparities among LGBTQ+ adults aged 55 and older, utilizing BRFSS data; and,
2. Based on community-based data, examine the aging and health service needs, health, economic and social indicators, and the risk and resilience of LGBTQ+ older adults.

LGB Older Adults

Based on estimates from OR-BRFSS population-based survey:

- 3.4% aged 55 and older, lesbian, gay, or bisexual (LGB)
- LGB older adults demographically diverse

Compared to heterosexual peers, LGB older adults are:

- More likely people of color; and younger
- More likely at or below 200% Federal Poverty Level (FPL)
- Higher levels of education
- Less likely married/partnered
- More likely to live alone

Disparities Revealed

Health disparities

- Poor physical and mental health
- Higher rates of disability
- More comorbidities
- Financial barriers to care

Community Survey

Methods

- LGBTQ+ and Two Spirit adults, 55 and older
- Recruitment - Community collaborators; hard to reach
- Data collection
 - Anonymous survey: online, paper, phone
 - From May to August, 2021
 - Eight languages in addition to English
- Number of completed surveys = 1,402

Who Participated?

Demographically diverse

- Race and ethnicity
- Age
- Sexual orientation
- Gender
- Region

Unmet Service Needs

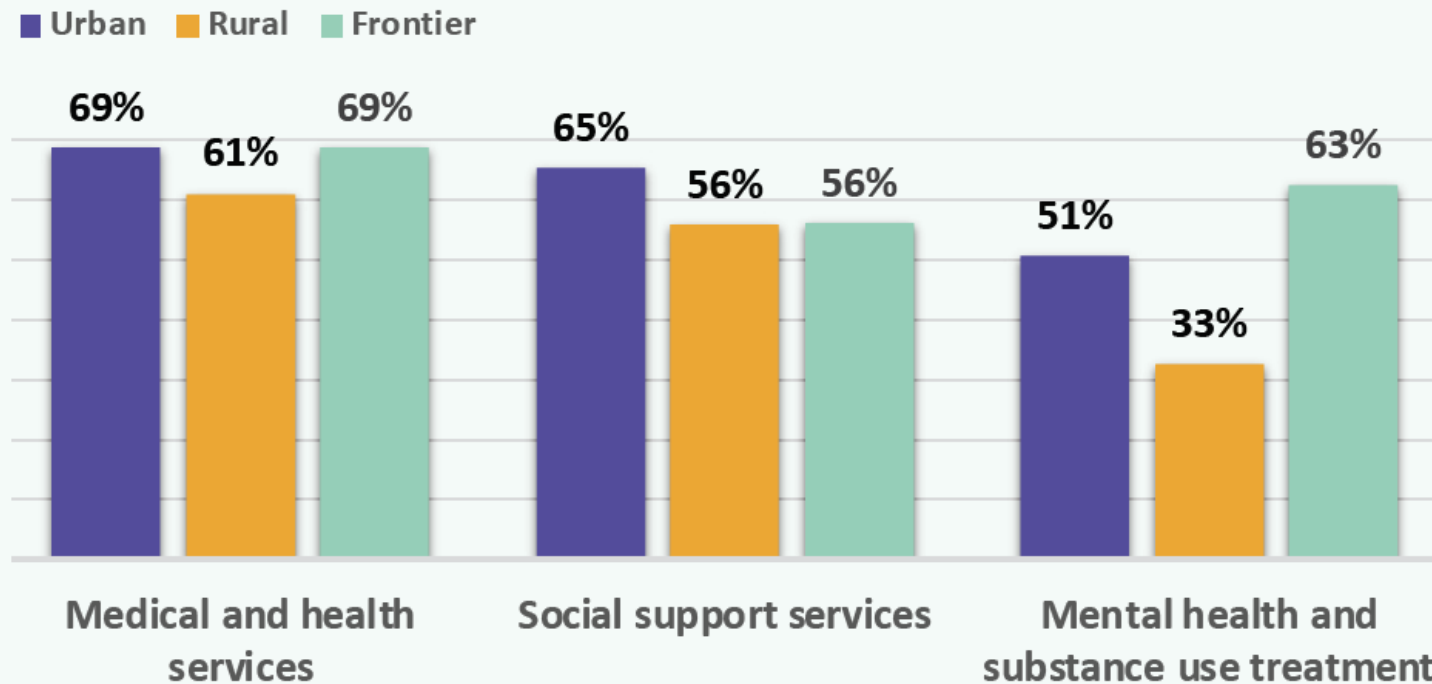
- Over half unmet service needs.
- Most needed services: social supports, mental health, substance use treatment, information & referral services, adult day, health services, and housing. High unmet legal planning needs.
- Common barriers: difficulty applying, may not qualify, high cost, not LGBTQ+ friendly, lack of availability, difficult to access.
- Highest unmet needs: racial and ethnic minorities, those living at or below 200% of the FPL, gay men, and those younger.

Difficulty Using Services

- Settings: residential facilities and placement services, case management or other social work services, transportation, employment or job seeking support, day programs, caregiver support, veteran services, food assistance, housing, social support, and information and referral.
- High unmet legal planning needs.
- Queer and sexually diverse adults, transgender adults, and those Asian and Pacific Islander experiencing greatest access difficulty.

Service Needs by Region

Rates Of Most Needed Services By Region Among LGBTQ+ Participants

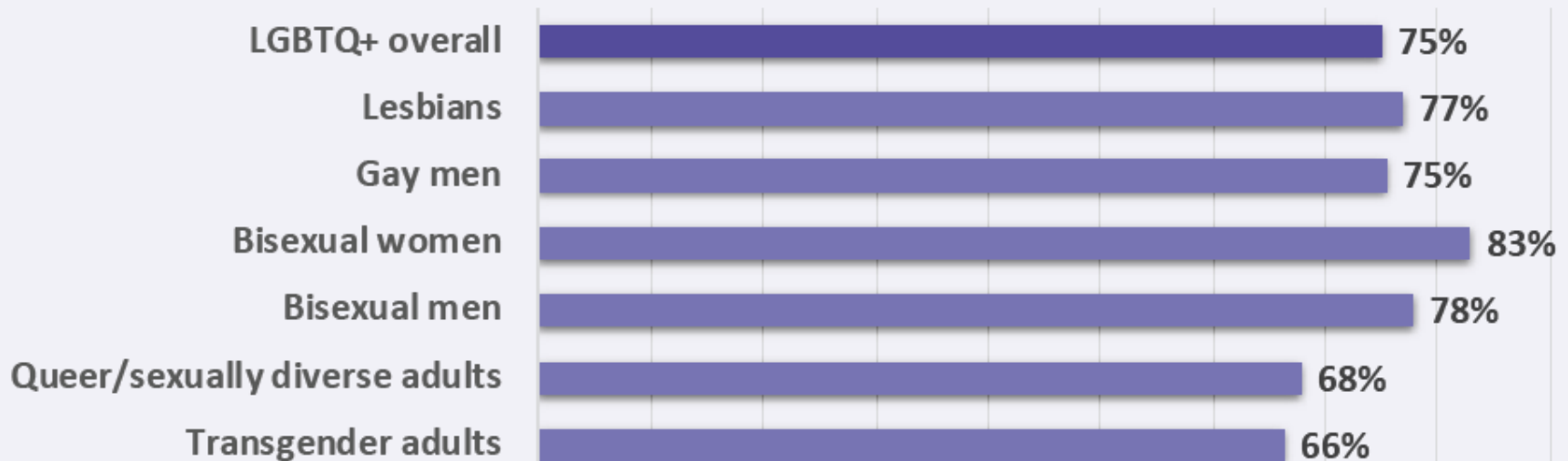


Well-Being and Health Risks

- **Good quality of life & general health**
- **Mental health**
 - Poor mental health (13%)
 - One in five recent suicidal ideation
- **Adverse health behaviors**
 - Current smoking
 - Binge drinking
 - Recreational marijuana use
- **Greatest risk of adverse health**
 - Living with HIV, those \leq 200% FPL, transgender adults.
Rural areas high levels of activity limitations

General Health: Sexual and Gender Identity

Percentage of LGBTQ+ Participants with Good General Health



Adverse Experiences

- 6 out of 10 experienced discrimination past year
 - Most common reasons: sexual orientation/gender identity (56%); followed by age (42%), disability status (13%), and race, ethnicity and nationality (11%)
 - Transgender older adults high rates (64%), gay men (69%), queer/sexually diverse adults (54%), bisexual women (53%), lesbians (52%), and bisexual men (46%)
- Nearly 60% in public place, more than one-quarter in employment, nearly one-quarter in residential setting
- One in five discrimination in residential settings (21%) and health services (18%)
- More than one in five do not disclose their identities

Elder Abuse

About one-quarter experienced elder abuse in the past year

Most common: verbal abuse (17%), excessive control (10%), financial abuse (6%).

Most often by a stranger, family member, intimate partner.

Only a quarter reported to the authorities.

Barriers to reporting

Distrust of authorities (26%)

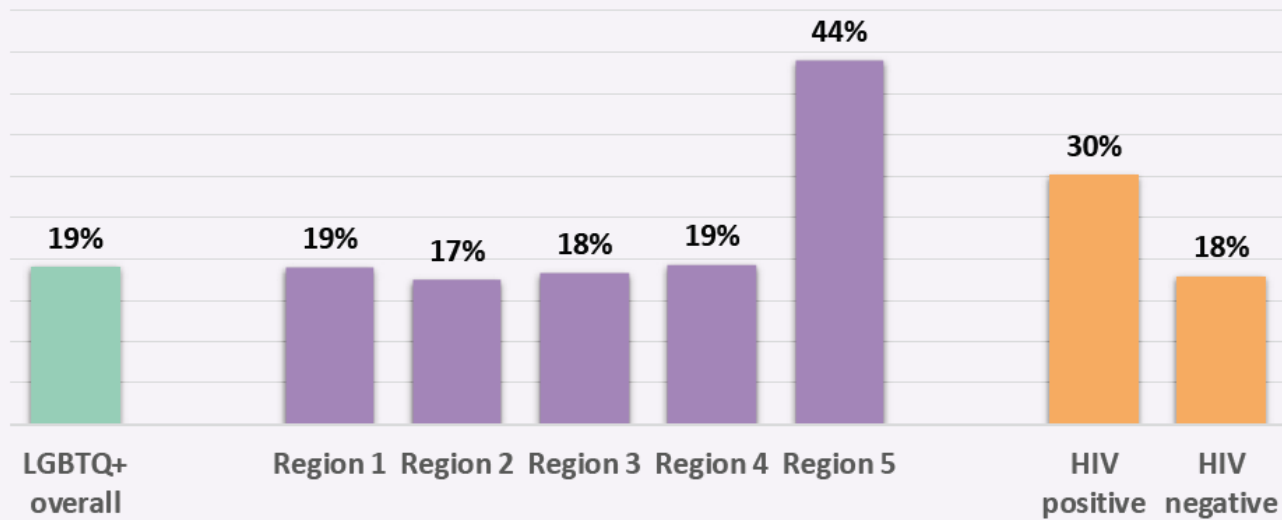
Feeling ashamed (20%)

Lack of knowledge (16%)

Fear of having to disclose their identity (16%)

Economic and Housing Stability

**Having Struggled to Pay Bills Due to Income Instability
in the Past Year, by Region and HIV Status
Among LGBTQ+ Participants**



COVID-19 Impacts

- Majority know someone diagnosed with COVID-19, over one-quarter experienced a death.
- Most are vaccinated; those in rural areas and living in poverty lower vaccination rates.
- More than half need COVID-19 related services and programs, only about one-third used services.
- Black/African Americans, Asian and Pacific Islanders, and Native American/Alaska Natives report higher rates of unmet needs for COVID-19 related services.

COVID-19: Changes in Service Use

Changes in service use:

- More participants report decrease service use.
- Overall decrease in use of social support programs, adult day programs, and transportation services.
- Increase in reported use of food assistance.

Expanded telehealth options offered:

- Lower rates to gay men, people of color, and those living in poverty.

Learned new skills:

- More than a half of survey participants learned how to use a new technology device (e.g. iPad), application, or computer program.

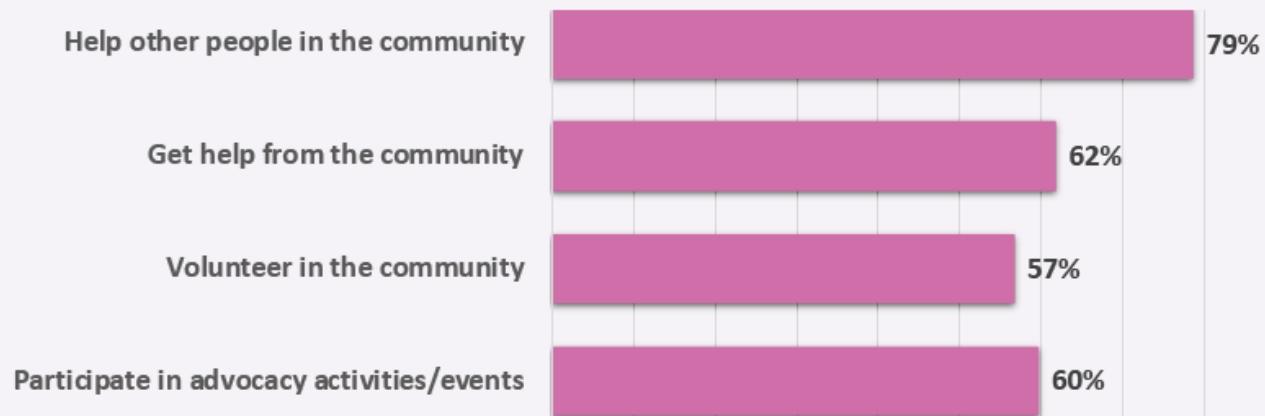
Resilience and Strengths

High degree of resilience

- Nearly three-quarters (72%) bounce back quickly after hard times.
- More than 80% receive needed social support.
- Over 40% attend faith, spiritual, or religious services; just over 10% report turning to a faith community for support.
- Connectivity relatively high; 25% no access to reliable high-speed internet.
- Black/African Americans, Native American/Alaska Natives, and Asian and Pacific Islanders demonstrate having larger social networks and more engagement in religious activities, they have lower rates of social support, LGBTQ+ community engagement, and fewer virtual support resources.

Giving Back

LGBTQ+ Community Engagement Among LGBTQ+ Participants



Key Findings

Resilient, important strengths, resources

- High quality of life
- Build networks of support
- Willingness to learn new skills
- Provide significant help within communities

At-risk and underserved

- Experience significant health, economic and social disparities
- Fewer partnered and more live alone
- High rates of discrimination
- Many unmet aging and health needs
- Elevated risk of elder abuse
- Needs elevated since COVID-19

Distinct Differences

- Sexual orientation and identity
- Gender
- Gender identity and expression
- Race and ethnicity
- Age
- HIV
- Region

Moving Forward

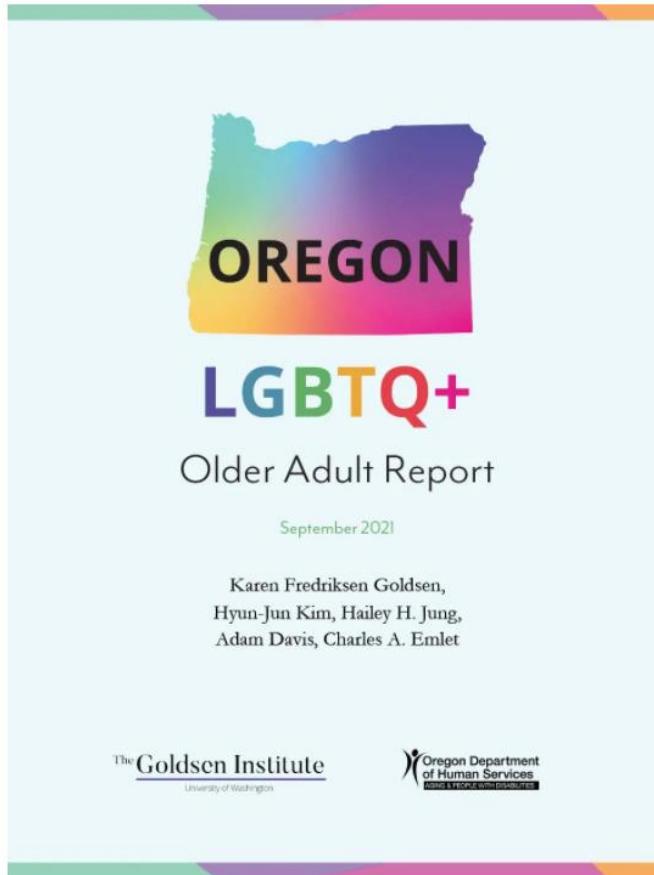
Critical to address growing needs

- Partnership: communities, policymakers, and key stakeholders.
- Initiate needed programs, policies, and research initiatives.
- Tailored engagement for hard to reach and most at-risk.
- Ensure culturally inclusive services and training.
- Engagement in state, local and federal planning processes.
- Replicate and administer survey over time to evaluate progress.

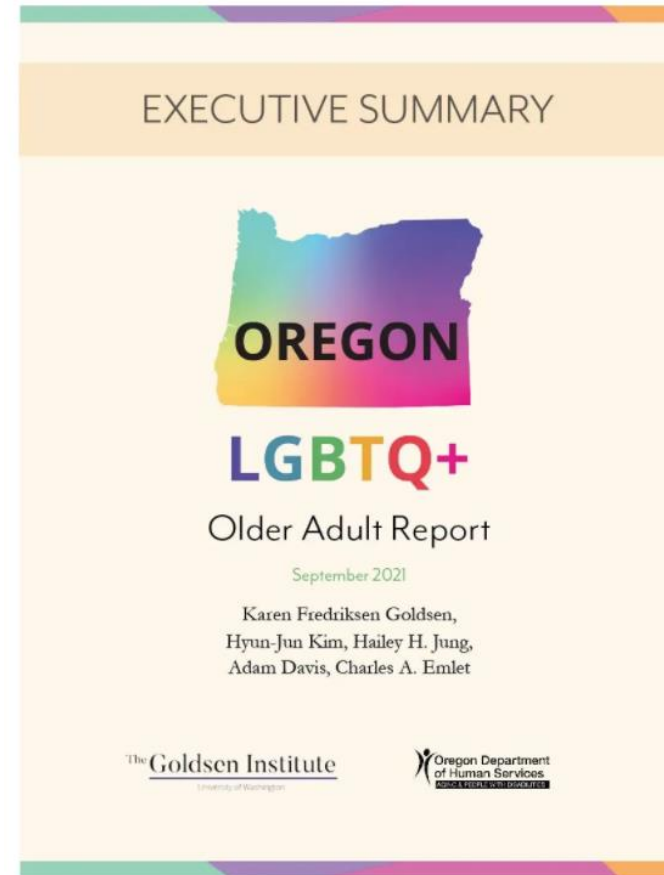
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