



LGBT Persons in the Second Half of Life: Adversity and Resilience

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Brian de Vries, Ph.D.
San Francisco State University
bdevries@sfsu.edu
415.338.3559

Organization of Presentation

- Overview of LGBT Aging:
 - A model for considering the experiences
 - a snapshot based on national, state, and Bay Area research

- San Francisco county:
 - LGBT Aging Task Force
 - Summary of key findings
 - Future directions

LGBT Aging: Prominent role of stigma and stress

Stigma and Discrimination

- Exclusionary policies and laws
- Unwelcoming (hostile) programs
- Violence and victimization

Minority Stress

- Physical health conditions/ behaviors
- Psychological well-being
- Identity (concealment/question)
- Interpersonal relations

Strength & Resilience

- Create communities and political movements
- Chosen families
- Crisis competence; pride
- “caring for our own”



Stigma and Discrimination

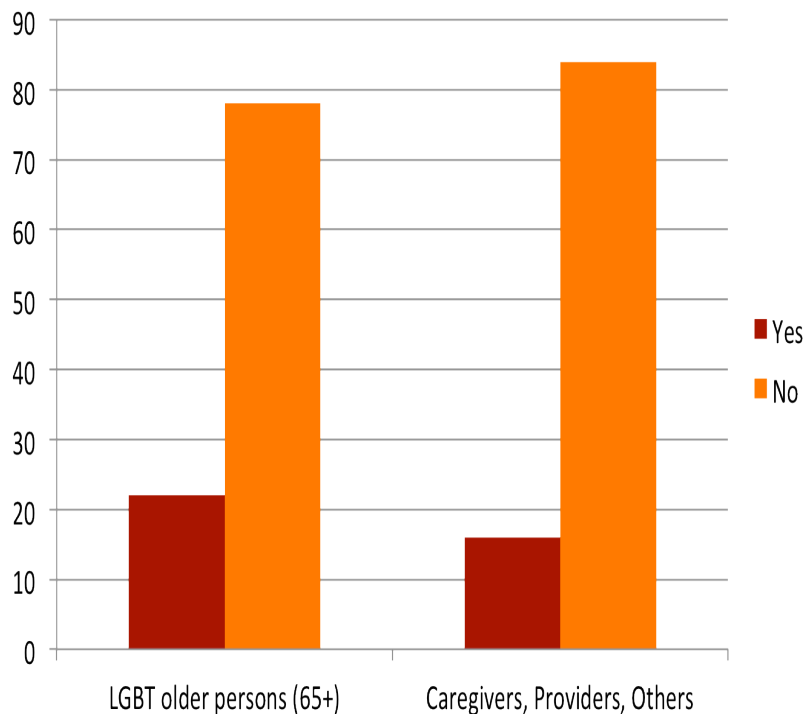
- Exclusionary policies and laws
- Unwelcoming (hostile) programs
- Violence and victimization

Exclusionary policies and laws

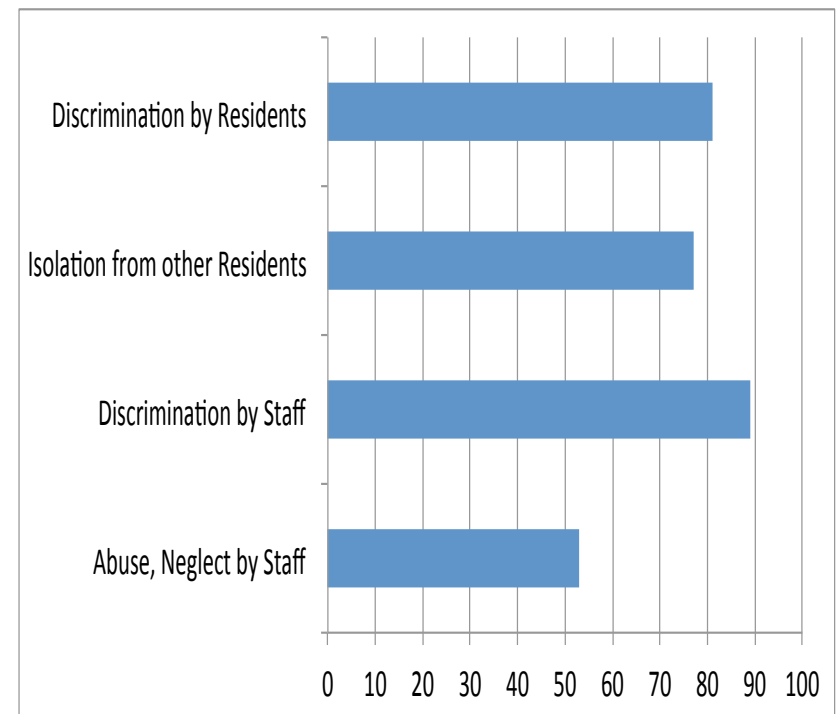
- An environment and history of exclusion:
 - Mental illness until 1973
 - Sodomy laws until 2003
 - Expulsion from the military until 2011
 - DOMA, parts of which only recently repealed (1138 statutory provisions, e.g., taxes, social security, long-term care)
 - Still characterized as “anti-family” and “immoral” by many religious institutions

Unwelcoming (and Hostile) programs

Can an LGBT elder be “out”
in Long-Term Care Settings?



What Issues would LGBT
elders encounter in LTC?



(National Senior Citizen’s Law Center, 2011)



Minority Stress

Chronic stress associated with life as a (sexual) minority; toll in physical, emotional health, interpersonal relations, and sense of self

- Physical health conditions/ behaviors
- Psychological well-being
- Identity (concealment/question)
- Interpersonal relations

(Meyer, 2003)

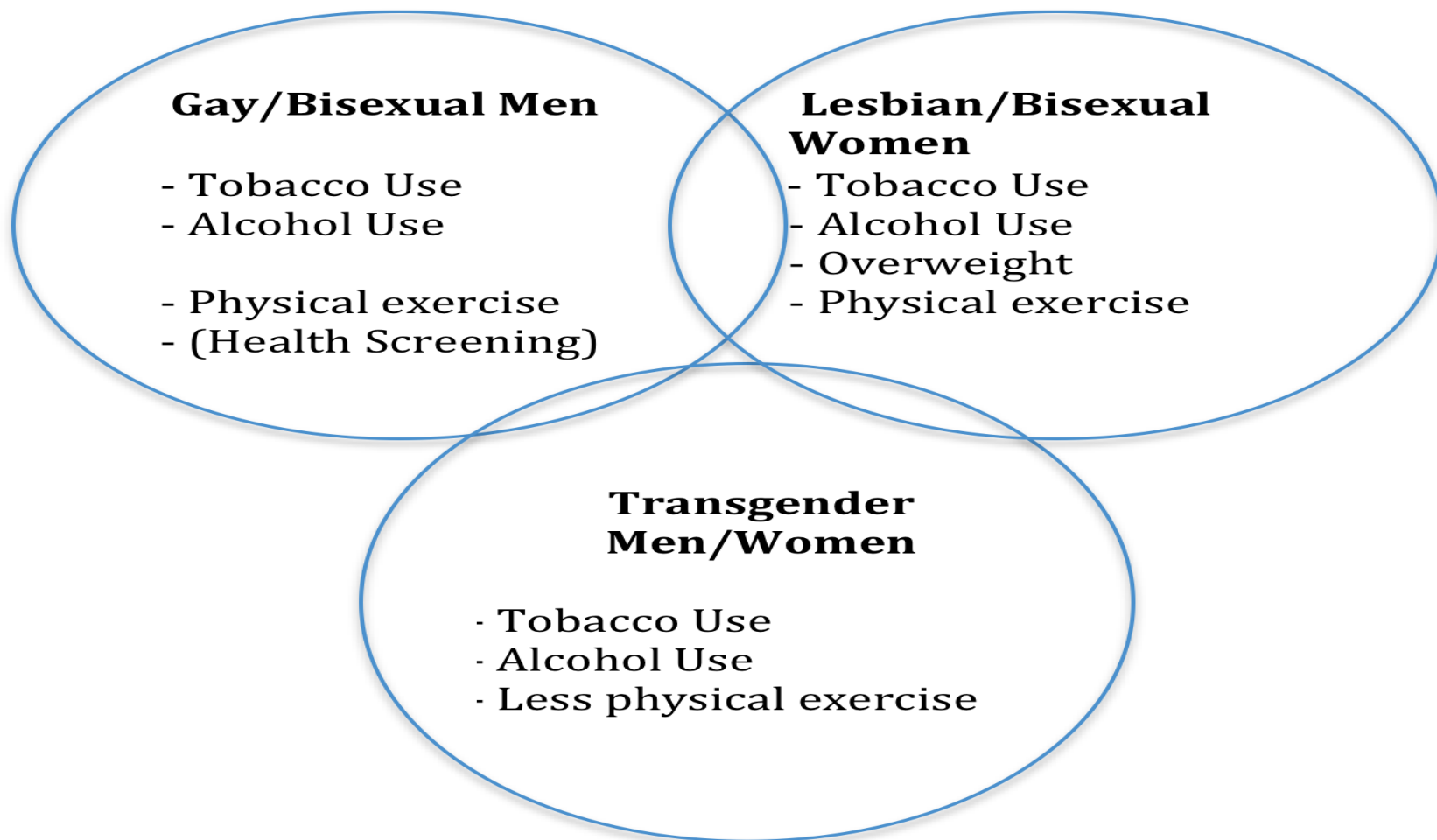
Health and Health Behaviors

Considering Heterosexual Adults of comparable age, LGBT older adults:

- Less likely to have health insurance (especially midlife/younger)
 - more likely to delay seeking healthcare (almost 2X likely)
 - More likely to delay or not get needed prescriptions
 - More likely to receive health care in emergency rooms

- Have higher rates of disabilities (45%: women 53%; men 43%)

Health Behaviors of LGBT Older Adults: Research Summary Results



Physical and Psychological Health Conditions, LGBT Older Adults: Research Results Summary

Gay/Bisexual Men

- Cancer (anal)
- HIV/AIDS
- Diabetes, Asthma
- Depression (2X)
- Suicidal Thoughts

Lesbian/Bisexual Women

- Cancer (reproductive)
- Heart Disease
- Diabetes, Asthma
- Depression (1.5X)

Transgender Men/Women

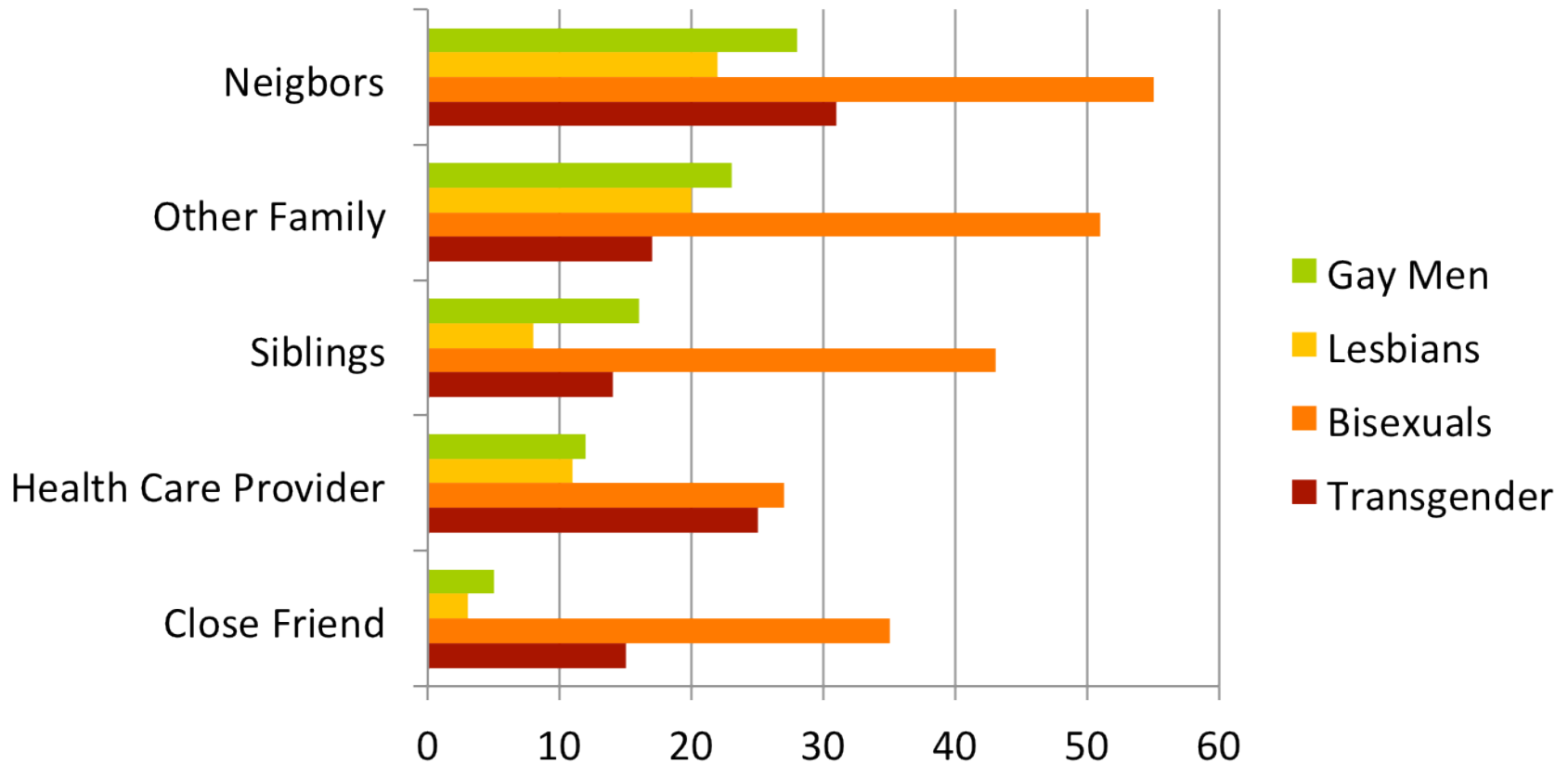
- Cardiovascular Issues
- (Cancer, Osteoporosis)
- HIV/AIDS
- Diabetes, Asthma
- Depression, Suicide

Self-Rated Health (MMI National Boomer Sample)



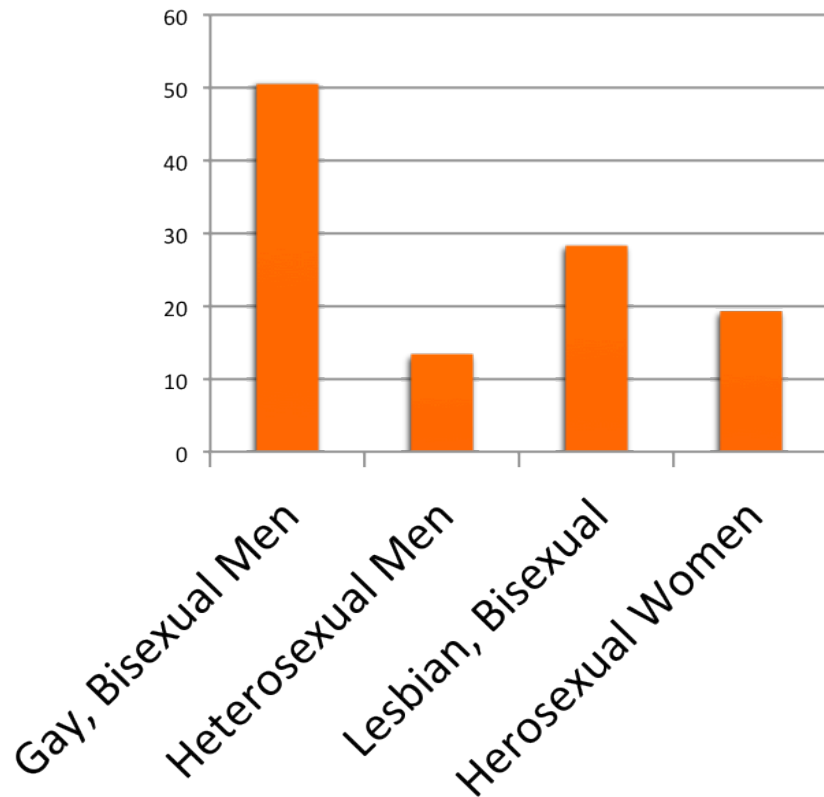
Relationship status and
marriage may mediate this
pattern

Guarded Identity ("not out") (MMI National Boomer Sample)

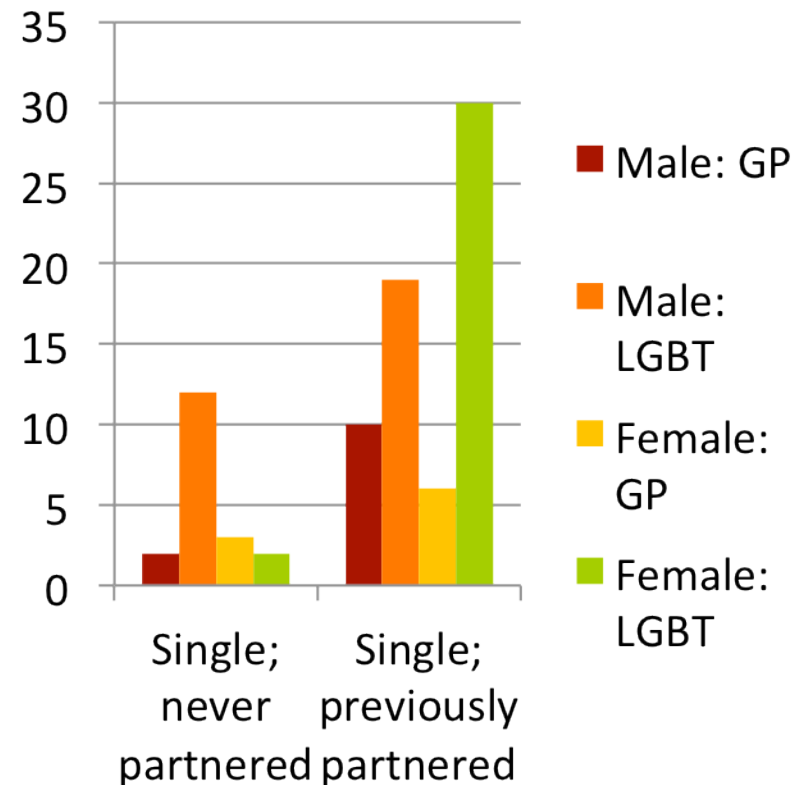


Interpersonal Relationship Consequences

Percent Living Alone
(50+; CA data)



Frequency of Singlehood
(42% LGBT; 27% Gen. Pop.)



Strength and Resilience: Positive Marginality



The strength, resistance and radical possibilities that exist and develop in the margins of social disenfranchisement

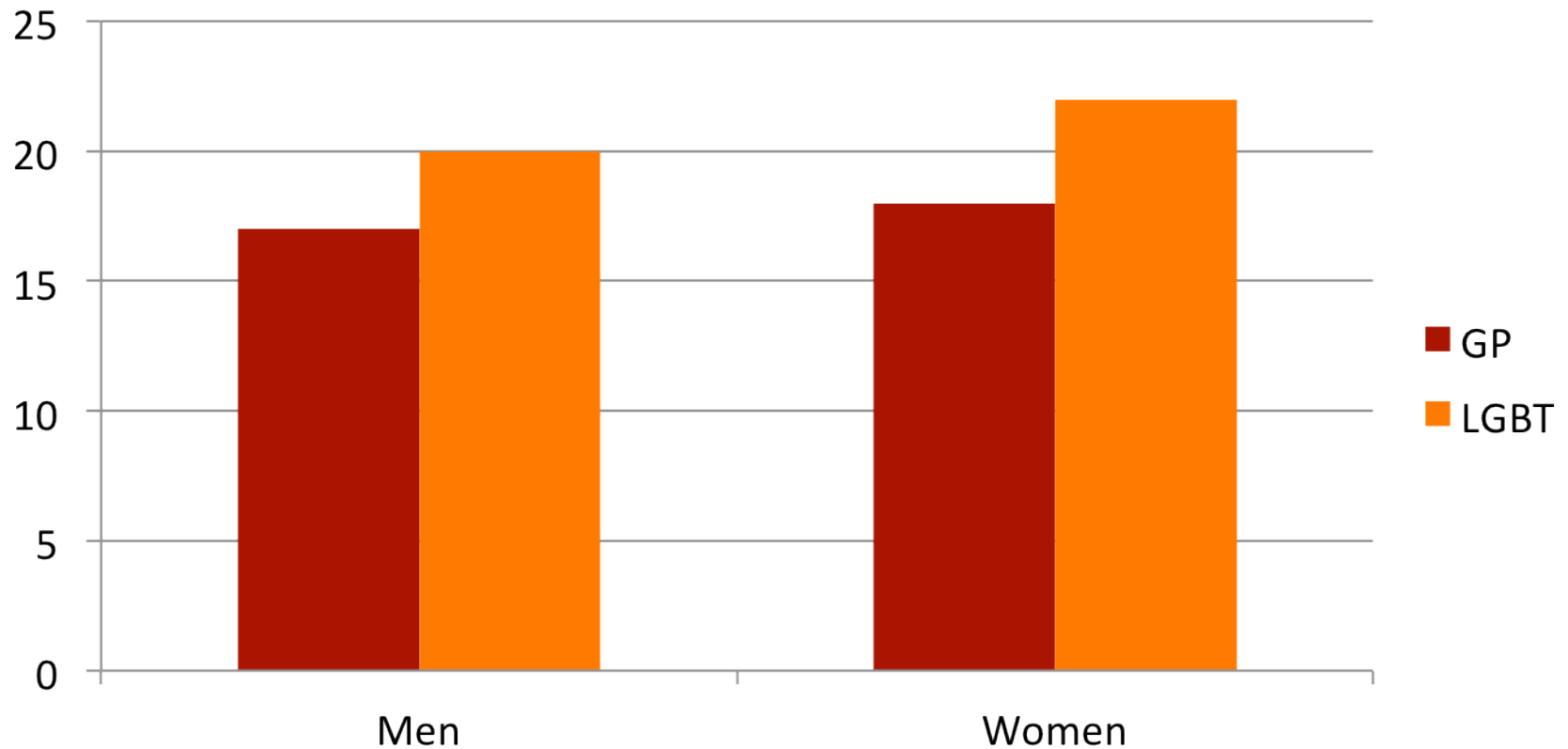
- Create communities and political movements
- Chosen families
- Crisis competence; pride
- “caring for our own”

(Lewis & Marshall, 2012; Unger, 2000)

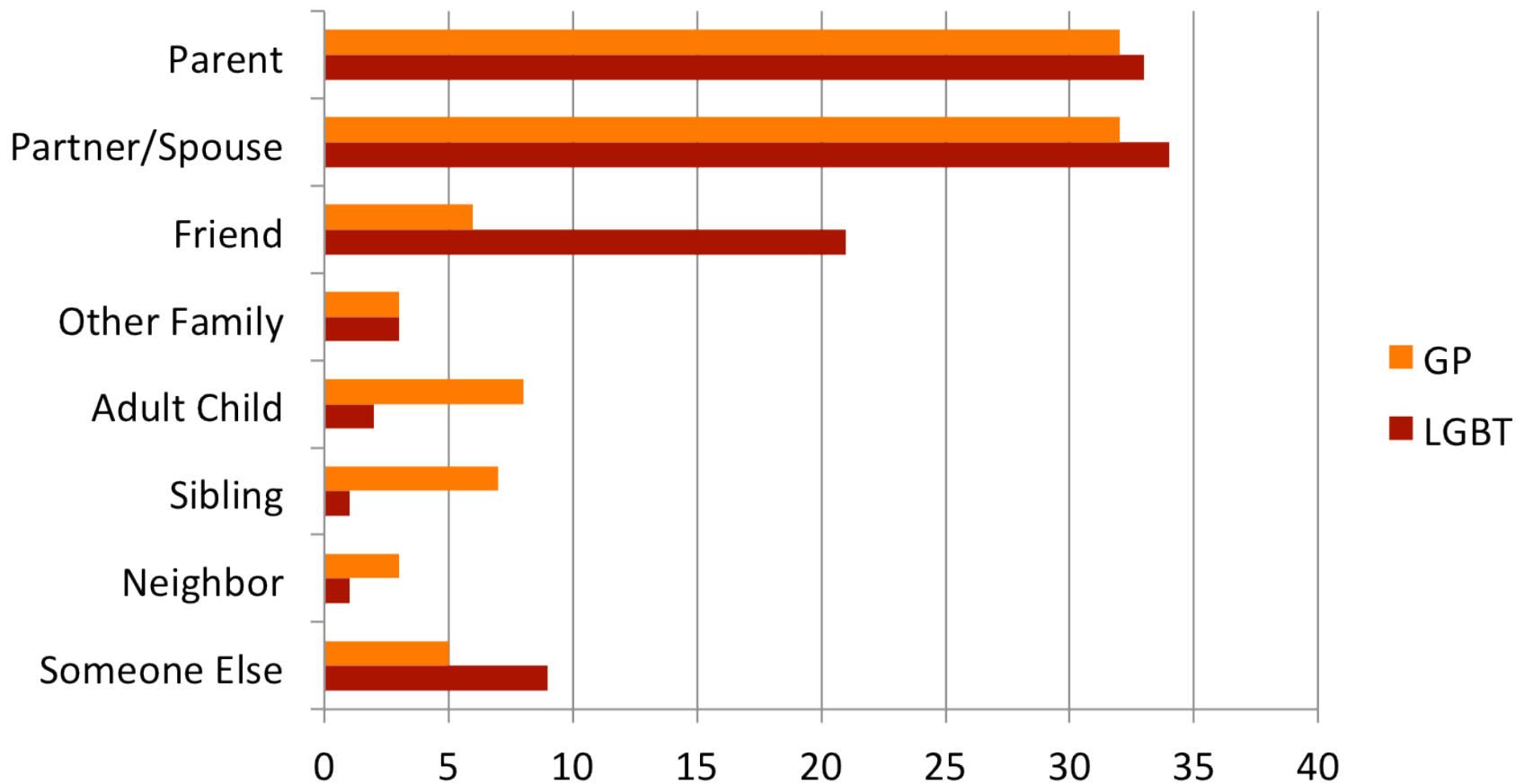
The Legacy of AIDS

- The loss of a generation of mostly gay men
- Shameful government non-response in early years; the prominent role of LGBT persons at that time, and beyond
 - the creation of dozens of organizations and models of care, now modeled by aging services more generally
 - a sense of community
 - Creative family forms and ties
 - a political voice and presence

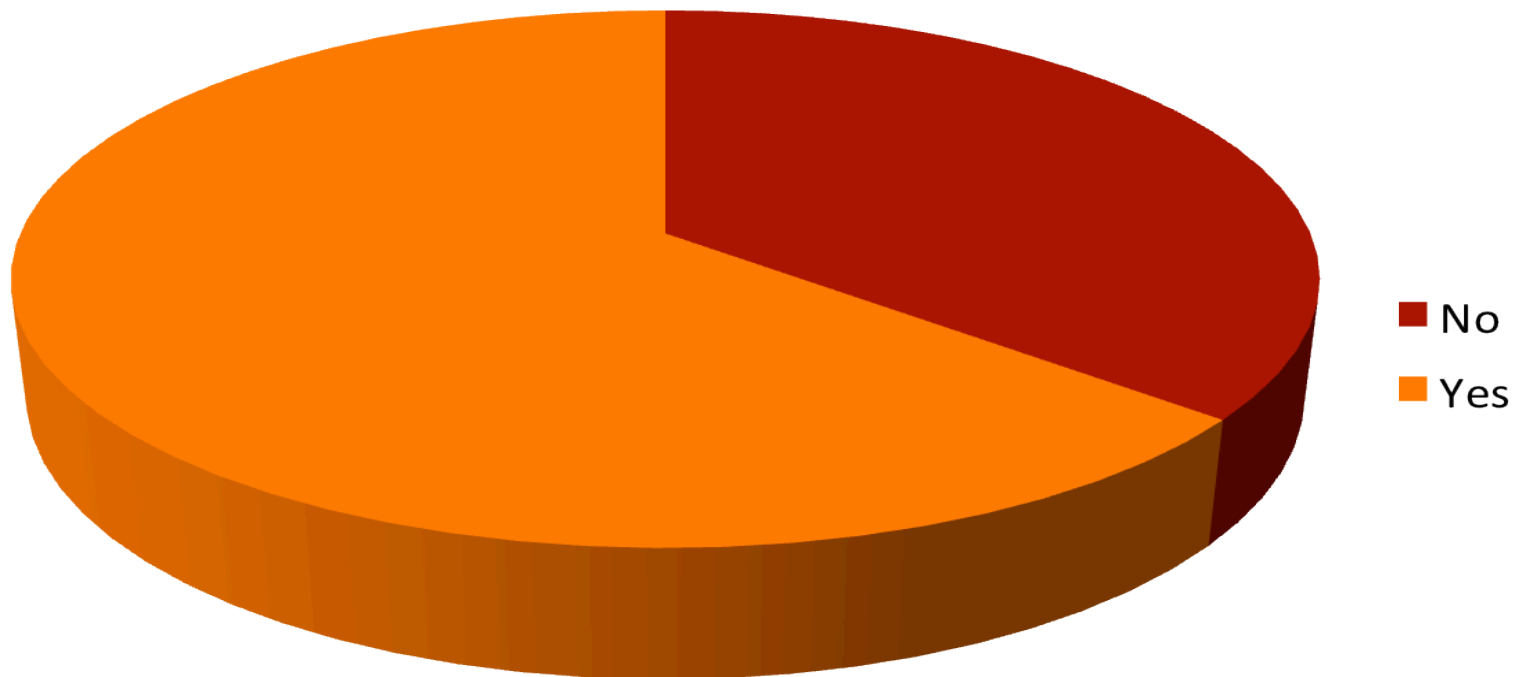
Percent Providing Care; Previous 6 Months (MMI National Boomer Sample)



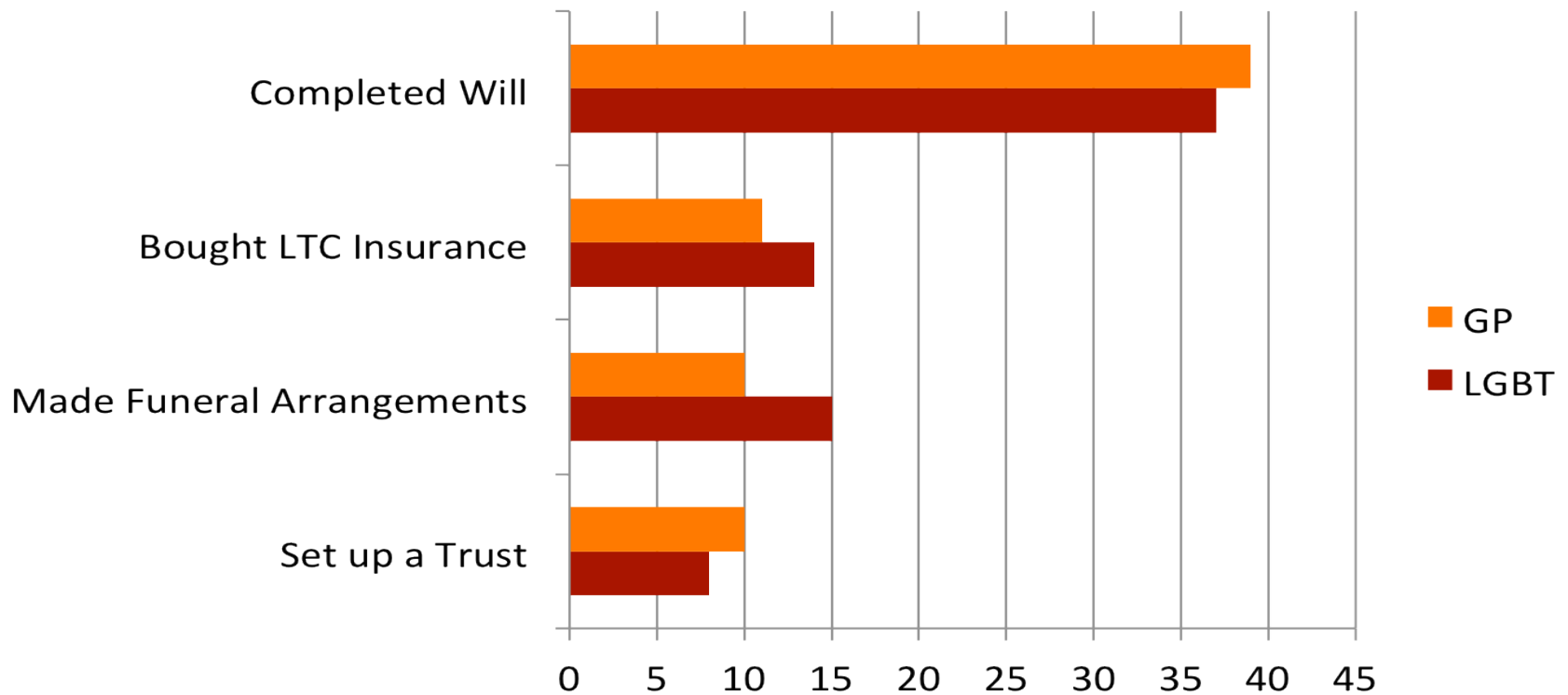
For Whom Is Care Provided? (MMI National Boomer Sample)



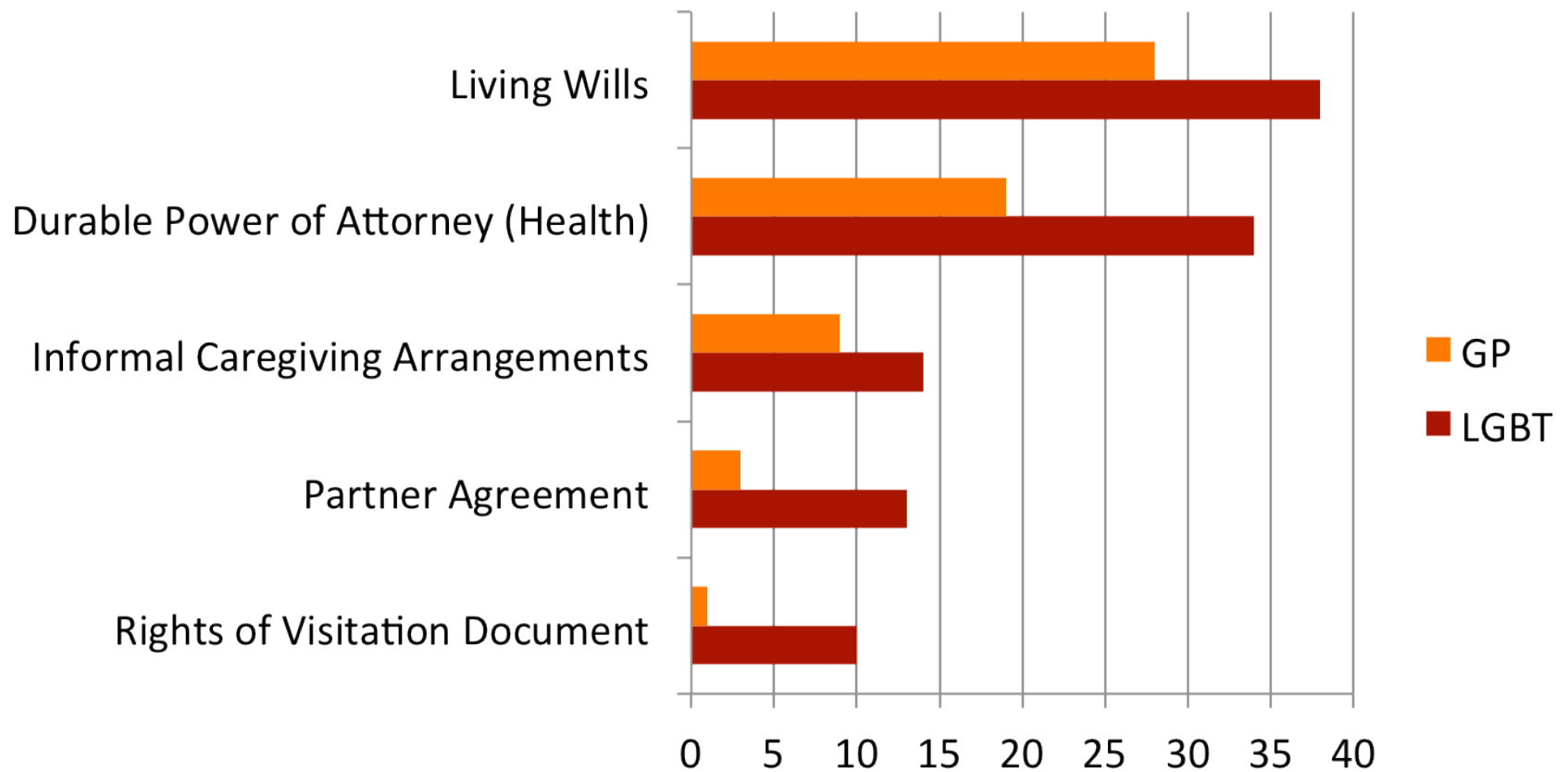
LGBT Boomers with Chosen Family (MMI National Boomer Sample)



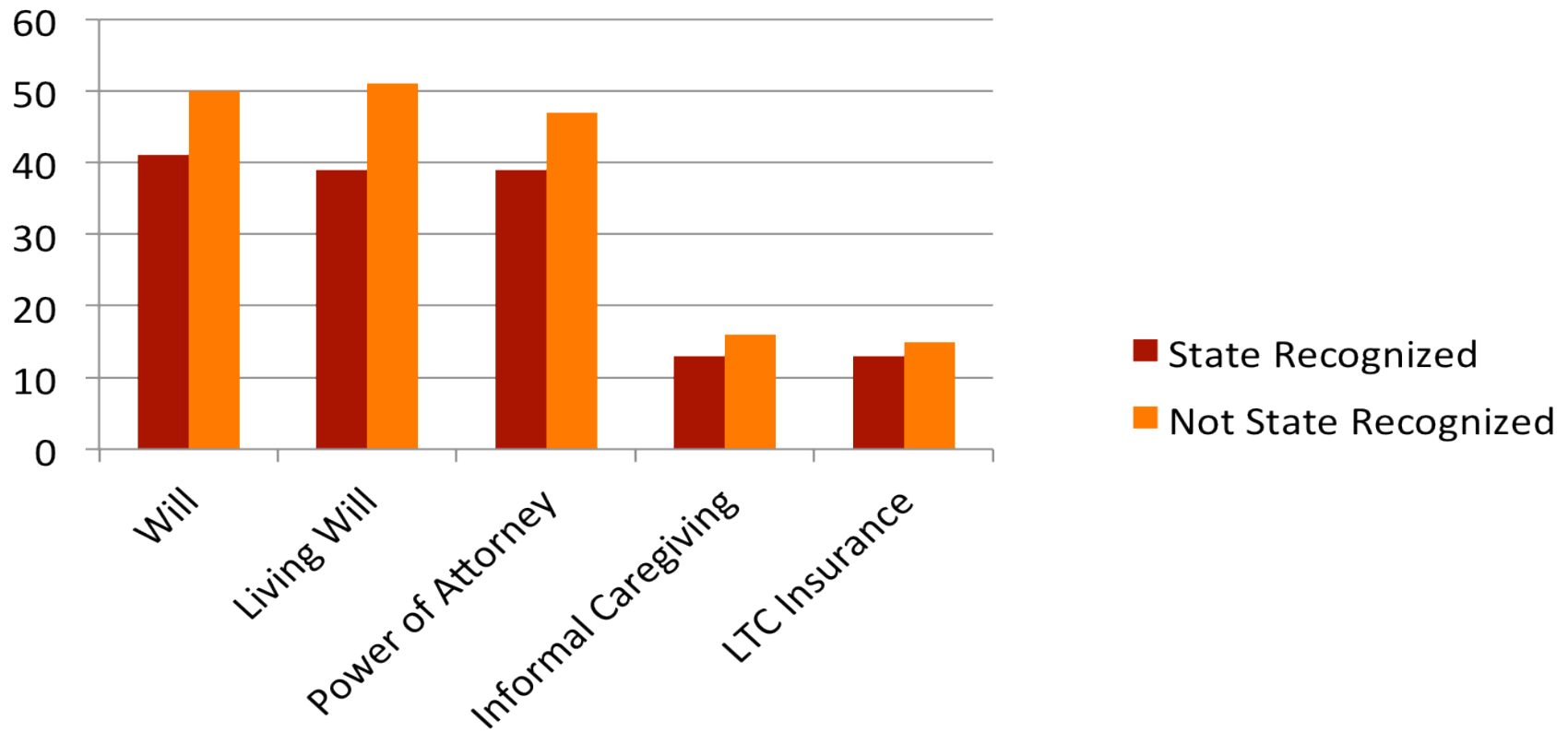
Completed Documents or Actions (MMI National Boomer Sample)



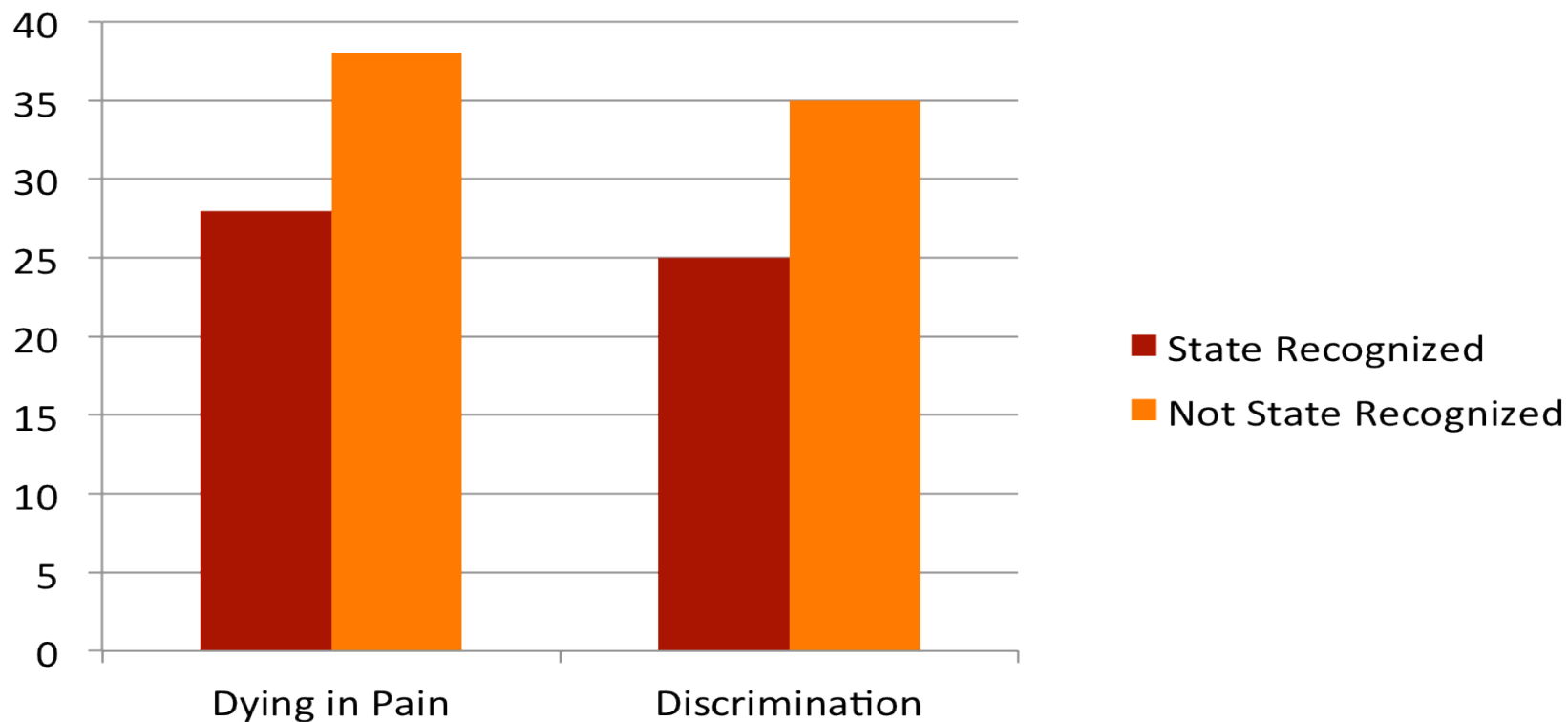
Completed Documents or Plans Involving Others (MMI National Boomer Sample)



Completed Documents or Plans by State Recognition of Domestic Partners (MMI National Boomer Sample, 2006)

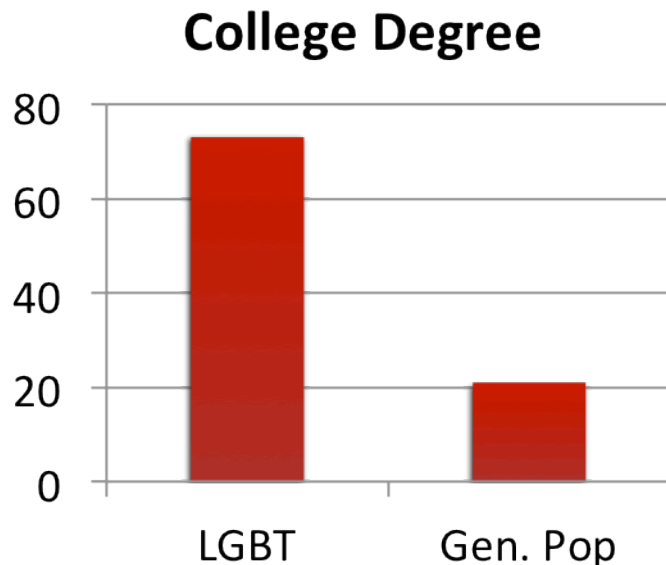


Greatest Concerns About Aging by State Recognition of Domestic Partners (MMI National LGBT Boomer Sample, 2006)

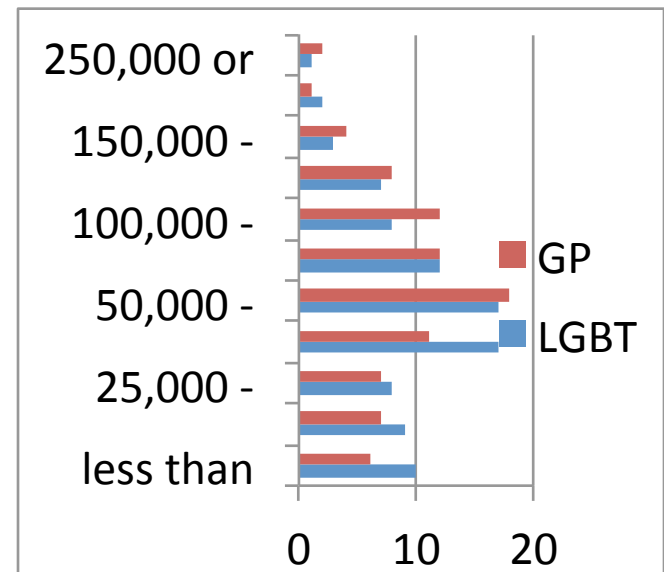


Education and Income

➤ A number of studies have found that LGBT older persons have higher levels of education; for example:

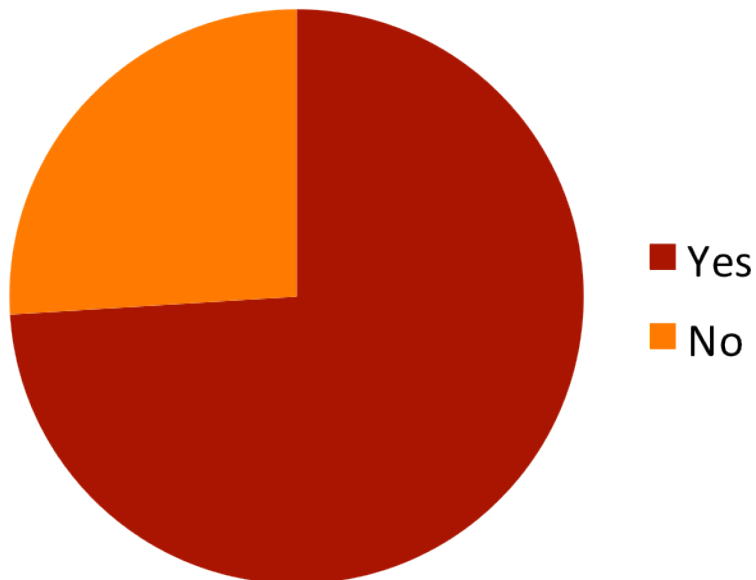


➤ A number of studies find LGBT older persons have at best comparable and often lower levels of income

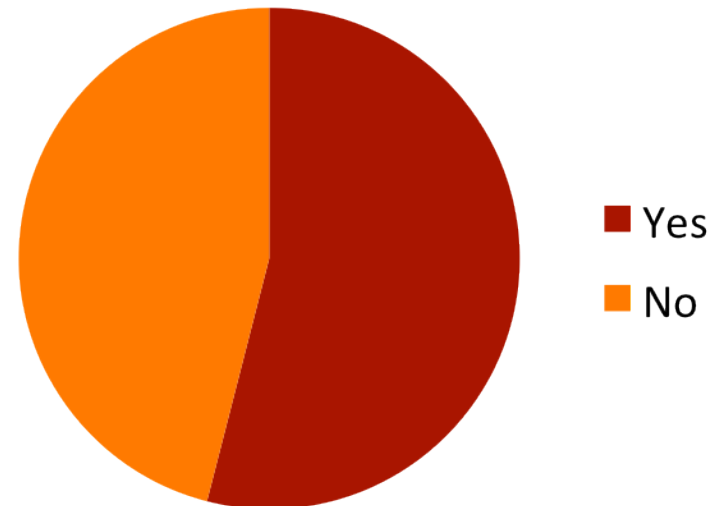


LGBT Identity and Aging Preparations: (MMI National Boomer Sample)

**Being LGBT Helps Prepare
Me For Aging**



**Being LGBT Makes Aging
Harder**



Being LGBT

In addition to themes of discrimination, loss, and limitations, LGBT boomers and older adults identified “resilience repertoires” (Witten et al., 2012):

- Living life authentically
- Sometimes against the grain, on their own terms
- Building and being part of a community
- Strength and Freedom; agentic and special

LGBT Aging: Adversity and Resilience

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“Positive Marginality”

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- Crisis competence; pride
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LGBT Persons in the Second Half of Life: San Francisco County

Diana Jensen, Tom Nolan
San Francisco Human Services Agency
Diana.Jensen@sfgov.org, Tom.Nolan@sfgov.org

Overview of San Francisco's Process

- Agenda:
 - History of the LGBT Aging Policy Task Force
 - Who are San Francisco's LGBT older adults?
 - What are their needs? How do the groups differ?
 - Next steps

SF LGBT Aging Policy Task Force

- When and why formed
- The need for local research
- Timeline for making recommendations

Who are SF's LGBT Older Adults?

- Identify existing local and state data sources
- Create a profile of “What we know”



LGBT Older Adults – SF Estimates

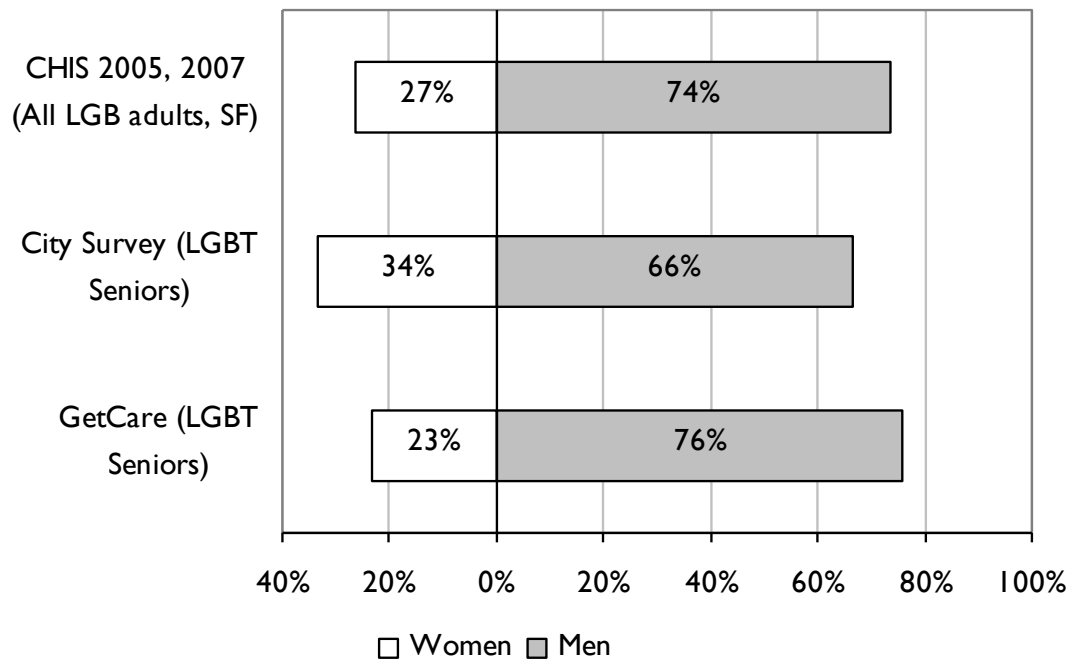
Local Estimates of the LGBT Senior Population

Data Source	# of senior respondents ¹	% of sample senior population that identified ² as...				
		Lesbian	Gay	Bisexual	Trans-gender	LGBT ³
California Health Interview Survey (CHIS): SF Seniors 60+	<i>(exact n not provided by CHIS website)</i>	12.3%			n/a	12.3%
SF City Survey, 1996-2011	7,603	1.1%	4.3%	3.6%	2.2% ⁴	11.1%
2006 SF Department of Aging and Adult Services (DAAS) Phone Survey	464	0.4%	5.6%	5.0%	1.4%	12.4%
American Community Survey (2010, IPUMS): SF senior same sex couples	1,164	0.4%	1.2%	n/a	n/a	n/a

Demographics of LGBT seniors in local databases

➔ Mostly men

Estimates of Proportion of LGBT Population
Men vs. Women



Demographics of LGBT seniors in local databases

- **Fairly young**
- **Mostly English-speaking**
- **Disproportionately White**
- **Often living alone**
- **Mostly renters**
- **Much more likely than heterosexual seniors to be HIV+**
- **Often veterans**



Survey Goals

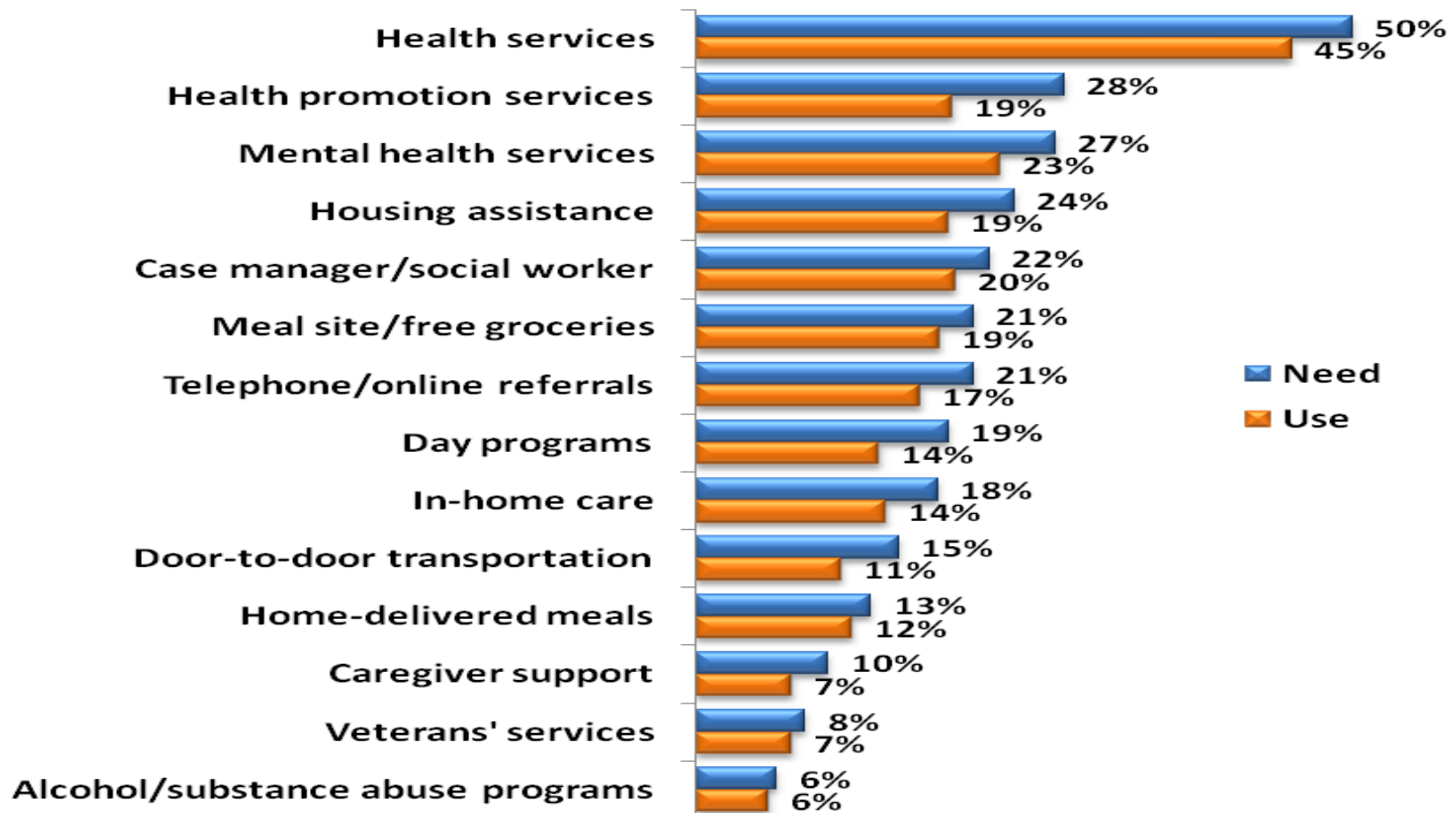
- Diverse sample
- Four key areas:
 - Service needs and use
 - Housing issues
 - Experience with abuse
 - Discrimination

Risk of Isolation and Lack of Support Resources

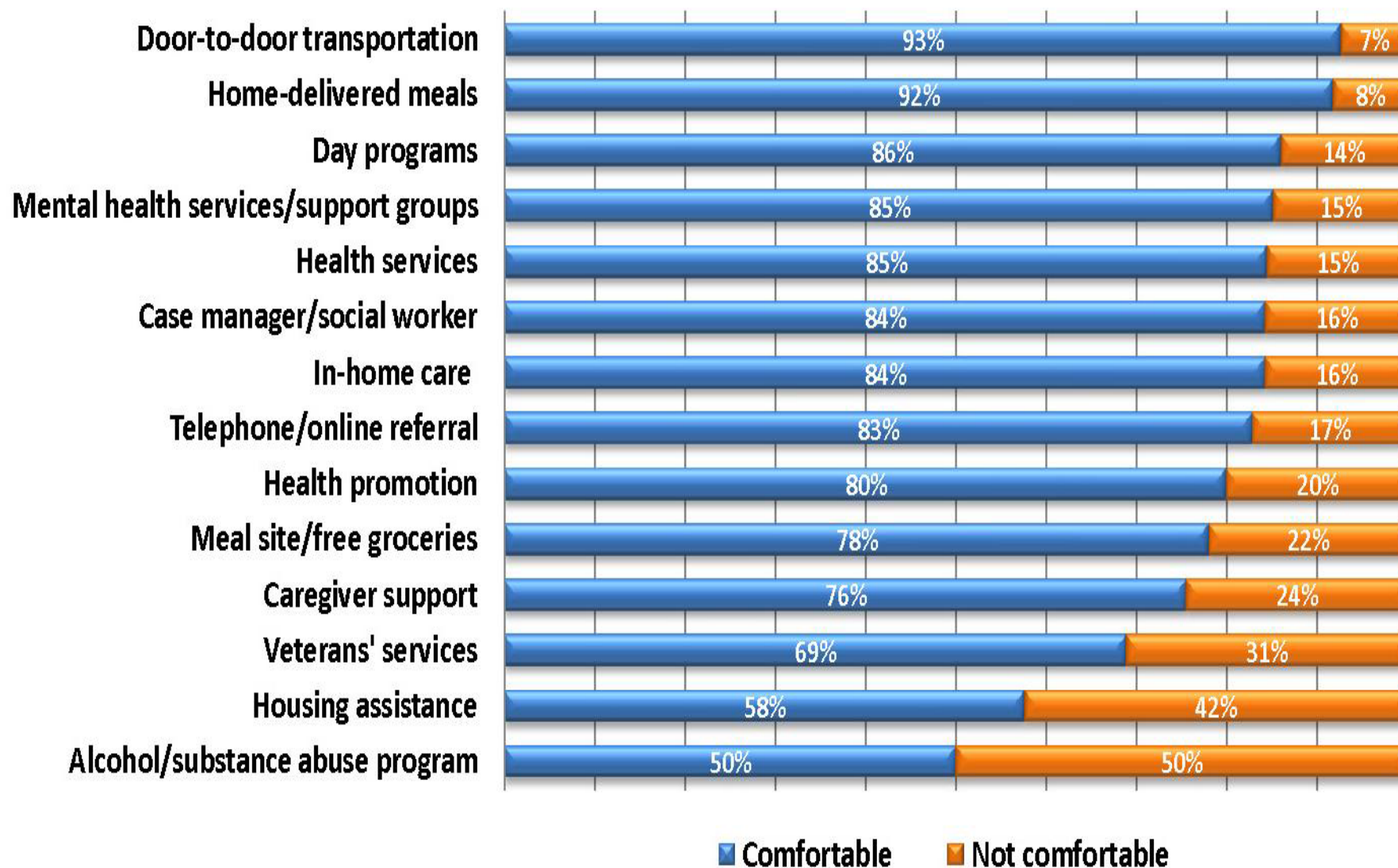
- Nearly 60% of the participants live alone, many struggle to make ends meet.
- Only 15% have children; 60% of whom indicate that their children are *not* available to help them if needed.
- Nearly two-thirds (63%) are neither partnered nor married.
- Bisexual, African American, and Hispanic participants are less likely to own a home.
- Minority community participation was VERY low – LGBT seniors in those communities may be even more isolated.

High Needs for Services and Programs

Rates of need and use of 14 services and programs for LGBT older adult participants




Rates participants feel comfortable using services and programs as an LGBT older adult



Unmet Service Needs

Areas of unmet service need:

- Health promotion (30%)
- Door-to-door transportation (28%)
- Caregiver support (27%)
- Day programs (27%)
- Housing assistance (21%)
- In-home care (21%)
- Telephone/online referrals (19%)

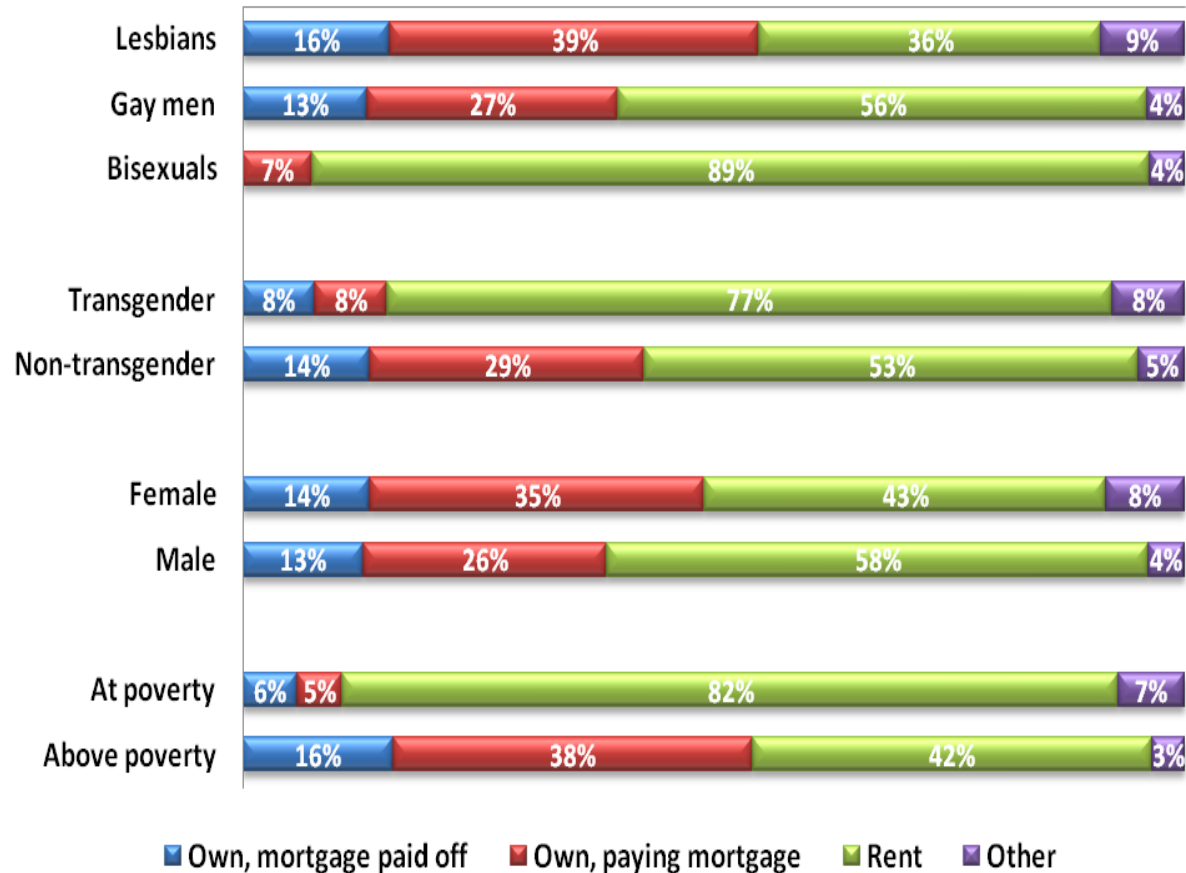


Reasons for
not accessing
– LGBT
friendliness
was never the
most common

Housing Issues

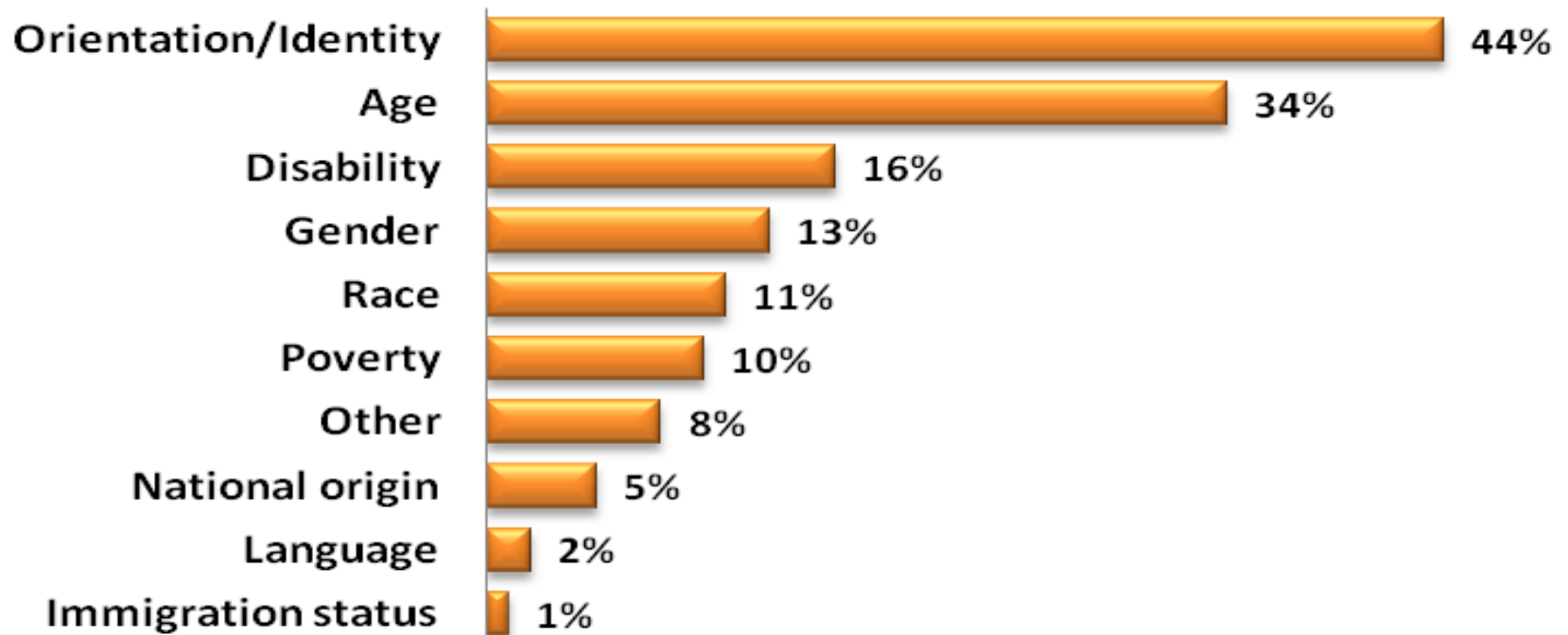
- Very common to rent
- Many lack confidence that they will be able to stay in SF.

Housing arrangements for LGBT older adult participants by sub-groups



Discrimination in the last 12 months

Rates of discrimination for LGBT older adult participants



Experience of abuse or victimization in the last 12 months

Abuse and victimization experienced by LGBT older adult participants

Type of abuse	Abuse by friend, partner/spouse, family, paid caregiver	Victimization by stranger and other
Verbal abuse	3%	14%
Harassed	3%	9%
Financially exploited	2%	4%
Sexually abused	1%	4%
Neglected	1%	2%
Physically abused	1%	1%

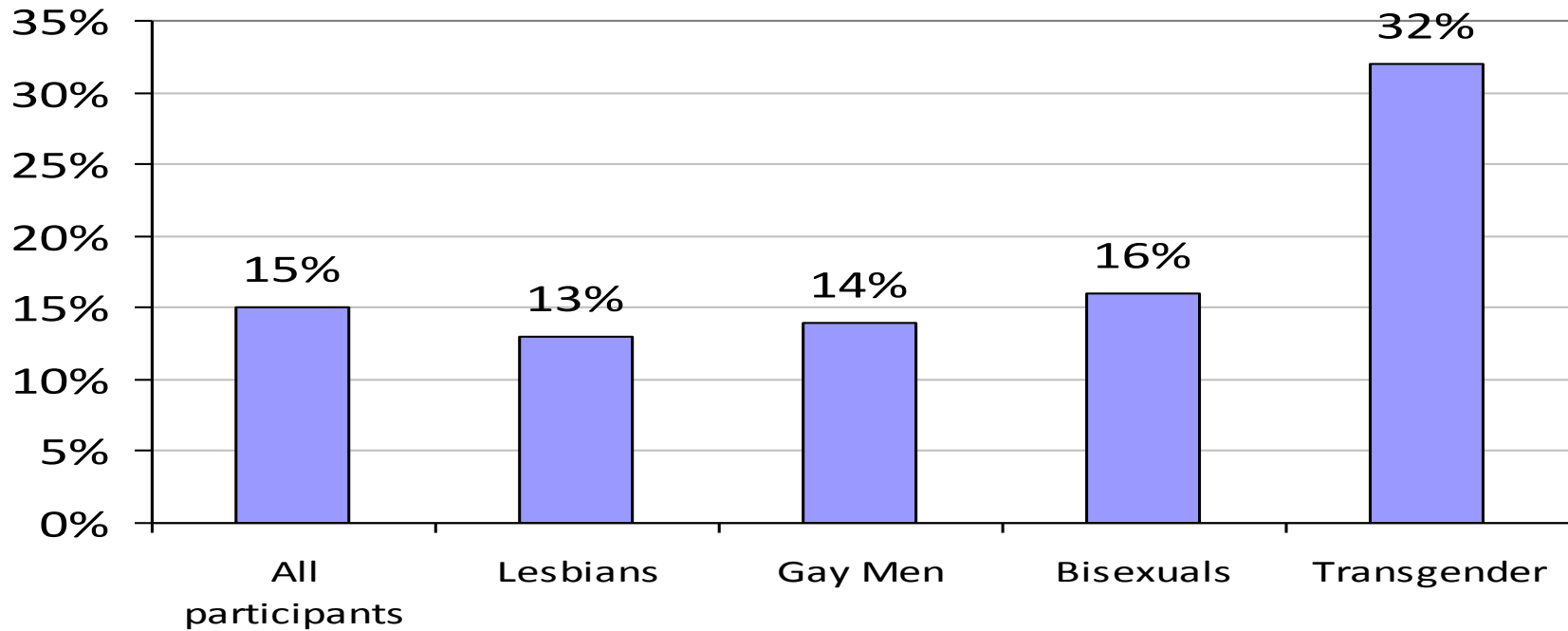
Overall

5%

21%

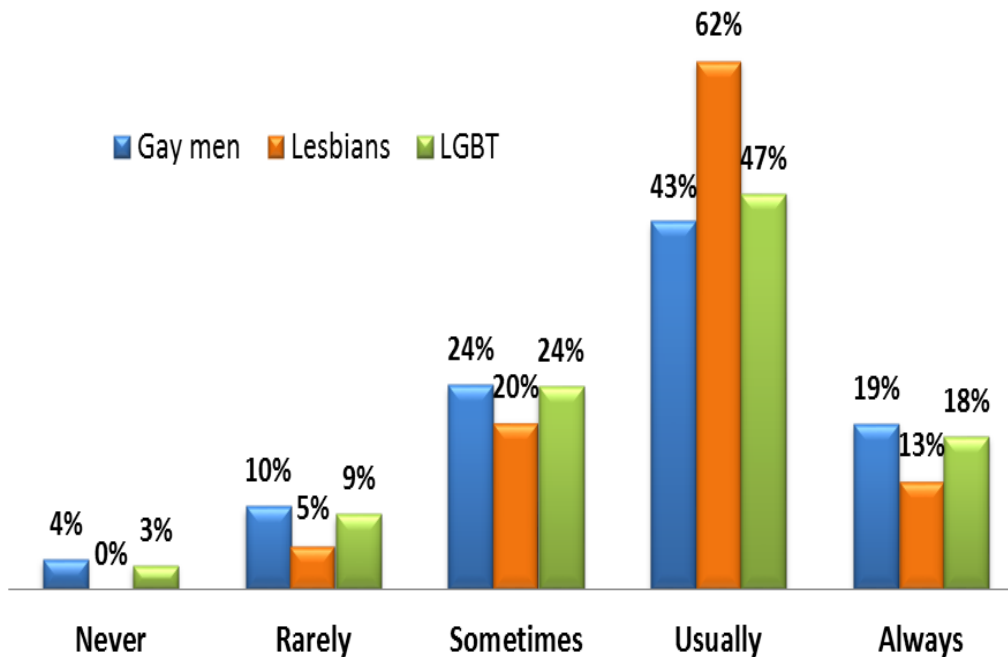
Suicidal Ideation

Participants who have seriously contemplated suicide in the past 12 months

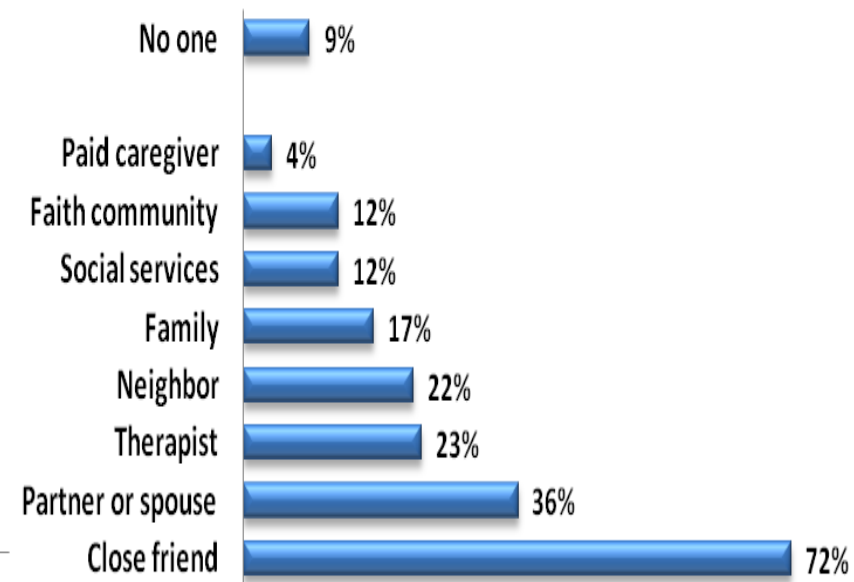


Social Support Resources

Levels of social support for
LGBT older adult participants

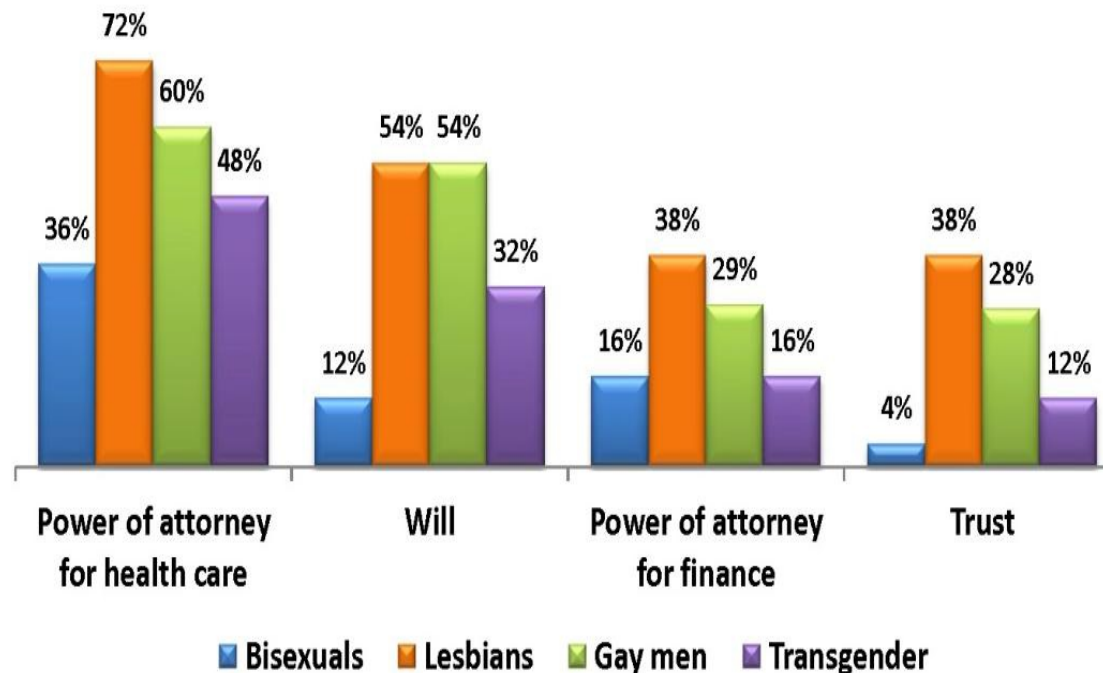


Who LGBT older adult participants
turn to for social support



Future Planning Differs by Group

Future planning: Differences by sexual orientation and gender identity of LGBT older adult participants



County-level next steps

- Work group deliberations and policy recommendations to Task Force November
- Task Force adopts recommendations - December
- Report presented to Board of Supervisors - January
- Implementation of approved policies - February and beyond

For more information

These and many other reports are available on the website of the San Francisco LGBT Aging Policy Task Force:

<http://www.sf-hrc.org/index.aspx?page=201#Resources>

Contact:

Diana Jensen (415) 557-5144, diana.jensen@sfgov.org

Tom Nolan (415) 355-3517, tom.nolan@sfgov.org