# **Ageing Well Public Talk Series 2022/23**

**Talk 11. Ageing, later life and caring in the LGBTQIA+ community.**

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### Slide 1: **Ageing LGBT+ communities**

Supporting LGBT+ communities to age well

### Slide 2: LGBT+: who’s included in the acronym

* LG or GL – Lesbian and Gay
* LGB – Lesbian, Gay, and Bisexual
* LGBT – Lesbian, Gay, Bisexual, and Transgender
* LGBTQQIAAP - Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, Asexual, Ally, Pansexual
* LGBT+ or LGBTQ+ - umbrella terms
* Whether you identify with any of the terms in the longer acronym or not, if your sexual orientation is not exclusively heterosexual or your gender identity differs from the sex you were assigned at birth, you are included.
* Feeling included and seen, or excluded and overlooked, can impact on your health and wellbeing.

### Slide 3: Ageing and LGBT+ in the United Kingdom: how many?

* There is no single source of statistics on the exact number of ageing LGBT+ community members in the United Kingdom
* Either the data hasn’t been collected or collected piecemeal in different censuses and surveys
* We estimate there are 1,000,000+ LGBT+ individuals aged 50+ in the United Kingdom
* We estimate this figure will rise to 1,400,000+ by 2031.
* These figures are almost certainly underestimations because many people do not disclose their sexual orientation or gender identity when asked.
* That reluctance to disclose minority sexual orientation or gender identity can impact on health and wellbeing.

### Slide 4: Ageing and LGBT+: historic discrimination and internalised stigma

* Historic discrimination, many ageing LGBT+ individuals will have lived through times that were actively hostile to them.
* The Sexual Offences Act 1967, The Sexual Offence Offenses Act 2003, Section 28 of the Local Government Act 1988, The Gender Recognition Act 2004
* Internalised stigma, the trauma of living through times of active hostility can leave many ageing LGBT+ people with an ongoing fear of discovery, a reluctance to disclose, and a sense of shame.

### Slide 5: Ageing and LGBT+: ongoing discrimination and minority stress

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* Ongoing discrimination, The Equality Act 2010 made sexual orientation and gender identity protected characteristics, The National LGBT Survey 2018 showed that some but not all parts of the health service were LGBT+ inclusive.
* “Staff shouldn't ask if I have a husband. Should say husband, wife or partner.” Cisgender woman, pansexual, 70s. The Health And Wellbeing of LGBTQ+ People over 50 Opening Doors 2021
* Because of historic discrimination and internalised stigma, many ageing LGBT+ individuals are reluctant to challenge their exclusion from health services.
* They may also be living with families and communities that remain hostile to them.
* Minority stress, living with historic discrimination, internalised stigma, and ongoing discrimination leads to higher levels of stressors for ageing LGBT+ individuals than the average.
* Overtime, those stressors can be reflected in poorer health and wellbeing outcomes.

### Slide- 6: Ageing and LGBT+: isolation and mental health.

* More likely to live alone.
* More likely to be single.
* Less likely to have children.
* Many older LGBT+ have not come out.
* More likely to suffer from low self-esteem and depression.

*Hidden Figures: LGBT Health Inequalities in the UK* LGBT Foundation 2018

*The Health And Wellbeing of LGBTQ+ People over 50* Opening Doors 2021**: many ageing LGBT+ people are ageing well.**

### Slide 7: Ageing and LGBT+: isolation and families

* Less likely to be supported by families of birth.
* Less likely to be supported by families of choice or logical families.
* More likely to be isolated from LGBT+ communities.
* Ageism

*Hidden Figures: LGBT Health Inequalities in the UK* LGBT Foundation 2018

*The Health And Wellbeing of LGBTQ+ People over 50* Opening Doors 2021**: many ageing LGBT+ people are ageing well.**

### Slide 8: Ageing and LGBT+: health and healthcare

* More likely to smoke, drink alcohol frequently, and use recreational drugs.
* Non-heterosexual men are more likely to be living with a long-term illness with lower life satisfaction.
* Difficulties in accessing LGBT+ appropriate healthcare.
* Past negative experiences of accessing healthcare can shape the way older LGBT+ people access healthcare.
* Advance Care Planning (ACP) is important.

*Hidden Figures: LGBT Health Inequalities in the UK* LGBT Foundation 2018

*The Health And Wellbeing of LGBTQ+ People over 50* Opening Doors 2021**: many ageing LGBT+ people are ageing well.**

### Slide 9: Ageing and LGBT+: Trans

* Many trans people only transition in later life
* Worries about not being able to access care that is ‘trans-friendly’.
* Worries about the long-term impact of hormones and surgery.

*Hidden Figures: LGBT Health Inequalities in the UK* LGBT Foundation 2018

*The Health And Wellbeing of LGBTQ+ People over 50* Opening Doors 2021**: many ageing LGBT+ people are ageing well.**

### Slide 10: Ageing and LGBT+: Living with HIV

* HIV has disproportionately affected LGBT+ communities
* Although treatment is now effective, the impact of ageing with HIV is still being researched.
* People with HIV aged 50+ are far more likely to experience other long-term conditions.
* Less likely to be financially secure.
* Worries about care homes, sheltered housing, and end of life care that may not be supportive of people live with HIV, particularly if they are LGBT+

*Hidden Figures: LGBT Health Inequalities in the UK* LGBT Foundation 2018

*The Health And Wellbeing of LGBTQ+ People over 50* Opening Doors 2021**: many ageing LGBT+ people are ageing well.**

### Slide 11: Ageing and LGBT+: care homes, sheltered housing, and end of life care

* Many staff will not have received LGBT+ specific training.
* Old LGBT+ people can feel they have been put back ‘in the closet’.
* It is not unusual to be told by staff in care home that there are no current LGBT+ residents.

*Hidden Figures: LGBT Health Inequalities in the UK* LGBT Foundation 2018

*The Health And Wellbeing of LGBTQ+ People over 50* Opening Doors 2021**: many ageing LGBT+ people are ageing well.**

### Slide 12: Saying ‘thank you and goodbye’ to the internal critic

* Sit comfortably with your feet on the ground.
* Close your eyes and take some deep breaths.
* Imagining that your internal critic is a person sitting in front of you whispering worries and concern.
* Thank them for raising these concerns and worries.
* Say goodbye and pay them no mind.

**Thank you.**

### Slide 13: LGBT+ and ageing: resources

[Age UK LGBT](https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/lgbt/)

[Age Scotland](https://www.ageuk.org.uk/scotland/what-we-do/lgbtq-scottish-older-peoples-network/)

[Fighting with Pride: LGBT+ Military](https://www.fightingwithpride.org.uk/)

[LGBT Foundation](https://lgbt.foundation/): Telephone 0345 3 30 30 30

[London Friend: Drugs and Alcohol](https://londonfriend.org.uk/antidote/)

[NHS Alcohol](https://www.nhs.uk/conditions/alcohol-misuse/)

[NHS Smoking](https://www.nhs.uk/better-health/quit-smoking/)

[Opening Doors](https://www.openingdoors.lgbt/)

[Switchboard LGBT+ helpline](https://switchboard.lgbt/) : Telephone 0800 0119 100

### Slide 14: LGBT+ and ageing: resources

[Glossary of LGBTQ+ terms](https://www.stonewall.org.uk/list-lgbtq-terms)

[*Planning ahead if you’re LGBTQ+* Marie Curie 2023](https://www.mariecurie.org.uk/help/support/terminal-illness/planning-ahead/lgbtq)

[*Hidden Figures: LGBT Health Inequalities in the UK* LGBT Foundation 2018](https://lgbt.foundation/hiddenfigures)

[National LGBT Partnership: Trans Health Factsheet on Ageing](https://nationallgbtpartnershipdotorg.files.wordpress.com/2012/07/np-trans-health-factsheet-ageing-final.pdf)

[*National LGBT Survey* Government Equalities Office 2018](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/722314/GEO-LGBT-Survey-Report.pdf)

[*Proud to Care: LGBT and Dementia: A Guide for Health and Social Care Providers*](https://hub.careinspectorate.com/media/4372/proud-to-care-lgbt-and-dementia.pdf):

[*Safe to be me, a resource for health and social care professionals* Age UK 2021:](https://www.ageuk.org.uk/our-impact/programmes/safe-to-be-me/)

[*The Health And Wellbeing of LGBTQ+ People over 50* Opening Doors 2021:](https://www.openingdoors.lgbt/news/health-wellbeing-survey-report)

### Slide 1: **LGBTQIA+ Caring: an alternative family dynamic perspective. Tony Collins-Moore**

### Slide 2: Introduction

Tony Collins-Moore is:

* I am Gay.
* I am a Carer.
* I am a Senior Manager for The Carers Centre Tower Hamlets

### Slide 3: History

* A came to London in 1984 as a nineteen-year-old man to work in Health and Social Care but to live my authentic gay life.
* Shortly after this my friends started dying due to HIV and AIDS and I became an instant carer for many of my friends who sadly died, I only have two friends who survived, and I continue to help when needed.
* This has a profound effect on me and still causes me emotional pain.
* Four years ago, I became a carer for both my parents:
* A) Dad who had heart failure, Diabetes and increasingly difficult mobility – Unfortunately, passed away recently.
* B) Mum who had a series of big and small strokes, Diabetes and now has Dementia, no mobility and is living in a nursing home.
* I am dealing with the aftermath of Dad’s passing with funeral costs, LPA for my Mum, selling our family home and sorting out everything.

### Slide 4: Interesting Facts

* Services in the 80’s at first were very reluctant to help, nurse, support my friends.
* You may have heard of an alternative family, and this is where it became essential for the LGBTQIA+ community to have solidarity and support their own.
* There was a lot of Homophobia, violence and mistrust.
* Legislation such as Section 28 came into force.
* As a qualified Care Act Advocate, I still have difficulty managing my Mother’s care as statutory services are not forthcoming.

### Slide 5**:** Important Self- Care Tips

I have chosen these tips, issues to be mindful of, because I feel it is crucial to look after your own wellbeing.

* Take time for yourself.
* Join a peer support group either LGBTQIA+ related or carer related.
* Know your rights.
* Get to know the Care Act 2014
* Use advocates when needed.
* Ask for respite.
* Ask for yours and the person you care for sexuality to be integral to your loved one's care package and make sure it is person centred.
* Feel comfortable, assertive and assured.

### Slide 6 : Arts, literature & Creativity

I am working with QueerCircle, and we are developing a carers group, a guide for LGBTQIA+ carers and statutory social care services.

QueerCircle use art and creativity to look at the health of the LGBTQIA+ Community.

[queering-creative-health-report\_web.pdf (artlogic.net)](https://website-artlogicwebsite0206.artlogic.net/usr/library/documents/main/queering-creative-health-report_web.pdf)

Queering Creative Health: A community-informed evaluation of Queercircle’s Health and Wellbeing Programme

### Slide 7: As I get older – this is what I want:

* I will not go back into the closet.
* If my partner or myself must access care, care homes or a care package then I will look at their Equality Policies.
* I will ask for a person centre care which includes sexuality.
* I would consider LGBTQIA+ housing or care providers.
* I would want LGBTQIA+ Carer Workers.
* I will not accept homophobia or poor service delivery.
* I have fought long and hard for equality.

Thank you for joining today & questions

**COMING SOON SEPTEMBER 1st, 2023!! Take Five to Age Well Pledge : 30 days to a healthier, happier older age.**

**Ageing Well series of Public Talks 2023/2024 – topics**

* Are we ready to live longer? - Jitka Vseteckova Lyndsey Simpson and Rachel Turner- 13th September 2023
* MENOPAUSE and changing attitudes to what people want in this stage of life. (Catherine Pestano & Lyndsey Simpson) October 18th, 2023
* Taking Control of Dying. (Barbara Gale & Victoria Hedges) November 22nd, 2023
* Learning to the top and enjoying every minute (Inma Alvarez) December 13th , 2023
* Memory and spending time outdoors. (Jitka Vseteckova & Ellie Broad) January 24th, 2024
* Anything but being sedentary (Declan Ryan) February 21st , 2024.
* Life thriving, not just surviving. (Sarah Mander & Lynne Watson) March 13th, 2024
* Ways to eat well and stay well. (Sinead Eccles) April 17th, 2024
* Making friends in blue and green spaces. (Grainne O’Connor & Yoseph Araya) , May 22nd, 2024
* Culture in language learning for older adults. (Natalia Balyasnikova) June 19th, 2024
* Delivering inclusive health services for the ethnic minority older people. (Rohini Sharma Joshi) July 10th , 2024.

### Summary of related resources to The Ageing Well Public Talk Series

***Podcasts***

* Vseteckova J & King J (2020) COVID-19 Interview podcast for The Retirement Café: ‘[Ageing Well Under Lockdown](https://theretirementcafe.co.uk/077-dr-jitka/)’
* Vseteckova J & Broad E  (2020) Podcast – Open University & The Parks Trust [Keep Me Walking - researching with people living with dementia and their carers](https://youtu.be/0QHAS88C-LU) -
* Vseteckova J (2020)  Podcast - [Areas of research with The Open University](https://youtu.be/vE6J9J_ovOM)
* Broad E, Methley A & Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust - [Spotter sheet and mindful walking](https://www.youtube.com/watch?v=dq5OXEBk3CA&feature=youtu.be).
* Vseteckova J, Methley A, Broad E (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust  [Preventing brain decline while ageing](https://www.youtube.com/watch?v=965w7K8XPdo)
* Methley A, Broad E, Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust  [Walking therapy](https://www.youtube.com/watch?v=M59FvUrqKH8)
* Vseteckova J, Methely A, Broad (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust  [Understanding our memory](https://www.youtube.com/watch?v=5WGfWrQr1AU)
* The above podcasts can be also seen on [The Parks Trust YouTube Channel](https://www.youtube.com/playlist?list=PLyDv-iwd8UZkub6qyDduaixKj1ySfKcUk)

**Further information on nutritional needs while ageing.**

* [Nutrition roadshows MK](https://www.eventbrite.com/d/united-kingdom--milton-keynes/nutrition/)
* [Diabetes UK](https://www.diabetes.org.uk/)
* [British Heart Foundation](https://www.bhf.org.uk/what-we-do/policy-and-public-affairs/campaign-successes)
* [Health watch](https://www.healthwatch.co.uk/)
* [WHO – World Health Organisation](https://www.who.int/)

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Podcasts

[Vseteckova J & King J (2020) COVID-19 Interview podcast for The Retirement Café: ‘*Ageing Well Under Lockdown’*](https://theretirementcafe.co.uk/077-dr-jitka/)

[Vseteckova J & Broad E  (2020) Keep Me Walking - researching with people living with dementia and their carers - Podcast – Open University in collaboration with The Parks Trust](https://youtu.be/0QHAS88C-LU)

[Vseteckova J (2020)  Podcast - areas for research with The Open University](https://youtu.be/vE6J9J_ovOM)

[Broad E & Methley A & Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust - Spotter sheet and mindful walking.](https://www.youtube.com/watch?v=dq5OXEBk3CA&feature=youtu.be)

[Broad E & Methley A & Vseteckova J (2021) Preventing brain decline while ageing](https://www.youtube.com/watch?v=965w7K8XPdo)

OpenLearn Resources:

[Vseteckova J (2020) Ageing Well Public Talk Series](https://www.open.edu/openlearn/health-sports-psychology/health/the-ageing-well-public-talks)

[Vseteckova J (2019) 5 reasons why exercising outdoors is great for people who have dementia](https://www.open.edu/openlearn/health-sports-psychology/mental-health/5-reasons-why-exercising-outdoors-great-people-who-have-dementia)

[Vseteckova J (2019) Depression, mood and exercise](https://www.open.edu/openlearn/health-sports-psychology/mental-health/depression-mood-and-exercise?in_menu=622279)

[Vseteckova J (2019) Five Pillars for Ageing Well](https://www.open.edu/openlearn/health-sports-psychology/mental-health/five-pillars-ageing-well)

[Vseteckova J (2020) Ageing Brain](https://www.open.edu/openlearn/health-sports-psychology/health/the-ageing-brain-use-it-or-lose-it)

[Vseteckova J (2020) Ageing Well Public Talks Series II. Plan for 2020 – 2021](https://www.open.edu/openlearn/health-sports-psychology/health/ageing-well-public-talk-series-plan-2020/2021)

[Vseteckova J (2020) Walking the Parks with The OU and The Parks Trust](https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/keep-me-walking-people-living-dementia-and-outdoor-environments)

[Vseteckova J, Borgstrom E, Whitehouse A, Kent A, Hart A (2021) Advance Care Planning (ACP ) - Discuss, Decide, Document and Share Advance Care Planning (ACP )](https://www.open.edu/openlearn/health-sports-psychology/health/advance-care-planning-acp-discuss-decide-document-and-share)

[Vseteckova J, Methley A, Lucassen M (2021) The benefits of mindfulness and five common myths surrounding it](https://www.open.edu/openlearn/health-sports-psychology/mental-health/the-benefits-mindfulness-and-five-common-myths-surrounding-it)

[Vseteckova J, Broad E, Andrew V (2021) The impact of walking and socialising through 5 Ways Café on people living with dementia and their carers: A volunteer’s perspective](https://www.open.edu/openlearn/health-sports-psychology/health/the-impact-walking-and-socialising-through-5-ways-cafe-on-people-living-dementia-and-their-carers)

[Vseteckova J, Methley A, Lucassen M (2021) The benefits of mindfulness and five common myths surrounding it](https://www.open.edu/openlearn/health-sports-psychology/mental-health/the-benefits-mindfulness-and-five-common-myths-surrounding-it)

[Methley A, Vseteckova J, Broad E (2021) Outdoor Therapy: The Benefits of Walking and Talking](https://www.open.edu/openlearn/health-sports-psychology/mental-health/outdoor-therapy-the-benefits-walking-and-talking)

[Vseteckova J, Methley a, Broad E (2021) What happens to our brain as we age and how we can stop the fast decline](https://www.open.edu/openlearn/health-sports-psychology/health/what-happens-our-brain-we-age-and-how-can-we-stop-the-decline)

[Methley A & Vseteckova J & Jones K (2020) Green & Blue & Outdoor spaces](https://www.open.edu/openlearn/health-sports-psychology/mental-health/the-benefits-outdoor-green-and-blue-spaces)

COVID-19 related.

[Vseteckova J, How to age well, while self-isolating (2020)](https://www.open.edu/openlearn/health-sports-psychology/how-age-well-while-self-isolating)

[Vseteckova J, (2020) SHORT FILM - Ageing Well in Self-Isolation](https://youtu.be/LU4pXFgcGos)

[Vseteckova J, (2020) ANIMATION - Keeping healthy in Self-Isolation](https://youtu.be/M9yUC-MUugA)

[Vseteckova J et al (2020) COVID-19 The effects of self-isolation and lack of physical activity on carers](https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/the-effects-self-isolation-and-lack-physical-activity-on-carers)

[Taverner P, Larkin M, Vseteckova J, et al.  (2020) Supporting adult carers during COVID-19 pandemic](https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/how-can-adult-carers-get-the-best-support-during-covid-19-pandemic-and-beyond)

[Robb M, Penson M, Vseteckova J, et al.  (2020) Young carers, COVID-19 and physical activity](https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/young-carerscovid-19-and-physical-activity)

[Penson M, Vseteckova J et al. (2020) Older Carers, COVID-19 and Physical Activity](https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/older-carers-covid-19-and-physical-activity)

[Vseteckova J  & Methley A  (2020) Acceptance Commitment Therapy (ACT) to help carers in challenging COVID-19 times](https://www.open.edu/openlearn/health-sports-psychology/health/how-can-acceptance-and-commitment-therapy-help-carers-challenging-times-such-the-covid-19-pandemic)

[‘*Ageing Well Public Talks*’ Series 2021/2022 repository on ORDO Collections](https://ordo.open.ac.uk/collections/Ageing_Well_Public_Talks_2021-22/5493216)

[‘*Ageing Well Public Talks*’ Series 2020/2021 repository on ORDO Collections](https://ordo.open.ac.uk/collections/Ageing_Well_Public_Talks_2020-21/5122166)

[‘*Ageing Well Public Talks*’ Series 2019/2020 repository on ORDO Collections](https://doi.org/10.21954/ou.rd.c.4716437.v1)

[OpenLearnCreate Course on ‘*Ageing Well’ 2019/2020*](https://www.open.edu/openlearncreate/course/view.php?id=5016)

[Home exercise no equipment – no problem (](https://selsdotlife.wordpress.com/2020/04/01/home-exercises-for-older-adults-no-equipment-no-problem/)*[Blog](https://selsdotlife.wordpress.com/2020/04/01/home-exercises-for-older-adults-no-equipment-no-problem/)*[)](https://selsdotlife.wordpress.com/2020/04/01/home-exercises-for-older-adults-no-equipment-no-problem/)