



Age is the greatest risk factor for Alzheimer's disease.

An estimated **2.7 million** LGBT people are **over age 50** and **7.4%** of the lesbian, gay and bisexual older adult population **has dementia.**
(Alzheimer's Association)

Fear of discrimination can delay access to care. **40%** say their health care providers don't know their sexual orientation.
(Alzheimer's Association)

HEALTH AND WELLNESS OF LGBT+ OLDER ADULTS

LGBT+ older adults can experience greater health disparities due to:

- Increased rates of chronic illness
- Mental health concerns
- Difficulties in accessing healthcare
- Social isolation
- Discrimination and stigma



These factors contribute to a greater risk of poor health outcomes and shorter life expectancy among LGBT+ older adults.



It is estimated that there are more than **170,000** LGBT+ adults age 65 and older living in California.
(UCLA School of Law)

LGBT+ older adults are **2x** as likely to be single and live alone. (SAGE)

88% of LGBT+ older adults say they'd feel more comfortable with long-term care services if they knew staff had been specifically trained about the needs of LGBT+ patients. (SAGE)



59% of LGBT+ older adults report feeling a lack of companionship. (SAGE)



COUNTY of VENTURA
Human Services Agency
Area Agency on Aging

VCAAA.VenturaCounty.gov/lgbt
805-477-7300





HOW CAN WE SUPPORT LGBT+ OLDER ADULTS IN VENTURA COUNTY?



Actively advocate for LGBT+ older adults.

Speak up when you hear homophobic, transphobic or ageist comments or jokes at the expense of older adults.

Humanize the experiences of LGBT+ older adults by sharing that these comments are hurtful and negatively affect their mental and physical wellness.

Create welcoming spaces free of judgment. Older adults may rely on caregivers to support them with the most intimate of tasks (e.g., bathing) — they may feel incredibly vulnerable. Affirming spaces increases the likelihood of older adults sharing their needs with us.

Embrace and model compassion and kindness for others.



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