



VIRGINIA DEPARTMENT OF
SOCIAL SERVICES



VCU

Gerontology
College of Health Professions

Culturally Competent Care for Diverse Populations in an Adult Day Setting

Part II: LGBT Individuals

Developed by Jay White, EdD, CDP, Gerontologist
*for the VCU Department of Gerontology &
Virginia Department of Social Services, Division of Licensing Programs*

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Series Overview:

An overall increase in understanding and application of person-centered care theories and practices with diverse populations

Part II Objectives

An increased understanding of sexual orientation, gender identity and older adults

An increased understanding of LGBT issues unique to an Adult Day setting

An introduction to facts and statistics unique to the LGBT population

Best practices for person-centered interventions with LGBT individuals in and Adult Day setting

A particular focus on the differentiation between sexual orientation and gender identity

Why Adult Day Support?

Nearly 5,000 adult day support centers nationwide

Supervised care, plus physical and social activities

Ability to return home

Respite for caregivers

Lower cost than other long-term care options

PERSON- CENTERED CARE:

**A REVIEW FROM
PART 1**

Person-Centered, Culturally Competent Care

An approach to care that respects and values the uniqueness of each participant. Care that seeks to maintain, even restore, the personhood of individuals. One size does not fit ALL!

Personal Worth and
Uniqueness

Respect

Independence

Social Confidence

Truthfulness

Engagement

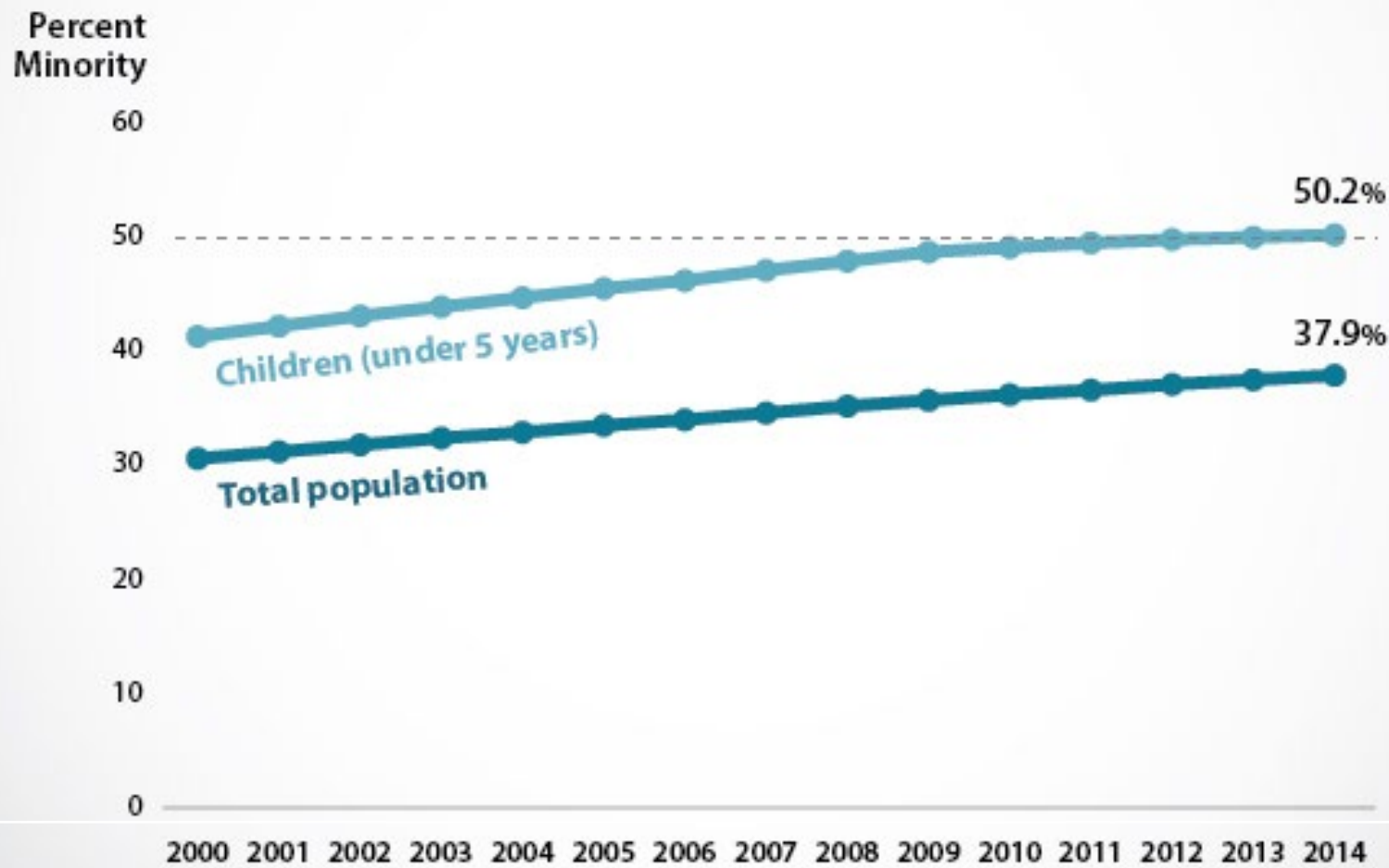
Hope





A More Diverse Nation

For the First Time, More Than 50 Percent of Children Under Age 5 are Minorities



**MINORITY IS
THE
MAJORITY!**

Why do we engage in Person-Centered, Culturally Competent Care?

01

It's the right thing to do.

02

Employees report increased job satisfaction

03

Less staff turnover in agencies that participate in person-centered programming

04

Decreased client turnover

05

Family Caregivers report increased satisfaction and piece of mind

06

Word of Mouth (clients, donors)

07

And it's the right thing to do

Questions from Module 1



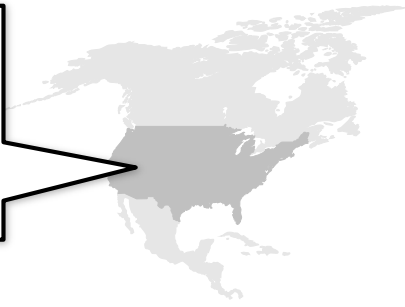
GEN SILENT

www.youtube.com/watch?v=fV3O8qz6Y5g

WHY LGBT?

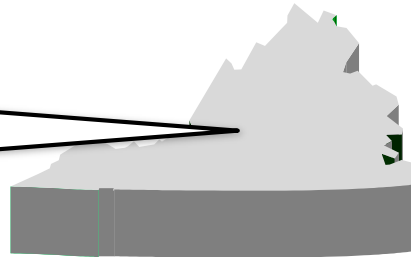
8,000,000

By 2030, between
3.6 and 7.2 million
LGBT Americans

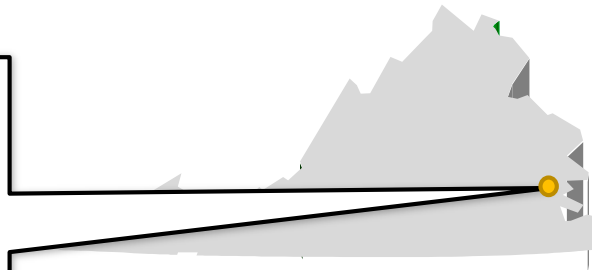


WHY LGBT?

45,000 Lesbian
and Gay
Households in
Virginia by 2030



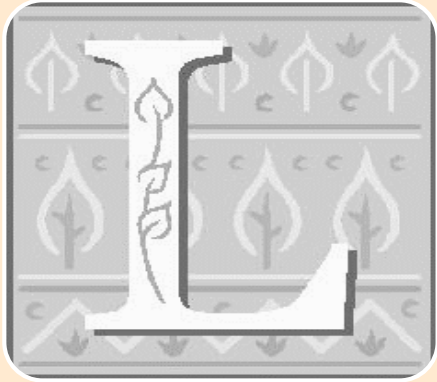
Richmond ranks #16 nationwide in
the number of Lesbian and Gay
identified households



**VIRGINIA
IS FOR
LOVERS**



WHAT ARE WE TALKING ABOUT?



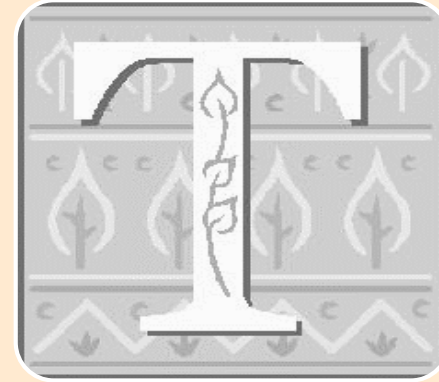
Lesbian



Gay

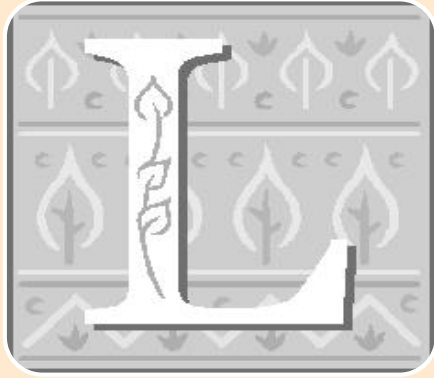


Bisexual



Transgender

WHAT ARE WE TALKING ABOUT?



Lesbian

Women
attracted to
other women



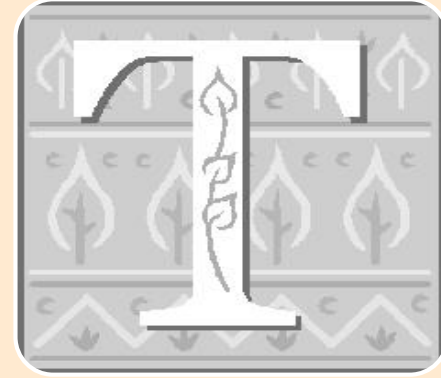
Gay

Men attracted
to other men



Bisexual

Attracted to
both, men and
women



Transgender

Refers to
gender identity

Sexual Orientation/Gender Identity

**GENDER IDENTITY IS
NOT THE SAME
AS
SEXUAL ORIENTATION**

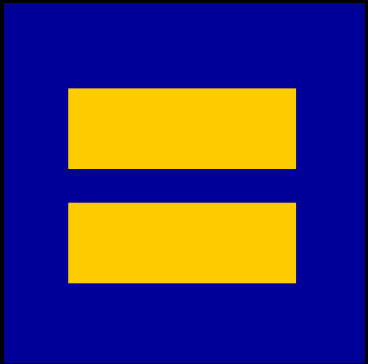
Everyone has both a gender identity and also a sexual orientation

Your gender identity is your personal view of your own gender.

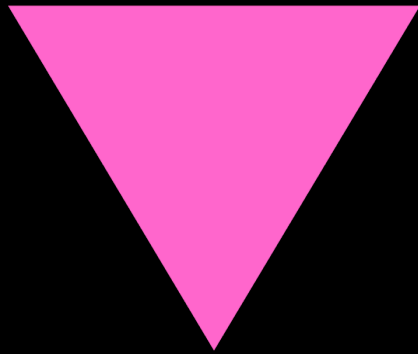
Your sexual orientation is your personal view of who you are attracted to.

Transgender people can be straight, gay, lesbian or bisexual – just the same as everyone else!

LGBT Symbols



HRC Logo



Pink Triangle



Rainbow Flag



Transgender Pride Flag

TRUTHS
ABOUT

```
graph LR; A[TRUTHS ABOUT] --- B[Lesbian]; A --- C[Gay]; A --- D[Bisexual]; A --- E[Transgender]; B --- F[PEOPLE]; C --- F; D --- F; E --- F;
```

The diagram consists of a white rectangular area on the left and a black rectangular area on the right. In the white area, a yellow box labeled 'TRUTHS ABOUT' is connected by a horizontal line to a vertical line. From this vertical line, four horizontal lines branch out to four separate yellow boxes labeled 'Lesbian', 'Gay', 'Bisexual', and 'Transgender'. These four boxes are stacked vertically. A single horizontal line connects the right side of this stack of boxes to a large black rectangular area on the right. Inside the black area, the word 'PEOPLE' is written in white capital letters.

Lesbian

Gay

Bisexual

Transgender

PEOPLE



**WHAT PERCENTAGE OF THE POPULATION IS
CONSIDERED TO BE GAY, LESBIAN, BISEXUAL OR
TRANSGENDER?**



Identifying as LGBT is a lifestyle of
choice; people can change
if they want to change

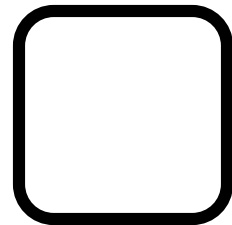
☐

TRUE

☐

FALSE

Identifying as LGBT is a lifestyle of choice; people can change if they want to change



TRUE



FALSE

LGBT Older adults have an increased risk
of untreated serious illnesses

☐

TRUE

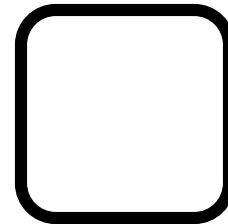
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FALSE

LGBT Older adults have an increased risk
of untreated serious illnesses



TRUE



FALSE

Gay, lesbian, bisexual and transgender individuals are protected from workplace discrimination in the united states

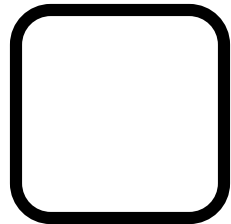
☐

TRUE

☐

FALSE

Gay, lesbian, bisexual and transgender individuals are protected from workplace discrimination in the united states



TRUE



FALSE

HIV is increasing in the older population

☐

TRUE

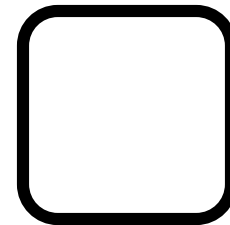
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FALSE

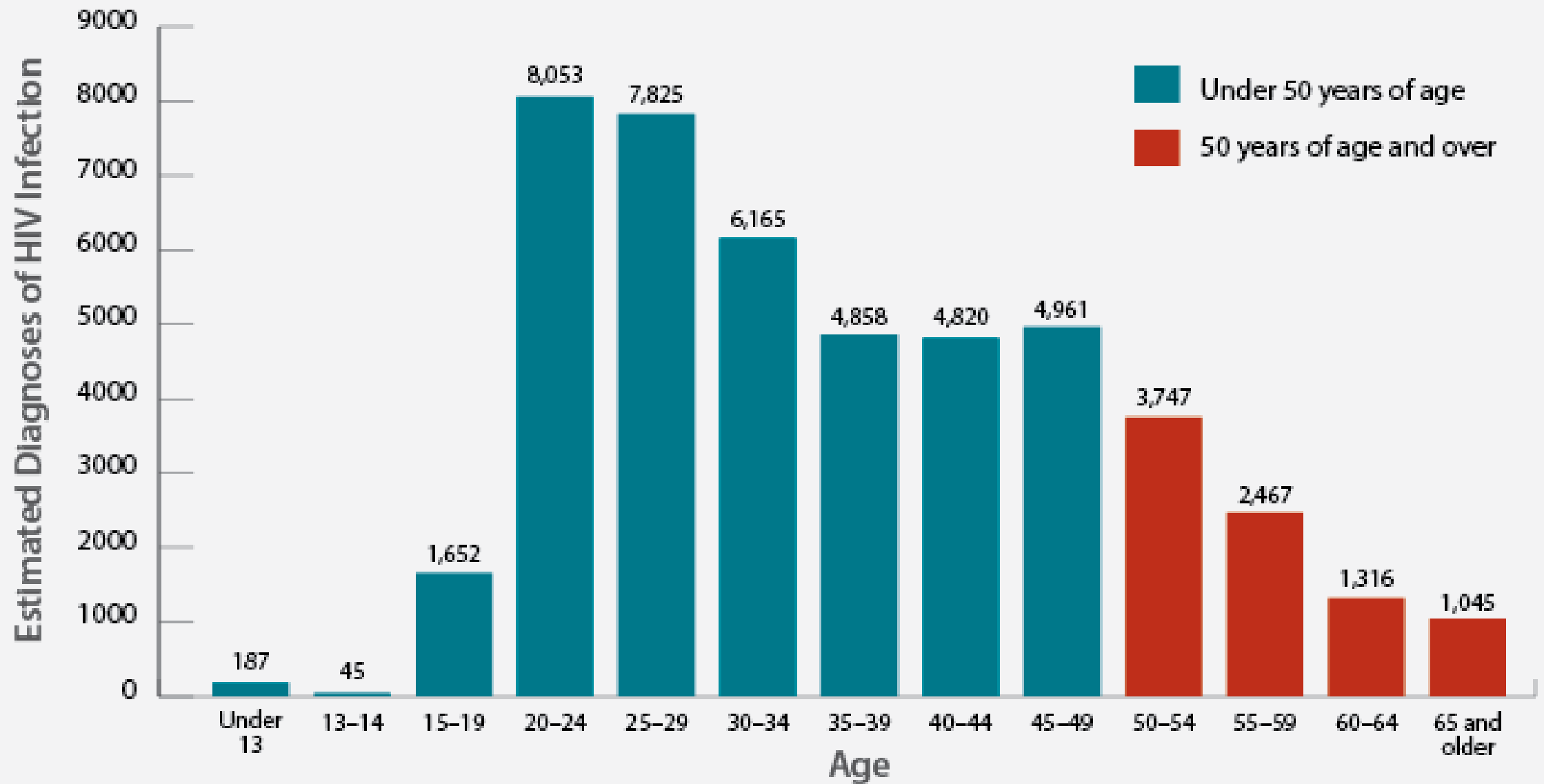
HIV is increasing in the older population



TRUE



FALSE



Most older LGBT people have partners or spouses they can rely on for help

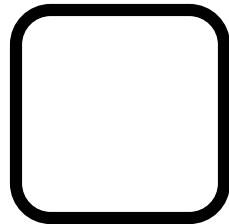
☐

TRUE

☐

FALSE

Most older LGBT people have partners or spouses they can rely on for help



TRUE



FALSE

■ LGBT Older Adults ■ Older Adults in General Population

75%



33%



LIVE ALONE

90%



20%



HAVE NO CHILDREN

80%



40%



ARE SINGLE

LONELINESS

Social Isolation: Review



1 million

Over 1 million older people say they are always or often feel lonely

People with a high degree of loneliness are twice as likely to develop Alzheimer's as people with a low degree of loneliness



2x

Loneliness can be as harmful for our health as smoking 15 cigarettes a day

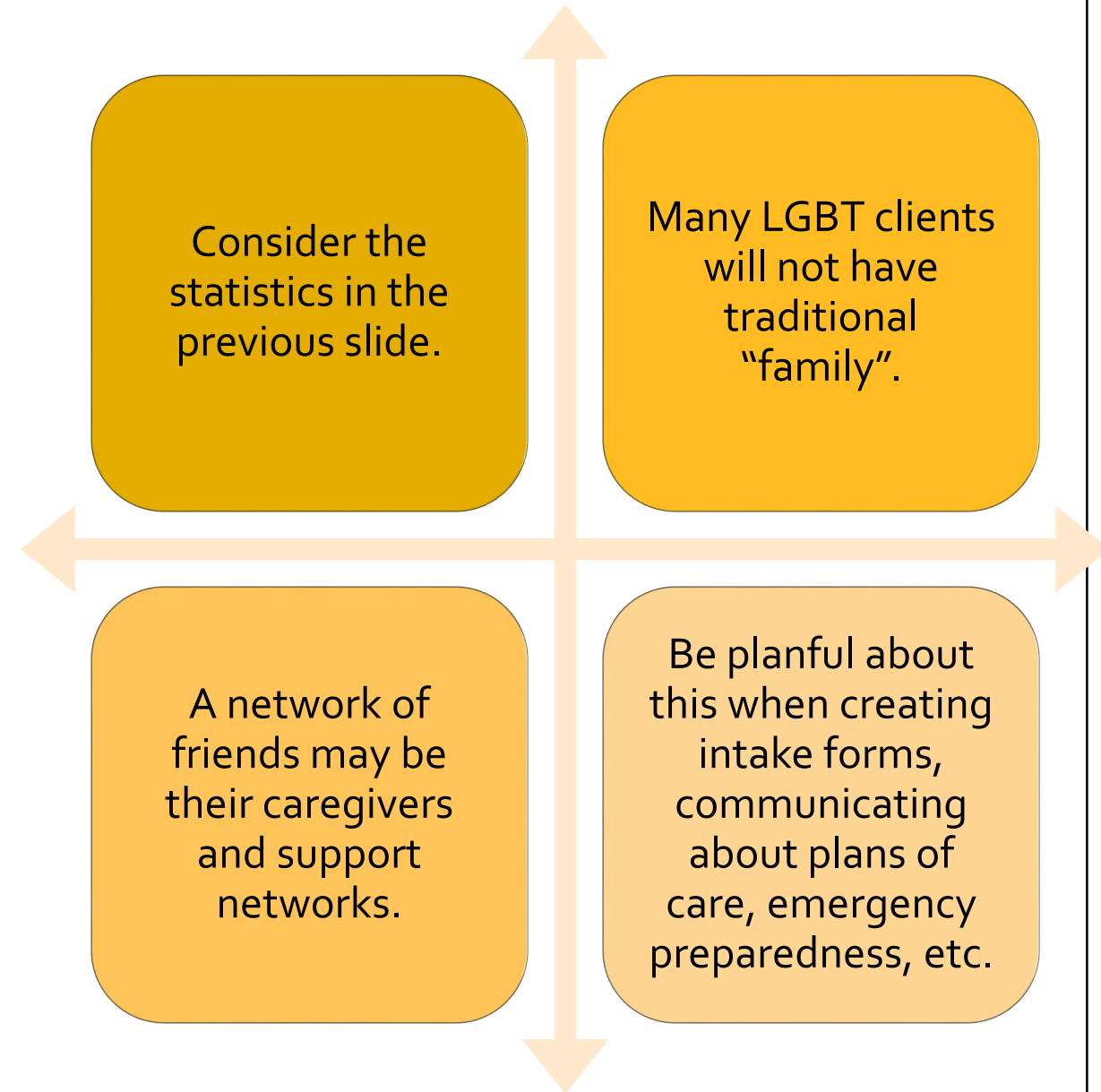


Nearly half (49%) of all people aged 75 and over live alone

9% of older people feel trapped in their own home

Pop Quiz!

A Family of Friends



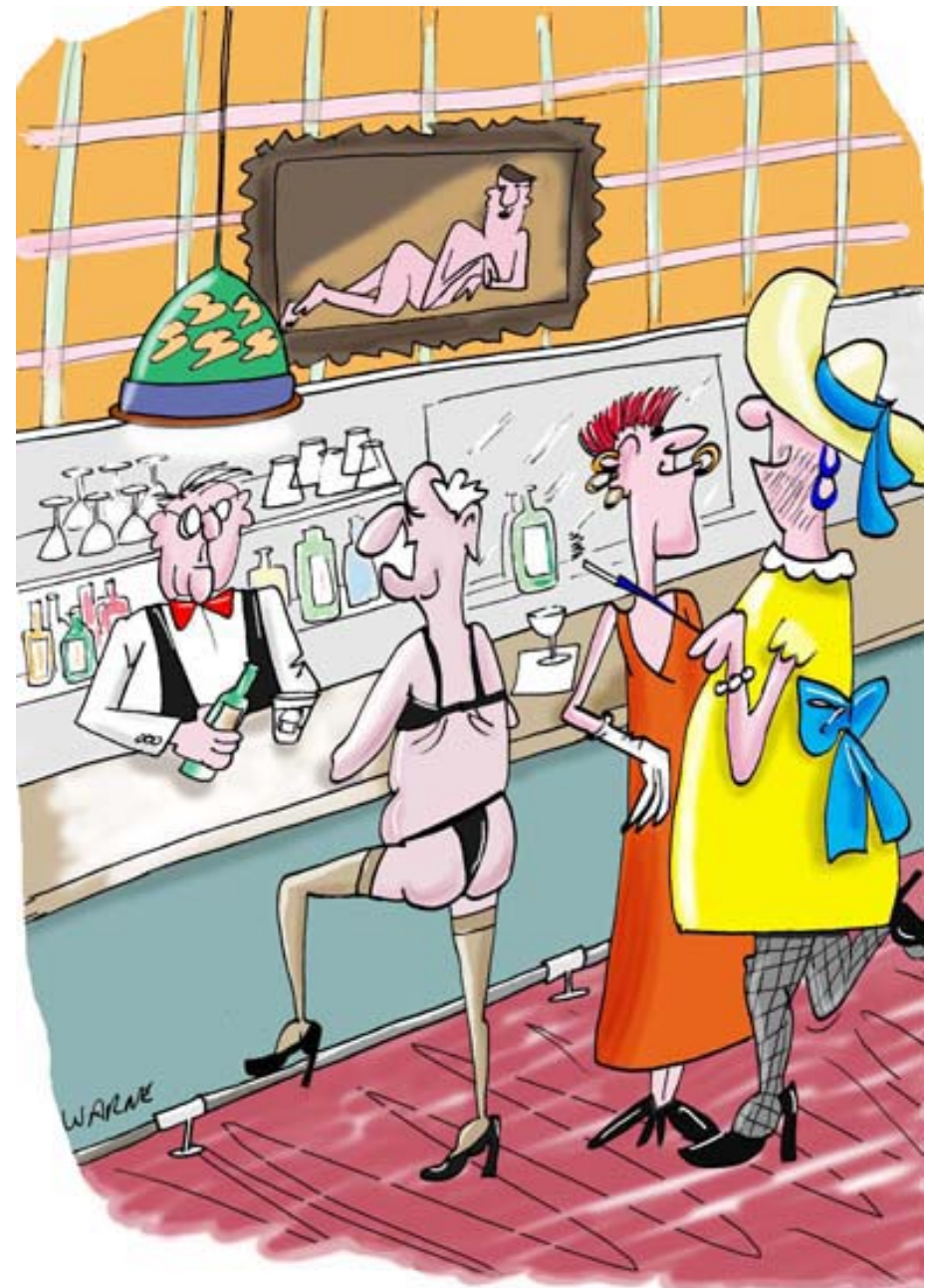


Trans History:
Why Risk for Isolation
is
Significant



LGBT “HUMOR”

Transgender Humor



"You know Harry, sometimes I miss the old ways."



LGB HUMOR



TRANSGENDER
HUMOR

BRUCE JENNER'S



CAT

**TRANSGENDER
HUMOR**

Do you laugh at jokes whose humor depends upon stereotypes in general?

How about jokes that stereotype gays, lesbians, bisexual or transgender people?

How does this attitude affect the service you or your agency provides to LGBT people?

The Old Bag You'll Actually Love.



KIESEL
Camera Bag Solutions

KIESELBAGS.COM | 619.819.8578

◀ Ad appearing in *Photo District News* for Kiesel camera bags;
Kiesel Bags, 1277 Kettner Blvd.,
Suite 304, San Diego, CA 92101;
(619) 819-8578;
info@kieselbags.com

Discussion

We reviewed
person-centered
care concepts and
philosophies



We discussed
unique barriers to
person-centered
care for lesbian, gay,
bisexual and
particularly
transgender
individuals



We discussed humor
based in LGBT and
aging stereotypes



We spent particular
time discussing how
all of these impact
adult day
communities

INTIMACY AND SEXUAL EXPRESSION



INTIMACY AND SEXUAL EXPRESSION



Sexual Expression...

- Ranges from hand holding to intercourse
- Is as simple as a way someone dresses
- Is an outlet for anxiety
- Minimizes loneliness

Sexuality and Intimacy
is fundamental to an
individual and intrinsic
to a person's self and
well being.

The diagram consists of two yellow rounded rectangular boxes on a white background. The left box contains the text 'Sexuality and Intimacy is fundamental to an individual and intrinsic to a person's self and well being.' The right box contains the text 'At any age we require:' followed by a bulleted list: '• Companionship', '• Intimacy', and '• Love'. Two curved yellow arrows connect the boxes: one from the top of the left box to the top of the right box, and another from the bottom of the right box to the bottom of the left box, forming a circular flow.

At any age we require:

- **Companionship**
- **Intimacy**
- **Love**

A basic
human
need

1

Intimacy: A close familiar and usually affectionate or loving personal relationship with another person or group."

2

Sexuality: Pertaining to copulation, having sex or involving sex, implying or symbolizing erotic desires, capable of sexual feelings."

Terms

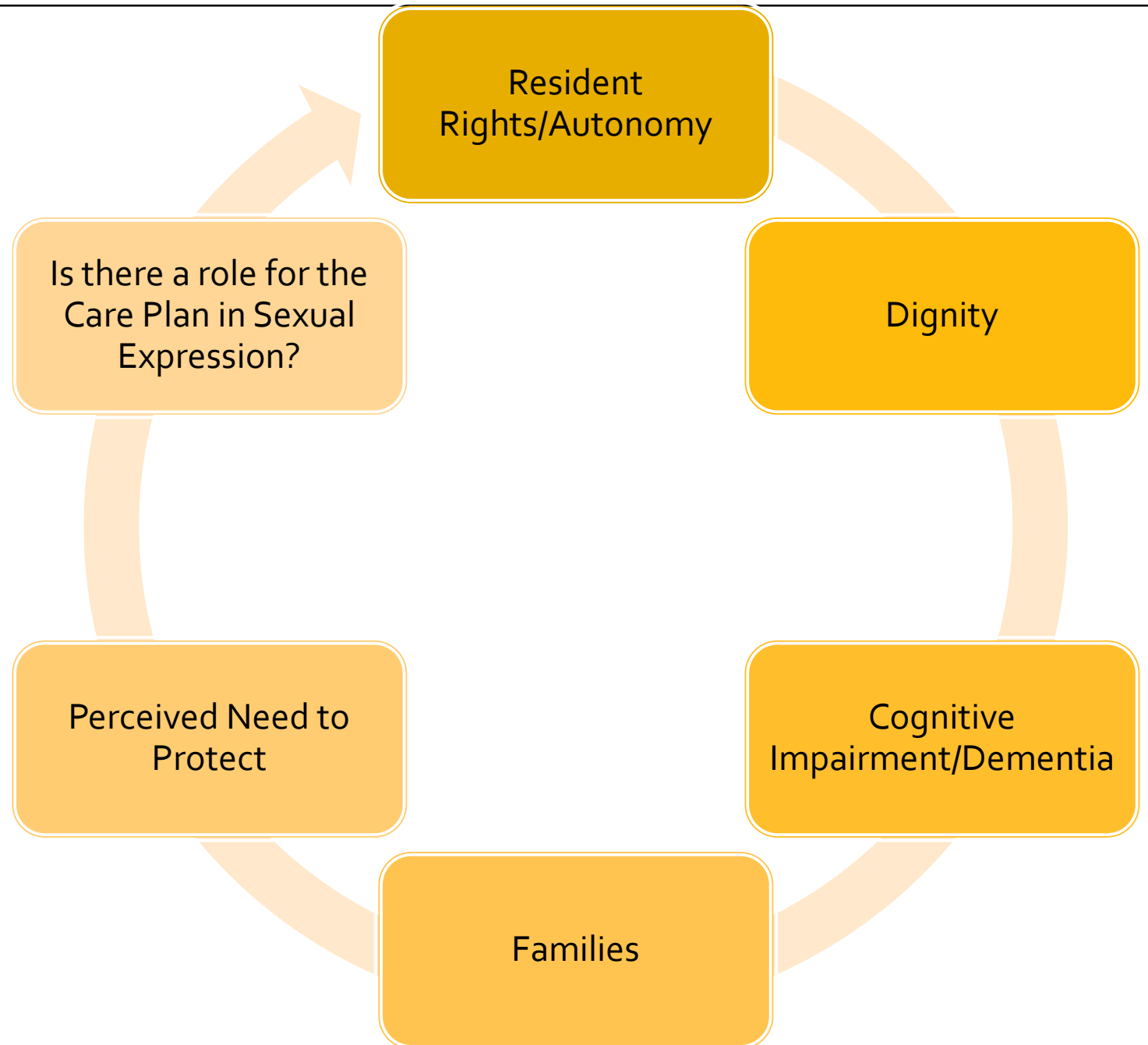
Acceptable expression in adult day?



Evidence suggests that we are accepting of light forms of expression such as:

- Holding Hands
- Stroking
- Kissing

What should we consider?





1

Elaine and Patricia are partners who lived together as a couple for several years.



2

Patricia, however, was diagnosed with MCI (mild cognitive impairment). Elaine managed to support Patricia at home for over a year, but when Elaine started having her own health problems, she felt she could no longer cope with the physical demands of Patricia's care.



3

It was agreed by Patricia and Elaine that Patricia needed additional care and support. Patricia started attending a local day support program. From time to time, Elaine stops by to check in and visit during the day. They sit and hold hands. Often when Elaine leaves, she will give Patricia a kiss.



4

Recently, one of your colleagues expressed disgust and a religious objection to seeing Elaine and Patricia together.

What do you do?

Journal!

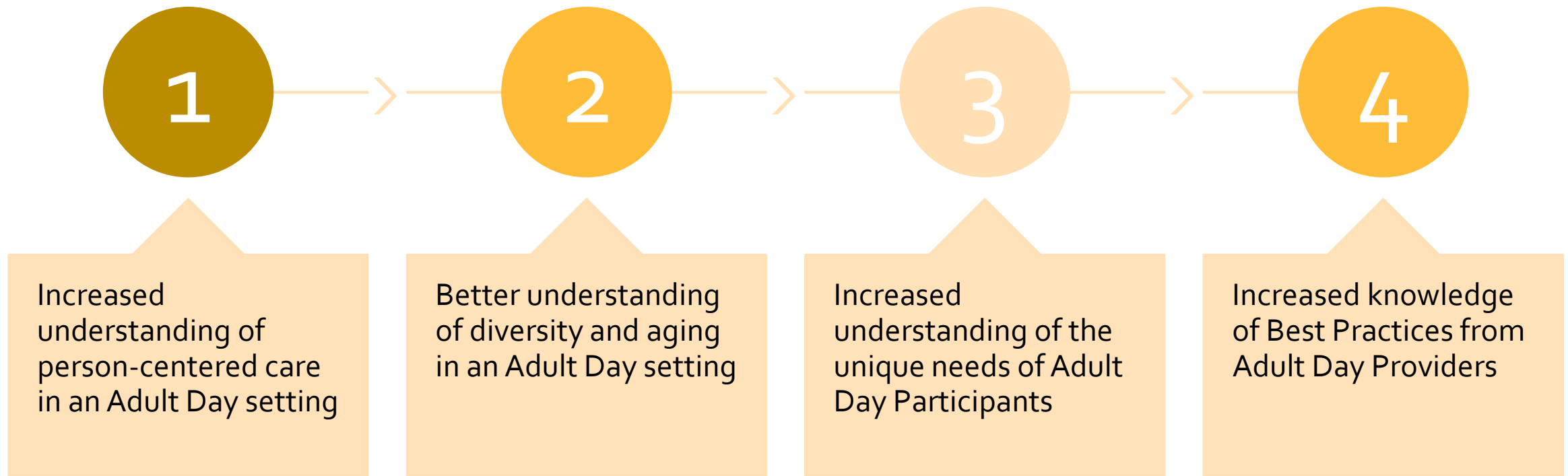
JOURNAL





- *Three out of every four* adults agree with the statement, “Americans suffer from skin hunger.”
- More Americans live alone than ever before.
- One in four Americans reports not having not a single person to talk to about important issues.
- Loneliness among American adults has increased 16 percent in the last decade.

Summary



A black and white photograph of a person wearing a dark suit jacket and a light-colored shirt, holding a white rectangular sign with both hands. The sign has the word "QUESTIONS?" written on it in a large, bold, black, sans-serif font. The person's hands are visible at the bottom of the sign, with fingers slightly curled. The background is a plain, light-colored wall.

QUESTIONS?



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THANK YOU!

Phone: (804) 828-1565

Website: www.sahp.vcu.edu/gerontology/

Email: agingstudies@vcu.edu

Be sure to “like” us on Facebook

<https://www.facebook.com/vcugerontology>