



PulseSpecial: Pride

PulseSpecial: Pride 2023

We are pleased to publish this special edition of the CordisPulse marking this year's Pride. Pride is celebrated in the month of June, the same month that the Stonewall riots took place in 1969, a watershed moment in the history of LGBTQ+ rights.

This annual observation provides the opportunity to celebrate lesbian, gay, bisexual, transgender and queer pride, history and culture. It also gives us an opportunity to highlight the significant work still left to do to address the inequalities faced by LGBTQ+ people.

This Pride month, we have decided to centre our focus on the lives and experiences of older members of the LGBTQ+ community. As a result, this Pulse Special highlights key reports and tools published over the past five years, that have the voices and experiences of LGBTQ+ older people at their heart. These reports illustrate the inequalities faced by older LGBTQ+ people in the sectors of adult social care and health, and how actors in these sectors can make changes to improve outcomes for this group.

A recurring theme of the reports included in this Pulse Special is summarised in the 'Safe to be me' guide produced by AgeUK, which states:

“One of the biggest single barriers to good practice in care for older LGBT people is the notion that sexuality no longer matters in old age.”

AgeUK

Many of those in this age group will have lived experience of growing up before the gay liberation movement of the 1960s and 1970s. This means their experiences of what it is and was like to be LGBTQ+, and the challenges they faced, are likely to have been very different from those of younger generations growing up LGBTQ+ in the UK today. This older age group is also now experiencing the further challenge



of the intersection of ageism and discrimination in the form of homophobia or transphobia.

A note on terminology: LGBTQ+ acronyms are evolving to reflect the inclusivity of different gender identities and sexualities into the LGBTQ+ community. Since the original acronym's inception in the 1990s as a way to unite different non-heteronormative communities, alternative versions of the LGBT acronym have been popularised. We have chosen to use LGBTQ+ here, as we feel it best covers the variety of non-heteronormative identities and sexualities that are represented in Pride. The reports in this Pulse Special use different variations of the acronym, so we reflected the acronym used in each report in our summaries

If you would like to discuss any of the issues raised in this month's Pulse, please do get in touch by emailing stellabutler@cordisbright.co.uk.

Best wishes,

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If you would prefer not to receive future editions of the CordisPulse, please click 'unsubscribe' at the very end of this email. If you would like to discuss anything that arises from the Pulse (or if there are others who you think would like to receive copies) then please contact Dr Stephen Boxford on stephenboxford@cordisbright.co.uk or 020 7330 9170.

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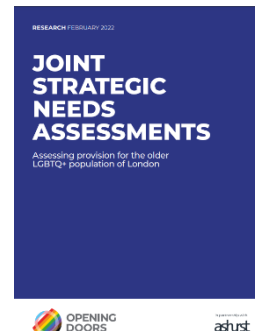
Publications are in chronological order throughout, with the most recent first.

Reports

Opening Doors. Joint Strategic Needs Assessments: Assessing Provisions for the Older LGBTQ+ Population of London

February 2022

This report examines the inclusivity of London's Joint Strategic Needs Assessments (JSNAs). The report expresses concerns that the needs of London's age 50+ LGBTQ+ population are not being adequately addressed and resourced. The report highlights areas where information on the older LGBTQ+ population of London is lacking.



Each of London's 32 boroughs was individually assessed against a series of questions formulated by Opening Doors. The questions covered different aspects of boroughs' JSNAs, such as 'Is there a dedicated LGBTQ+ section in the JSNA?', 'Is there evidence of consultation with local LGBTQ+ people?', and 'Are there any specific recommendations for LGBTQ+ specialist services?'. Key findings from the assessments were:

- Only 15% of London boroughs have a dedicated LGBTQ+ section in their JSNA. Among those that do have a dedicated LGBTQ+ section, most referred to the lack of local knowledge on the LGBTQ+ population living in the borough and/or identified the health inequalities of adult LGBTQ+ people.
- Only 3% of boroughs have a standalone LGBTQ+ JSNA or JSNA appendix.
- Only 13% of boroughs have cited any specific recommendations for LGBTQ+ specialist services within their JSNA; and where there are specific recommendations, these are mainly related to sexual health and/or mental health services.
- 38% of boroughs noted recommendations on adapting mainstream commissioning/ services to be inclusive of LGBTQ+ residents.

The report proposes some positive examples of local authorities in England that have successfully produced more inclusive JSNAs. One such example was Brighton and Hove, whose JSNA integrates the needs of the LGBTQ+ community throughout the report, as well as producing standalone sections which exhibit extensive engagement with local LGBTQ+ charities and propose detailed recommendations to address local issues.

Lottmann, R., and King, A. in *Sexualities*. Who can I turn to? Social networks and the housing, care and support preferences of older lesbian and gay people in the UK

February 2022

What happens when lesbian and gay people, who are more likely to be childless and single than their heterosexual peers, get older and need support and care? This article in *Sexualities* draws on data collected in 2016 as part of a project called SAFE Housing, concerning the housing preferences, experiences and concerns of older LGBT people in the United Kingdom.



The article explores the social networks that older lesbian and gay people expect to utilise later in life if they require different forms of care.



It considers the role of 'families of choice' and looks at to what extent such bonds are useful for the different forms of care and support require in later life. The article analyses findings regarding who older gay and lesbian survey respondents thought they would turn to for support, across the categories of emotional support, practical help, personal care, and full-time assistance.

Key findings were:

- Most survey respondents felt that they did have people they could turn to informally, in the need of future care and support. A spouse/partner was viewed as a significant source of support across all categories.
- Friends were viewed as the most relevant source for emotional support, with 66% of older lesbians, and 58% of older gay men believing they would rely on friends for this kind of support.
- For more intensive forms of support, such as personal care and full-time assistance, the majority of survey respondents indicated they would turn to a spouse or partner, or felt they had no one to turn to.

The article found friends to be a fragile source of support in terms of long-term general care, hence older lesbians and gay men are more reliant on formal services in later life.

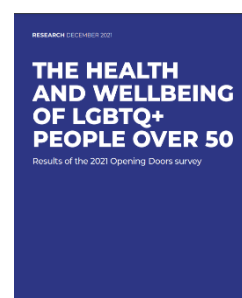
Respondents were also asked about levels of comfort with the possibility of certain groups entering their homes to provide care and support. They were asked about the following groups: home care workers, public officials, trades persons, neighbours, and health professionals. The most notable findings were:

- Respondents were most comfortable (64%) with health professionals, such as a doctor or nurse, entering their home.
- Less than half (40%) of respondents were comfortable with home care workers entering their home, suggesting concern around more intimate forms of care.
- When needing formal care at home, having carers who were similar in terms of gender and sexuality was important. This was especially true for older lesbians, 34% of whom answered that it was important or very important for the person providing their care to have the same sexuality or sexual identity as them.

Opening Doors. The Health and Wellbeing of LGBTQ+ People Over 50: Results of the 2021 Opening Doors survey

December 2021

This report presents the findings of a health and wellbeing survey conducted by Opening Doors of 244 LGBTQ+ people over the age of 50. It aimed to deepen understanding of older LGBTQ+ people's attitudes and behaviours surrounding health, and to make policy and practice recommendations for positive healthy ageing amongst older LGBTQ+ people.



The report covers four main areas: general health and wellbeing, engaging with health services, providing inclusive services and care for LGBTQ+ people, and staying healthy and preventing ill-health among older LGBTQ+ people.

Key survey findings were:

- Over half (56%) of respondents reported that their health was good or very good.



- Nearly half (48%) reported that they had long-term conditions or illnesses that substantially interfered with their day-to-day activities.
- Nearly half (49%) of respondents described their mental health and emotional wellbeing as good or very good.
- 43% of respondents found the health service they used was inclusive of LGBTQ+ people.

Key policy and practice implications were:

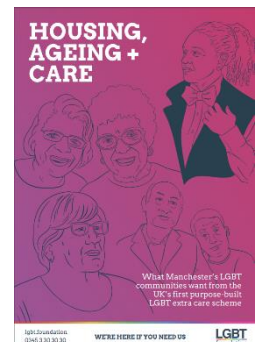
- Health services need to continue to acknowledge and respond appropriately to the diverse needs of the older LGBTQ+ population, monitor LGBTQ+ demographics, raise staff awareness through training and explore more innovative approaches to demonstrate the inclusivity of mainstream services.
- Greater London Health Authority, and other councils need to identify the older LGBTQ+ population in their boroughs, research their needs and ensure these are addressed in local planning.

The report concluded that the vital services provided by LGBTQ+ charities should be recognised, prioritised and funded.

LGBT Foundation. Housing, Ageing and Care: What Manchester's LGBT communities want from the UK's first purpose-built LGBT extra care scheme

October 2020

In 2020, LGBT Foundation was given funding from Homes England for a project to enhance understanding on the housing and support needs of LGBT people aged 55+ in Greater Manchester and involve them in the planning of the country's first purpose-built LGBT Extra Care Scheme. LGBT Foundation launched a survey asking people about their current finances, housing situation, care needs and thoughts on what an LGBT Extra Care Scheme would look like.



The survey found particularly stark results relating to income levels and respondents' ability to plan for future care:

- 62% had less than £10,000 saved, including 28% who had no savings at all.
- 74% did not know how they would pay for future care and support.

There was a positive response to the provision of a new LGBT Extra Care Scheme in Manchester, and significant support for housing and social care options that reflected and responded to people's LGBT identities:

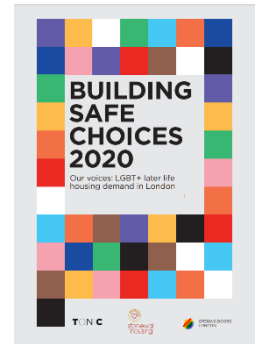
- 74% were interested in moving into an LGBT Extra Care Scheme in the future.
- 51% would not be comfortable in retirement housing without specific LGBT considerations.



Tonic, Stonewall Housing and Opening Doors. Building Safe Choices 2020: Our voices: LGBT+ later life housing demand in London

September 2020

Tonic, Stonewall Housing and Opening Doors London (ODL) jointly carried out this research to enhance understanding of the housing, care and support requirements of older LGBT+ people in London. The report is written with the ambition that older LGBT+ people are able to make choices about their housing, care and support from a range of safe and appropriate options.



The report is informed by a survey of over 620 respondents carried out in early 2020. Key findings show that respondents want:

- Housing, care and support services that are safe.
- Policy makers and providers to recognise their diversity and differences.
- More advice and support around housing and associated services.

The report makes five key recommendations for public bodies:

- Formally recognise the needs of older LGBT+ people in policy and practice.
- Co-design a pathway to enable older LGBT+ people to access appropriate services and housing.
- Commit to developing LGBT+ affirming housing in London.
- Promote LGBT+ accredited housing and care services.
- Fund LGBT+ community led services for older people.

International Longevity Centre UK. Raising the equality flag: Health inequalities among older LGBT people in the UK

May 2019

This report highlights findings from a project conducted by researchers at University College London, Cardiff University, and International Longevity Centre, funded by the Wellcome Trust. The report explores discrepancies in health outcomes experienced by older LGBT people. The research reveals that a lifetime of prejudice and stigma is leading to worse physical and mental health, poorer access to health and social care, as well as greater levels of social isolation and loneliness among older LGBT people.



The analysis, based on data from 24 different surveys, demonstrates that the incidence of lesbian, gay, or bisexual men and women experiencing poor self-rated health are around 1.2 times higher than for heterosexual people. Further, older non-heterosexual men were found to be more likely to be living with a long-term limiting illness and have lower overall life satisfaction than their heterosexual counterparts.

The report outlines the implications of the research on policy and practice, and what needs to happen in order to reduce health inequalities among older LGBT people. It highlights three main areas for future policy and practice development:

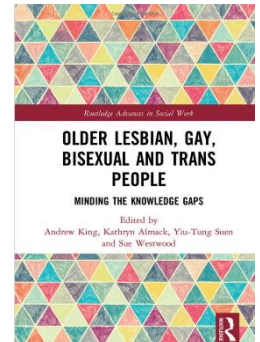
- Ensure mainstream health and care services are inclusive.



- Develop a national standard or quality assurance framework around equality and diversity training for the needs of older LGBT people.
- Improve the collection of data around older LGBT people and their health and care needs.

Almack, K. “I didn’t come out to go back in the closet”: Ageing and end of life care for older LGBT people’ in *Older Lesbian, Gay, Bisexual and Trans People: Minding the Knowledge Gaps*

September 2018



This is a chapter from the book, *Older Lesbian, Gay, Bisexual and Trans People: Minding the Knowledge Gaps*, which explores what it means to grow older as an LGBT person. This chapter examines a particular gap in knowledge concerning the end-of-life care needs and experiences in the lives of older LGBT people. Findings suggest that diverse needs are not being met by current end-of-life care in the UK, and adequate provision is not being offered for older LGBT people. The chapter also highlights some positive examples to suggest ways forward to develop equitable service provision that addresses core principles of dignity and respect for all.

The data presented in the chapter is drawn from a UK-wide study looking at the life experiences and care needs of older LGBT people, funded by the Marie Curie Research Programme. It involved a survey of 237 people, and in-depth interviews with 60. The respondents were people living in the UK, aged 60 or over and who self-identified as LGBT. LGBT people aged under 60 but in a relationship with an LGBT person aged 60 or older were also included.

Research in the areas of palliative and end-of-life care has historically focused on family relationships that are biased towards ‘traditional’, heterosexual families. This has resulted in a lack of understanding of the needs of older people living in non-traditional family setups.

While some end-of-life care issues facing LGBT older adults are similar to those faced by all older people, LGBT people also face some unique challenges. This chapter highlights concerns of older LGBT survey respondents in relation to end-of-life service provision in the UK and details their personal experiences. For example, one trans survey respondent explained feeling apprehensive when revealing their body to care workers, and the difficulty of constantly having to explain their anatomical differences to new people. Two trans study participants revealed concerns about how they would be referred to after they had died, and whether family members would honour their wishes to be buried as a person of the gender they identify with.

MindOut. Ageing well in LGBTQ communities

May 2018

MindOut is a mental health charity for the LGBTQ community. This report highlights the significant differences in LGBTQ experiences of mental health in older age. The report summarises the experiences of people who identify as LGBT+ and are over 50. Consultation involved 80 survey responses from LGBT+ people in Brighton and Hove, 131 from members of Opening Doors London (charity for LGBTQ+ people over 50), and two focus groups of older LGBT+ people from different organisations.





The report covers a range of experiences and issues for LGBTQ+ older people, including coming out in later life, health and social care experiences, isolation and loneliness, histories of homophobic and transphobic abuse, ageism and suicide.

Key findings on survey respondents' experiences of Ageism include:

- 35% of survey respondents experienced ageism in the year prior to the report being published.
- 13% said they had experienced ageism from within the LGBTQ community.
- One nurse responded to a MindOut worker who was distributing leaflets, 'they won't want those gay fliers, this is the older people's ward.'

Key findings include:

- 77% of survey respondents said their experience of being LGBTQ and how they express their identity had changed as they had grown older.
- 50% of survey respondents use social media to support their mental health.
- 80% of MindOut service users talked to the charity about suicidal distress in the year prior to the report being published.

The report also notes the value and importance of LGBTQ spaces, groups, services, events and opportunities for older people. This included the need for space to socialise which is not part of commercial LGBT venues, where some older people cannot get access or do not feel welcome, one respondent noted 'I feel too old for lesbian venues'.

Tools and Guidance

Age UK. Safe to be me: Meeting the needs of older lesbian, gay, bisexual and transgender people using health and social care services

Updated September 2021

The 'Safe to be me' resource guide offers practical advice for anyone working or volunteering in health, social care or the voluntary sector who would like to support older people who are LGBT. The guide includes exercises, real-life case studies and checklists for good practice, and is guided by the experiences of older LGBT people themselves.

The guide covers terminology around LGBT identities, obstacles to good practice, what staff can do to make a difference for older LGBT service users, and what the law requires of staff working with LGBT people.

The guide also explores experiences of coming out and understanding the prejudice and intolerance that many people face/have faced when coming out, particularly those who grew up before the late sixties. It frames coming out as an ongoing decision for LGBT people to decide whether to answer a question honestly, particularly when they are in contact with health, social care and support services as their needs change. The guide closes with four case studies that can be used to personalise understanding and give context to the learning of the guide.





Alzheimer's Society. Supporting an LGBTQ+ person with dementia

August 2021

This resource provides advice and practical tips for supporting an LGBTQ+ person living with dementia. Living with dementia can bring a range of challenges, many of which will not be affected by a person's sexual orientation or gender identity. However, there are unique challenges that LGBTQ+ people with dementia may face.

The guide covers worries that LGBTQ+ people with dementia may have, the laws protecting the rights of LGBTQ+ people, relationships and friendships, expressing identity and orientation, planning ahead for LGBTQ+ people with dementia, and self-care for the carers of people with dementia.

The Diversity Trust. Care Under the Rainbow: Online learning materials and films for making care homes more inclusive for older LGBT+ people in England and Wales

April 2019

This resource is a joint project between the Diversity Trust and the University of Bristol. It offers online learning materials and films for making care homes more inclusive for older LGBT+ people in England and Wales.

There are several video resources, including personal stories from people who are LGBT+ and living in care settings. The videos detail the opinions of LGBT+ people on how care homes can provide inclusive care, and how they would like their guests treated. The resource also contains a series of videos under the name 'My Genderation', which details the ageing and care experiences of four trans men and women.