



SCHOOL OF PUBLIC HEALTH

PREVENTION RESEARCH CENTER

Promoting LGBTQ+ Mental Health and Wellness

FACT SHEET: ENGAGING LGBTQ+ ELDERS IN PREVENTION PROGRAMS



Two women celebrating at outdoor event. CNN, published June 27, 2019. Photo by Kholood Eid. 190626203053-06-lgbt-friendly-housing-large-169

DID YOU KNOW?

- In the Baltimore LGBTQ community, anyone 50 or older is considered an elder
- Elders are less likely to have a smartphone
- Elders are more likely to be socially isolated
- Elders are more likely to have health problems

WAYS TO ENGAGE ELDERS WHO MAY NOT USE THE INTERNET OR HAVE INTERNET ACCESS

- Radio ads & programs
- Mailed newsletters

LOCAL RESOURCES

- National Resource Center on LGBT Aging, a project of SageUSA.org, has links for each state and a hotline, 877-360-LGBT (5428)
 - Maryland's link is lgbtagingcenter.org/resources
- Chase Brexton Health Care, a federally qualified health center and patient-centered medical home, provides health care, mental health care, dental care, and pharmacy at 5 locations in Maryland ChaseBrexton.org
 - Chase Brexton welcomes everyone, gay and straight, child and adult, man, woman, and nonbinary individual, immigrant and long-time resident, insured and uninsured

SOCIAL SUPPORT SUGGESTIONS

- Phone trees
- Zoom session on a topic of interest
- Gathering at a local park or church
- Social or educational session at a local senior center or senior housing facility
- Co-mentoring program for elders & youth to benefit both
- Enlist tech-savvy elders to assist elders who want help with using the internet, smartphone, websites, Zoom, iPad, etc.
- Organize group dinners, peer-led meetings, wellness sessions, movie nights, games, and trips—studies show these work better than psychotherapy!



Two older women of color linking arms on city street. NBC News, published July 2, 2017. www.nbcnews.com/news/nbcblk/black-graygay-perils-aging-lgbtq-people-color-n777791

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National Resource Center on LGBT Aging. www.LGBTagingCenter.org