

Ageing with **PRIDE**: Understanding the Unique Needs and Ways to Support 2SLGBTQIA+ Seniors

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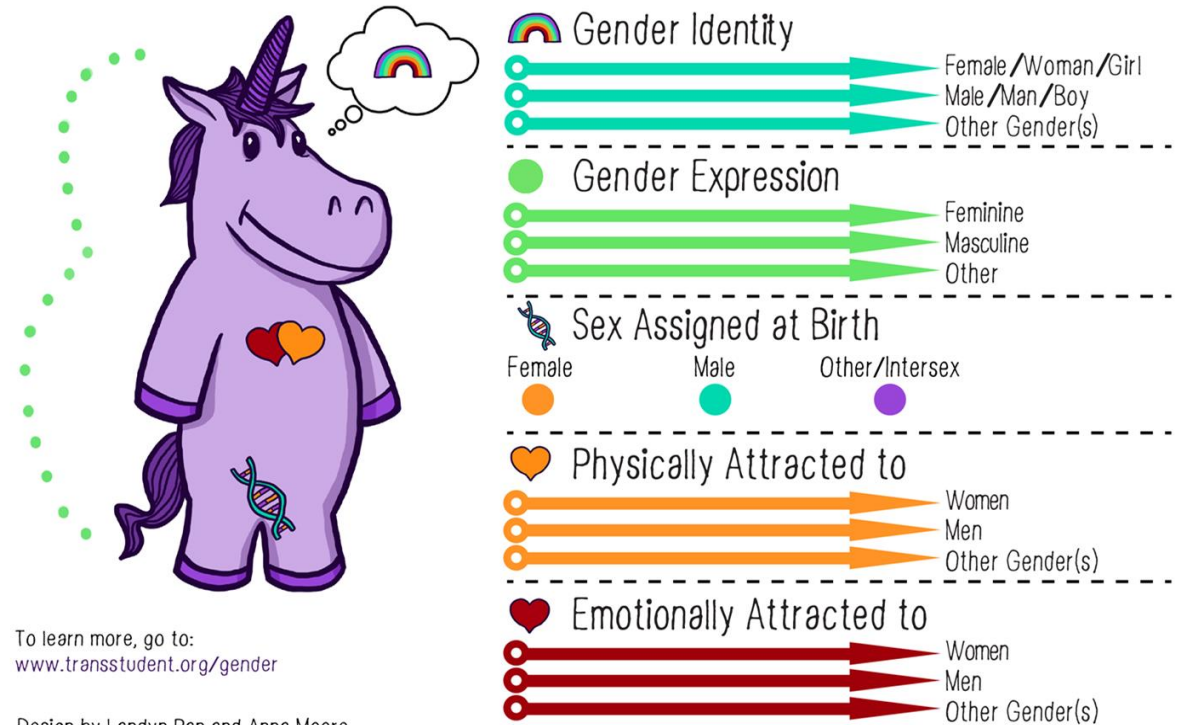
Setting the Stage

Setting the Stage: Useful terms

- (Biological) Sex →
Sex assigned at birth
- Gender
 - Gender identity
 - Gender expression
- Sexual orientation →
Sexual identity
 - Physical attraction
 - Emotional attraction

The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources

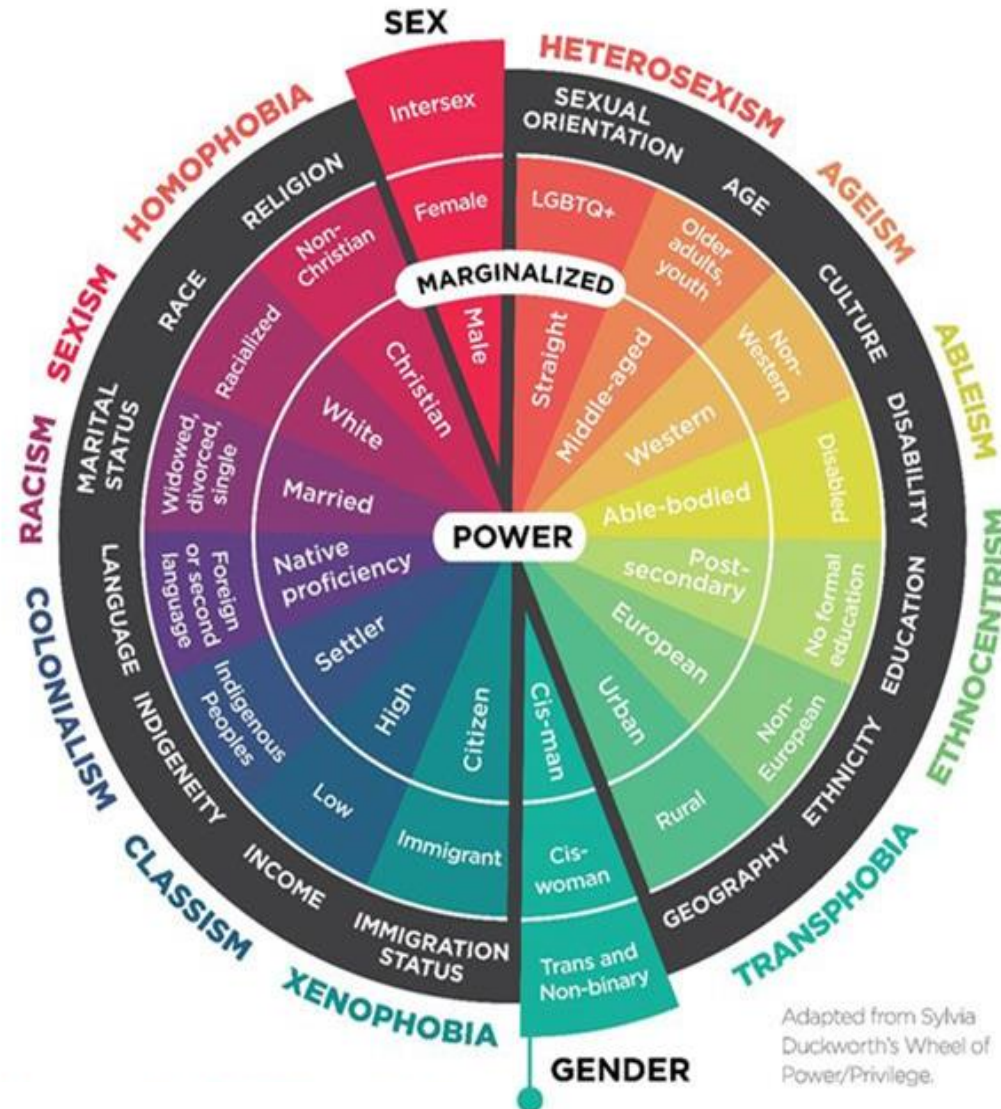


To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore



Setting the Stage: Useful conce



Adapted from Sylvia Duckworth's Wheel of Power/Privilege.

Intersection of 2SLGBTQIA+ and ageing

Historical Context

1960 (19)

- RCMP keeping tabs on patrons of gay bars

1969 (28)

- Stonewall Riots

1973 (32)

- Homosexuality removed from DSM

1986 (45)

- Sexual orientation is added to Ontario HRC

1995 (54)

- Sexual orientation is protected under Canadian Charter of Rights & Freedoms

Historical Context

2005 (64)

- Civil Marriage Act is passed

2013 (72)

- Bill C-279 extends human rights protections to transgender people in Ontario

2016 (75)

- Pride flag raised on Parliament Hill

2017 (76)

- Gender identity & gender expression included in Canadian HRC & Criminal Code

2021 (80)

- Official ban on conversion therapy practices in Canada

Key Considerations

- Physical Health
 - Higher risk for some chronic conditions and health behaviours
- Sexual Health
 - Higher risk for STIs and HIV
- Mental Health
 - Increased risk of experiencing challenges to mental health
 - Social Isolation
- Community connections and support networks may be protective



Key Considerations

- LTC & COVID-19
 - Fears above level of care and support
 - Ongoing impact of COVID-19
- Memory Loss & Dementia
 - Parallels between “coming out” and “coming in” to living with dementia
 - Diversity in caring relationships
 - Power of support networks
- End-of-Life
 - Fears of isolation
 - Power of person-centred, intersectional approaches to care



**How do these
experiences
intersect with
healthcare?**

**Where do we go
from here?**

Practicing Strong Allyship & Advocacy

1. Reflect on and challenge assumptions and biases.
 - There is no template or “check-list” that all 2SLGBTQIA+ people fit
 - People can be many things at the same time
2. Respect an individuals’ identity (or identities) and relationships.
 - Using inclusive and affirming language:
 - “Hi! My name is _____, and I use the pronouns _____.
What are your name and pronouns?”
 - “Tell me about the significant people in your life.”

Practicing Strong Allyship & Advocacy

3. Don't tolerate disrespect.

- Some examples:
 - Keep 2SLGBTQIA+ histories in mind
 - Hold colleagues accountable
 - Seek consent
 - Make an effort to spot and address service gaps

4. Listen to 2SLGBTQIA+ voices.

- Be present and lean into discomfort
 - “If I’m feeling uneasy, why might that be?”
 - “How can I redirect my discomfort into something more positive, like additional learning?”

Practicing Strong Allyship & Advocacy

5. Continue to educate yourself.

- Keep up to date!
 - Read up on 2SLGBTQIA+ history, experiences, and allyship practices
 - Check out films, YouTube channels, and blogs
 - Attend 2SLGBTQIA+ cultural events, education sessions, and demonstrations
 - Speak with your 2SLGBTQIA+ family, friends, and colleagues

Resources for Ongoing Learning

- [Coming Out and Coming In to Living with Dementia: Enhancing Support for 2SLGBTQI People Living with Dementia and their Primary Unpaid Carers](#) (Report & E-Modules)
- [Leaving No One Behind in Long-Term Care: Enhancing Socio-Demographic Data Collection in Long-Term Care Settings](#) (Report)
- [Ontario CLRI 2SLGBTQI+ Resources](#) (Resource Hub)
- [Elder Abuse in Our LGBTQ Community: An Intervention Guide for Service Providers and Partners in Care](#) (Resource)
- [Still Here, Still Queer: A Handbook for Affirming LGBTQ Older Adults](#) (Resource)
- [Rainbow Table: Connecting 2SLGBTQI Seniors](#) (Web Series)
- [Crossing the Rainbow Bridge](#) (Resource)

Thank You!



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