

HEALTHCARE NEEDS & PROTECTIVE FACTORS OF GENDER DIVERSE OLDER ADULTS

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BACKGROUND *Gender Diversity, Aging, and Healthcare*

GENDER DIVERSITY *Key Terms*

| | |
|-----------------------------|--|
| Transgender | A term describing a person's gender identity that does not necessarily match their sex assigned at birth (PFLAG, 2021) |
| Gender nonconforming | A term for those who do not follow gender stereotypes; other terms include gender expansive, differently gendered, gender creative, gender variant, genderqueer, nonbinary, agender, genderfluid, gender neutral, bigender, androgynous, or gender diverse (PFLAG, 2021) |
| Cisgender | A term used to refer to an individual whose gender identity aligns with the one associated with the sex assigned to them at birth (PFLAG, 2021) |
| LGBTQ+ | An acronym that collectively refers to individuals who are lesbian, gay, bisexual, transgender, or queer (PFLAG, 2021) |



BACKGROUND *Gender Diversity, Aging, and Healthcare*

1.4

MILLION

number of transgender-identified adults in the US (2016)

0.5%

percentage of adults age 65+ in the US who identify as transgender

MANY TRANSGENDER & GENDER NONCONFORMING OLDER ADULTS HAVE EXPERIENCED DISCRIMINATION IN HEALTHCARE SETTINGS LEADING TO DISPARITIES IN CARE AND HEALTH OUTCOMES

Percent of adults identifying as transgender in the U.S.
0.00% 0.78%

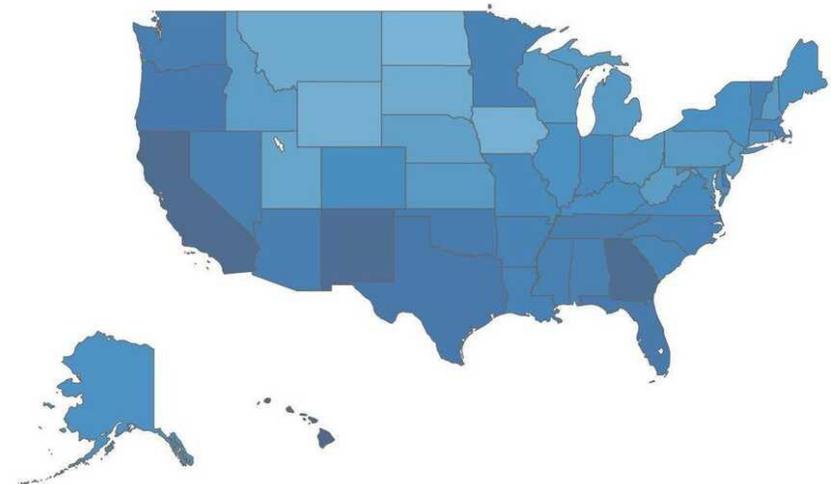


Image source: <https://www.npr.org/sections/thetwo-way/2016/06/30/484253324/1-4-million-adults-identify-as-transgender-in-america-study-says>

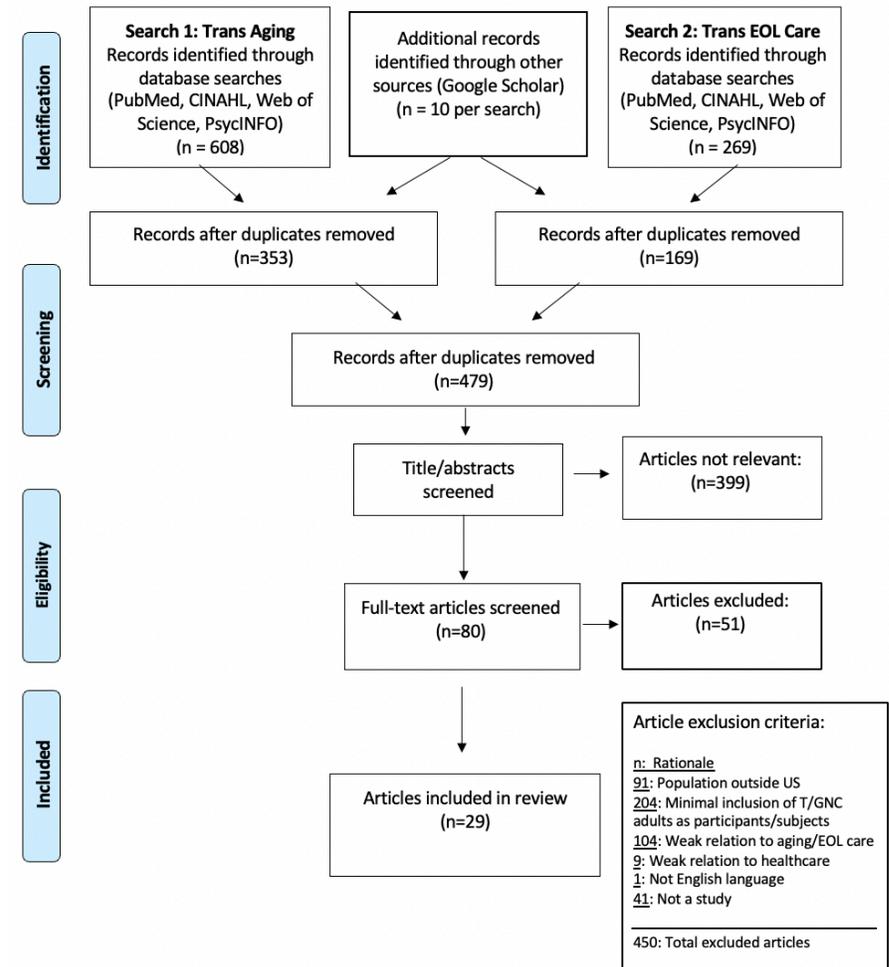
PURPOSE

Aims of this systematic integrative review:

- (1) To synthesize and analyze recent studies addressing the needs and protective factors of transgender and gender nonconforming older adults living in the US**
- (2) To summarize themes and subthemes relevant to improving healthcare practice, policy, and research for this population**

METHODS Search Terms & Flow Diagram

| SEARCH | Database | Key Terms | | |
|--------------------------------|--|--|---|---------------|
| | | Transgender | Aging OR End of Life | Health |
| Search 1: TGNC Aging | PubMed CINAHL Web of Science PsycINFO Google Scholar | "transgender" OR "gender non-conforming" OR "gender nonconforming" OR "gender minorities" OR "genderqueer" OR "gender queer" OR "non-binary" OR "nonbinary" | "aging" OR "older adult" OR "elderly" OR "elder" | "health" |
| Search 2: TGNC EOL Care | PubMed CINAHL Web of Science PsycINFO Google Scholar | "transgender" OR "gender non-conforming" OR "gender nonconforming" OR "gender minorities" OR "genderqueer" OR "gender queer" OR "non-binary" OR "nonbinary" | "end of life" OR "end-of-life" OR "dying" OR "terminal" OR "hospice" OR "palliative" | |



FINDINGS Themes

| THEME | HEALTHCARE NEED | HEALTHCARE PROTECTIVE FACTOR |
|----------------------------------|---|--|
| Inclusivity & Acceptance | Affirming/Culturally-Sensitive Care | Self-Acceptance Identity Disclosure/Acceptance |
| | Inclusive Healthcare Environments | |
| | Empowerment in Healthcare Settings | |
| → Antidiscrimination Protections | Stigma Reduction & Antidiscrimination Policy | Activism |
| | Safety from Abuse | |
| | Long-Term Care Policies | |
| Community | Community Resources | Community Engagement |
| | Social Support | Social Networking & Chosen Family |
| | Advocacy | |
| → Care of Mind, Body & Spirit | Physical Health Care | Resilience Resourcefulness/Creativity Post-Traumatic Growth |
| | Mental Health Care | |
| | Spiritual Care | |
| | Trauma-Informed Care | |
| End of Life Preparations | Palliative Care | |
| | Advance Care Planning | |
| → Financial Security | Financial/Insurance Assistance | Higher Income/Insured Status |
| Intersectionality | Sexual Identity-Specific Care | [Diversity]* |
| | Veteran-Specific Care | |
| | [Racial/Ethnic Identity-Specific Care]* | |

*[bracketed items] = derived implicitly; direct supporting sources lacking in this sample of studies

FINDINGS *Antidiscrimination Protections*

NEEDS *Stigma Reduction & Antidiscrimination Policy*

20% of participants of any age reported experiencing discrimination or harassment in healthcare settings related to gender identity
(Kattari & Hasche, 2016)

11% increase in odds of depressive distress for transgender and gender nonconforming older adults with each additional discrimination experience
(Hughto & Reisner, 2018)



PROTECTIVE FACTOR *Activism*

80% of one study sample reported engagement in anti-discrimination activism
(Fredriksen-Goldsen, Bryan, Jen, Goldsen, Kim & Muraco, 2017)

FINDINGS *Care of Mind, Body & Spirit*



HEALTHCARE NEEDS

- > PHYSICAL CARE
- > MENTAL HEALTH CARE
- > SPIRITUAL CARE
- > TRAUMA-INFORMED CARE

PROTECTIVE FACTOR

In one study, all study participants “*demonstrated resilience against the discrimination and oppression they have faced by advocating for themselves and others.*”

(Elder, 2016, p.183)

FINDINGS *Financial Security*

14%

percentage of respondents to the US Transgender Survey (2016) who are uninsured

FINANCIAL & INSURANCE NEEDS

- > Financial and insurance assistance
- > Policy protections against discrimination in approvals for medical care

PROTECTIVE FACTORS

- > Private insurance
- > Higher income



CONCLUSION & RECOMMENDATIONS

- Gender-identity-specific **training** for healthcare providers
- **Policy** protections at national and organizational levels
- More **research** on the topic of gender diversity and aging
- **Empowerment** of transgender and gender nonconforming older adults in healthcare settings
- **Strengths-based care** of gender diverse older adults
- **Advocacy** by gender diverse older adults and their allies

AREAS for FURTHER RESEARCH

- > Diversity and intersectionality
- > Prevalence of discrimination
- > Long-term care and housing
- > Mental health and suicide risk
- > Palliative and end of life care
- > Advance care planning
- > Dementia care
- > Substance use
- > Elder abuse

**“I’VE BEEN FOCUSING THROUGH MY ACTIVIST WORK AND [...] I
THINK THE CUMULATIVE EFFECT OF ALL THE WORK I DO WILL
HOPEFULLY MEAN THAT IN THE FUTURE THERE WILL BE A SPACE
FOR ME TO EXIST IN THE WORLD.”**

PARTICIPANT IN JONES & WILLIS (2016, P.56)

QUESTIONS



*References available upon request. Please contact Lauren Catlett at LEC2C@virginia.edu.