

MHPN Webinar: Working collaboratively to address the social and emotional well-being of older LGBTI people



Supporting Resources

Genders, Bodies and Relationship Passport

The Passport is a tool to support clear communication between people and organisations on topics related to their genders, bodies, and relationships. This information is critical in a wide variety of settings, including health care, ageing & aged care, police, law, housing and education.

The Passport is a multipurpose tool designed to promote the best possible care for people who have historically faced mistreatment or exclusion on the basis of their genders and bodies.

<http://lgbtihealth.org.au/resources/genders-bodies-and-relationships-passport/>

RANZCP Position statement

RANZCP Position Statement on Recognising and addressing the mental health needs of the LGBTI population available at https://www.ranzcp.org/Files/Resources/College_Statements/Position_Statements/PS-83-LGBTI-mental-health-2016.aspx

RANZCP position statement on mental health of LGBTI people and same sex marriage available at <https://www.ranzcp.org/News-policy/News/Supporting-same-sex-marriage-important-for-mental.aspx>

RANZCP Position Statement 60 Sexual orientation change efforts June 2015
[https://www.ranzcp.org/Files/Resources/College_Statements/Position_Statements/PS-60-PS-Sexual-Orientation-Change-Efforts-\(Ju-1\).aspx](https://www.ranzcp.org/Files/Resources/College_Statements/Position_Statements/PS-60-PS-Sexual-Orientation-Change-Efforts-(Ju-1).aspx)

APS Position statement

APS Position Statement on the use of psychological practices that attempt to change sexual orientation
https://www.psychology.org.au/Assets/Files/APS%20Position%20Statement%20on%20Psychological%20Practices%20that%20attempt%20to%20change%20Sexual%20Orientation_Members.pdf

APS position statement LGBT parented families
https://www.psychology.org.au/publications/statements/lgbt_families/

Report – We treat everyone the same

Catherine Barrett and Kylie Stephens (2012). Beyond: 'we treat everyone the same'. A report on the 2010–2011 program: How to create a gay, lesbian, bisexual, transgender and intersex inclusive service. Gay and Lesbian Health Victoria, Melbourne Australia. Available at <http://www.glhv.org.au/files/How2Report.pdf>

Article LGBTI People Mental Health and Suicide

Rosenstreich, G. (2013) LGBTI People Mental Health and Suicide. Revised 2nd Edition. National LGBTI Health Alliance. Sydney available at <https://www.beyondblue.org.au/docs/default-source/default-document-library/bw0258-lgbti-mental-health-and-suicide-2013-2nd-edition.pdf?sfvrsn=2>

Creating LGBTI inclusive residential aged care services

Creating lesbian, gay, bisexual, transgender and intersex (LGBTI) inclusive Residential Aged Care Services (The RAC pack) by Dr. Catherine Barrett and Carolyn Whyte, Val's Café, Gay and Lesbian Health Victoria, 2013 available at http://grai.org.au/sites/default/files/library/RACpack_1.pdf

Inclusive care

Paul Willis, Tracey Maegusuku-Hewett, Michele Raithby and Penny Miles. Swimming upstream: the provision of inclusive care to older lesbian, gay and bisexual (LGB) adults in residential and nursing environments in Wales. Ageing and Society, Available on CJO 2014 doi: 10.1017/S0144686X14001147

<http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=10108948&fileId=S0144686X14001147>

Best practice guidelines. Accommodating older gay, lesbian, bisexual, trans and intersex (GLBTI) people. GRAI GLBTI Retirement Association Incorporated.

http://ceriph.curtin.edu.au/local/docs/reports/Report_Retirement_Bestpracticeguidelines.pdf

Loneliness

Mark Huges. Loneliness and social support among lesbian, gay, bisexual, transgender and intersex people aged 50 and over . Ageing and Society. Available at

<http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=9866941&fileId=S0144686X150080X>

Or Available on CJO 2015 doi:10.1017/S0144686X1500080X

Mark Hughes (2004) Privacy, sexual identity and aged care, Australian Journal of Social Issues, vol. 39, no. 4, pp 381-392. Available at http://epubs.scu.edu.au/sass_pubs/577/

Val's Café resources

There's no need to straighten up by Dr. Catherine Barrett, Carolyn Whyte, William Leonard, Jude Comfort, Val's Café available at <http://www.grai.org.au/sites/default/files/NNTSU.pdf>

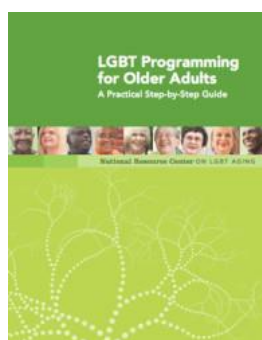
Improving mental health for older LGBTI Australians A resource kit targeting depression and anxiety among older gay, lesbian, bisexual, transgender and intersex Australians. EDUCATION RESOURCE July 2015 National Ageing Research Institute; Australian Research Centre for Sex, Health and Society at La Trobe University; RMIT School of Mental Health available at <https://www.beyondblue.org.au/docs/default-source/research-project-files/education-resource.pdf?sfvrsn=2>

Self-Assessment and Planning tool for LGBTI Inclusive Aged Care, Val's Café available at

<http://valscafe.org.au/index.php/resources/item/108-sap-tool>

LGBT PROGRAMMING FOR OLDER ADULTS – A PRACTICAL STEP-BY-STEP GUIDE

<HTTP://LGBTIHEALTH.ORG.AU/RESOURCES/LGBT-PROGRAMMING-FOR-OLDER-ADULTS-A-PRACTICAL-STEP-BY-STEP-GUIDE/>



Please note that this resource is not intersex-inclusive. One of the easiest ways to demonstrate that your agency is open to working with LGBT elders is to offer programs that are for and/or about LGBT older people and the issues they care about. It provides LGBT clients a physical gathering space where they can share common experiences and build community. It can also help to educate staff and other clients on LGBT issues, helping to build understanding and create a more welcoming environment for all clients. LGBT-specific programming also demonstrates to other service agencies in your community that your agency is open to

broader diversity principles. The guide offers ideas and tips on planning, choosing a movie, discussion questions and evaluation. These guidelines are easy to customize to meet your clients' needs.

National Ageing and Aged Care Strategy

National Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) Ageing and Aged Care Strategy, Australian Government Department of Health and Ageing (2012) ISBN: 978-1-74241-857-5 Online ISBN: 978-1-74241-858-2 Publications approval number: D0981 available at: <https://www.dss.gov.au/ageing-and-aged-care/older-people-their-families-and-carers/people-from-diverse-backgrounds/national-lesbian-gay-bisexual-transgender-and-intersex-lgbti-ageing-and-aged-care-strategy>

LGBTI special edition of the Australasian Journal on Ageing.

<http://onlinelibrary.wiley.com/doi/10.1111/ajag.2015.34.issue-s2/issuetoc>

Dementia

Gender Dysphoria and Dementia: A Case Report by Jeanine Marshall, Michael Cooper & Abraham Rudnic. Journal of Gay & Lesbian Mental Health, 19:1, 112-117, DOI: 10.1080/19359705.2014.974475 available at <http://dx.doi.org/10.1080/19359705.2014.974475>

Alzheimer's Australia Dementia Resources

Lists various resources in relation to being L,G,B,T or I and having dementia. Includes a series of videos of people speaking about their experiences.

<https://fightdementia.org.au/about-dementia/resources/LGBTI>

CALD

Mental Health Issues for LGBTI individuals in CALD communities by Aly Murray Senior Policy Officer, LGBTI Health Alliance available at <http://lgbtihealth.org.au/sites/default/files/Diversit-e-20110902.pdf>

Intersex and Ageing

This is the text of a speech given on intersex and ageing to a local NSW audience on Monday 2 February by Morgan Carpenter. A massive subsequent shift in terminology from LGBT to LGBTI hasn't been matched by an increase in understanding or action. This speech addresses some of these issues,

<https://oii.org.au/28385/interse3x-and-ageing/>

Transgender

Tarynny M. Witten (2009): Graceful Exits: Intersection of Ageing, Transgender Identities and the Family/Community, Journal of GLBT Family Studies, 5:1-2, 35-61 available at

<http://dx.doi.org/10.1080/15504280802595378>

Anna Siverskog (2014) "They just don't have a clue": Transgender Ageing and Implications for Social Work, Journal of Gerontological Social Work, 57:2-4, 386-406, DOI: 10.1080/01634372.2014.895472 available at

<http://dx.doi.org/10.1080/01634372.2014.895472>

Transgender training

www.gendercentre.org.au

Over the past few years we've developed an online archive of training webinars that are available to anyone who is looking for anything from a Trans 101 to a very sophisticated view of, say, the service implications of working with someone who is not just trans and a violence survivor but also disabled, or the role that a history of sex work may play when a trans survivor seeks healing.

<http://www.gendercentre.org.au/resources/polare-archive/archived-articles/forges-transgender-aging-network.htm>

Lesbian, Gay, Bisexual and Transgender Aging: Research and Clinical Perspectives, Chapter 2 Trans Aging Loree Cook-Daniels available at <http://cupola.columbia.edu/978-0-231-13618-1/18?ajax>

Transgender Women, Parenting, and Experiences of Ageing by Damien W. Riggs and Sujay Kentlyn Chapter 13, pg 221 available at <http://dspace.flinders.edu.au/xmlui/bitstream/handle/2328/35785/Riggs%20Transgender%20Women%202014.pdf?sequence=1>

Support



<http://qlife.org.au/>

QLife is Australia's first nationally-oriented counselling and referral service for Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) people. The project provides nation-wide, early intervention, peer supported telephone and web based services to diverse people of all ages experiencing poor mental health, psychological distress, social isolation, discrimination, experiences of being mis-gendered and/or other social determinants that impact on their health and wellbeing.

<https://qlife.org.au/support/>

Community Resource Directory! To look for all resources in or near a location, enter an asterisk in the "Search services" field. If you know the name of the service you are looking for, type it in the box. If you want to find a resource on a particular topic, start typing and suggestions will appear for categories of resource types or if you want to search for something that is not suggested, type it in and press enter and see what comes up.

Training

Silver Rainbow Aged Care sector training

<http://lgbtihealth.org.au/ageing/>

Silver Rainbow is delivering lesbian, gay, bisexual, transgender and intersex (LGBTI) aged care awareness training to a broad range of staff working in ageing and aged care, students studying aged care and aged care assessment teams nationally. Silver Rainbow educates and informs service providers, policy makers, and L-G-B-T-I people and communities about changes to inclusive practice in the Australian aged care sector. Silver Rainbow is a national partnership between Alliance members in every state and territory.

Silver Rainbow Resources

Various resources, information and documents on LGBTI ageing and aged care. Includes documents on providing services to LGBTI elders, needs and issues and recent research.

<http://lgbtihealth.org.au/resource-category/ageing-aged-care-resources/>

LGBTI Aged Care Training e-learning module

<http://lgbtihealth.org.au/resources/lgbti-aged-care-training-e-learning-module/>

Free online LGBTI Aged Care training for all workers in the aged care sector. A convenient online module designed to give staff an introduction to the core principles of working in an inclusive way with older lesbian,

gay, bisexual, trans and intersex (LGBTI) people. Available to organisations throughout Australia. This training covers the basics and complements face-to-face training that is also available.

Mindout training

<http://lgbtihealth.org.au/mindouttraining/>

During 2013-2014 MindOUT! delivered a series of training programs on LGBTI mental health and suicide prevention related topics. Currently we are working to develop train the trainer packages to support other LGBTI organisations and practitioners make these workshops available to a broader audience.