



## Featured VITAS Expert

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### CE Webinar for Healthcare Professionals

## LGBTQ+ Adults: Unique Opportunities and Inclusive Approaches to Care

**Goal:** This webinar helps clinicians understand the unique healthcare needs of the LGBTQ+ community, primarily in relation to end-of-life care. Topics include social and cultural background and challenges, healthcare disparities, advanced care planning, and strategies for reaching the community and improving quality of care.

### Key Takeaways:

1. Understanding gender includes improving knowledge of terminology such as gender identity, gender expression, and sexual orientation.
2. The LGBTQ+ population is one of the most understudied and underserved groups in health disparities research. Yet, approximately 3 million older adults identify as members of this community.
3. The increased stress from their social status as a minority group and the related challenges this invites can enhance physical and mental health problems.
4. Healthcare disparities arise from a variety of sources: unmet health needs due to decreased likelihood of securing health insurance, avoidance of healthcare system because of fears of discrimination and poor treatment, and economic insecurities.
5. The LGBTQ+ population is at a higher risk of disability, poor mental health, smoking, excessive drinking, HIV infections, homelessness, suicide attempts, violence, social isolation, and reduced access to preventive healthcare.
6. Institutional distrust influences care transitions. Agencies caring for older adults tend to be less accepting, and individuals prefer home care due to fears of harassment and/or discrimination by employees.
7. An inclusive, culturally sensitive environment includes sensitivity training for staff, LGBTQ+ friendly forms and brochures, development and display of non-discriminatory policies, and a designated liaison.

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