



ALAMEDA COUNTY BHCS
ROUND THREE
INNOVATION GRANT PROGRAM



Lavender Seniors of the East Bay a project of LIFE ElderCare

Safe & Visible:
Creating a Healthcare Practice
Welcoming to LGBT Seniors



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OUR STORY

In 1994, Lavender Seniors formed to create a safe space where they could support one another and educate others about their unique history and needs. They'd come of age at a very difficult time; they could be legally fired, evicted, hospitalized in psych wards and even arrested for being out. For decades, many hid their authentic selves and others fought back resulting in high rates of chronic PTSD, anxiety, substance use, and depression. Unfortunately, too many still avoid seeking healthcare despite the fact that most are now 'safe' for them. Healthcare practices that serve seniors must know how to break through that barrier in order for LGBT elders to access and receive adequate care from them. However, good training has historically been hard to schedule, afford and maintain. This tool eliminates those obstacles, allowing anyone to easily learn to create a truly welcoming practice.

For more information, please contact:

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Safe and Visible: Creating a Healthcare Practice Welcoming to LGBT Seniors

Step 1- Go to <https://www.udemy.com/creating-a-healthcare-practice-welcoming-to-lgbt-seniors/> Step 2- Click 'Start Learning Now'

Step 3- Enter name and email and create password

Step 4- Start the Course!

Course Content

<p>Course Title: Safe & Visible: Creating a Healthcare Practice Welcoming to LGBT Seniors</p>	<p>Total Length of Time: Entire curriculum -45 minutes</p>
<p>Course Purpose: Teach an age-based, culturally responsive provider curriculum regarding the specific needs and issues of LGBT older adults and elders.</p>	
<p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Understand the social ramifications of having grown up and come of age as an LGBT individual in the 1950s through the 1980s 2. Identify common mental and physical healthcare issues found in LGBT elders 3. Become familiar with ways to make healthcare environments comfortable and welcoming to LGBT elders 4. Improve intake/interview procedures for LGBT elders 5. Acquire methods to increase access to support and resources for LGBT elders 6. Acquire or improve best practices in communication with LGBT and unknown elders 	
<p>Key Concepts to be Taught:</p> <ol style="list-style-type: none"> 1. Understand reasons behind and ways to ameliorate, disparities in health care access for LGBT elders 2. Understand reasons behind and ways to ameliorate the high rates of isolation and common health concerns of LGBT elders 3. Understand how to serve LGBT elders in ways that are predictive of the best outcomes 	
<p>Target Audience: Health care professionals: social workers, therapists, case managers, psychologists, doctors. All those who work in a health care setting where they may encounter seniors.</p>	
<p>Module/Section & estimated length of time:</p> <ul style="list-style-type: none"> • One 10-question pre-test • Section 1: 9.38 min • Section 2: 9.30 min • Section 3: 9.15 min • Section 4: 3.4 min • Section 5: 10.3 min • 5 downloadable resources within Section 5 • One 10-question post-test 	
<p>Specific Content – Focus Area</p> <p>Section 1: Background and History of reasons for chronic trauma in today's elders + testimonials</p> <p>Section 2: Creating Safety with Inclusive Language/ Understanding terminology/Stats</p> <p>Section 3: Health Issues and The Service Setting including a deeper understanding of internalized homophobia, isolation and how they relate to health disparity and poor outcomes. Visual Communications, Policies and Training</p> <p>Section 4: Assessment & Outreach: Configuring an appropriate intake, learning appropriate interviewing, communicating confidentiality, identifying barriers to support.</p> <p>Section 5: Outreach and Marketing</p>	



MISSION: Our mission is to maximize the recovery, resilience and wellness of all eligible Alameda County residents who are developing or experiencing serious mental health, alcohol or drug concerns.

VISION: We envision communities where all individuals and their families can successfully realize their potential and pursue their dreams, and where stigma and discrimination against those with mental health and/or alcohol and drug issues are remnants of the past.

VALUES: Access, Consumer & Family Empowerment, Best Practices, Health & Wellness, Culturally Responsive, Socially Inclusive.

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