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# LGBT AGING

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# HOW MANY LGBT+ OLDER ADULTS?

- Today:
  - 1.4 to 3.8 Million in US  
(Harley & Teaster, 2016)
- 2030 Estimate:
  - 3.6 to 7.2 Million in US  
(Harley & Teaster, 2016)
- Three Generations:
  - Invisible: The Oldest Old
  - Silenced: Greatest Generation
  - Proud: Baby Boomers and beyond

# WHAT'S SO DIFFERENT?

- Elder Issues:

- Healthcare
- Housing
- Medication Cost
- Social Network
- Income
- Retirement/Work
- Social/Recreational activities

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- Healthcare
- Housing
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# AGING SUPPORTS



Spouse  
Partner



Children  
& Grand



Family  
Of Origin



Faith  
Community



Local  
Community



Social  
Community



Social  
Services

# AGING SUPPORTS



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Spouse  
Partner

Children  
& Grand

Family  
Of Origin

Faith  
Community

Local  
Community

Social  
Community

Social  
Services

# AGING SUPPORTS

Baby Boomers and  
Millennials



Spouse  
Partner



Children  
& Grand



Family  
Of Origin



Faith  
Community



Local  
Community

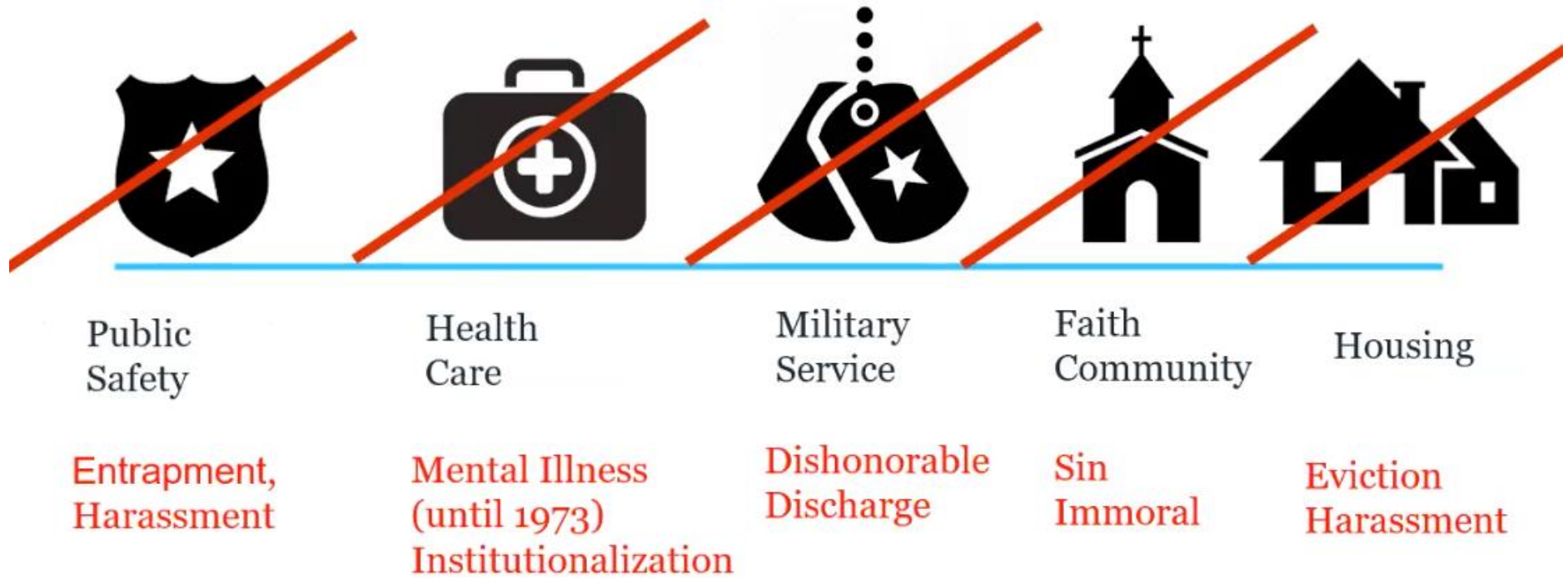


Social  
Community



Social  
Services

# NETWORK OF CARE FOR OLDER ADULTS



*Table 7.1: LGBT Midlife and Older Adults and Historic Events by Cohort*

<i>Historical Event</i>	<i>Year of Event</i>	<i>Cohorts</i>		
		<i>Greatest Generation (born 1901–24)</i>	<i>Silent Generation (born 1925–45)</i>	<i>Baby Boom Generation (born 1946–64)</i>
<i>Cohort ages in years when experienced</i>				
Emergence of medical discourse of “sexual inversion” as illness <sup>1</sup>	- 1860s			
First known use of term “homosexual” in English language <sup>2</sup>	1892			
<b>First of Greatest Generation cohort born (1901–24)</b>	1901	0		
<b>First of Silent Generation cohort born (1925–45)</b>	1925	1–24	0	
Great Depression begins	1929	5–28	0–4	
World War II begins	1939	15–38	0–14	
World War II ends	1945	21–44	0–20	
<b>First of Baby Boom Generation cohort born (1946–64)</b>	1946	22–45	1–21	0
The Lavender Scare, a witch-hunt against homosexuals begins <sup>3</sup>	1950	26–49	5–25	0–4



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Homosexuality designated as a mental illness in <i>DSM-I</i> <sup>3</sup>	1952	28–51	7–27	0–6
Mandated firing of federal and civilian homosexual employees <sup>4</sup>	1953	29–52	8–28	0–7
McCarthy hearings broadcast on television	1954	30–53	9–29	0–8
Illinois becomes first state to decriminalize sodomy <sup>5</sup>	1962	38–61	17–37	0–16
Civil Rights Act	1964	40–63	19–39	0–18
Stonewall riots <sup>5</sup>	1969	45–68	24–44	5–23
Homosexuality as a pathology removed from <i>DSM-II-R</i> <sup>1</sup>	1973	49–72	28–48	9–27
Gender identity differentiated from homosexuality in <i>DSM-III</i> <sup>1</sup>	1980	56–79	35–55	16–34
159 cases reported of what would come to be known as HIV/AIDS <sup>6</sup>	1981	57–80	36–56	17–35

(continued)

Table 7.1: Continued

Historical Event	Year of Event	Cohorts		
		Greatest Generation (born 1901–24)	Silent Generation (born 1925–45)	Baby Boom Generation (born 1946–64)
Cohort ages in years when experienced				
Total U.S. AIDS cases reported: 733,374; died: 429,825 <sup>6</sup>	1989	65–88	44–64	25–43
“Don’t Ask, Don’t Tell” military policy enacted <sup>5</sup>	1994	70–93	49–69	30–48
First protease inhibitors approved; HIV/AIDS soon becomes chronic <sup>6</sup>	1995	71–94	50–70	31–49
Defense of Marriage Act (DOMA) enacted <sup>5</sup>	1996	72–95	51–71	32–50
US Supreme Court rules sodomy laws unconstitutional <sup>5</sup>	2003	79–102	58–78	39–57
First baby boomers turn 65 years old	2011	87–110	66–86	47–65
“Don’t Ask, Don’t Tell” military policy ends <sup>5</sup>				
Supreme Court strikes down Section III of DOMA <sup>7</sup> Gender Identity Disorder becomes Gender Dysphoria in <i>DSM-5</i> <sup>8</sup>	2013	89–112	68–88	49–67
Supreme Court rules bans on same-sex marriage unconstitutional; full marriage equality state and federal <sup>9</sup>	2015	91–114	70–90	51–69

# BISEXUALITY AND AGING

- Most invisible element in LGBTQ+ spectrum
- Significant mental/physical health disparities compared with lesbian & Gay older adult peers
- More Internalized stigma and less identity disclosure which impact social network and social support  
(Fredricksen-Goldsen et. Al, 2017)
- Bisexual OAs less likely to be "out" with healthcare providers than lesbian/gay Peers
- 59% have children/grandchildren
- 74% do not live in metropolitan areas (AARP, 2018)

# TRANSGENDER AGING

- Transition early in life
  - Some lived "Stealth" with no history or context; significant losses
- Transition later in life
  - After Milestones, retirement, family grown, deaths
- Selective Authenticity
  - Maintaining different identities in different settings

## HEALTH DISPARITIES STATISTICS AMONG LESBIAN, GAY, BISEXUAL, AND TRANSGENDER (LGBT) AND HETEROSEXUAL OLDER ADULTS<sup>a</sup>

Variable	LGBT Older Adults	Heterosexual Older Adults
Social isolation	<ul style="list-style-type: none"> <li>• Two times more likely to live alone</li> <li>• Four times more likely to not have children</li> <li>• More likely to be estranged from family</li> <li>• Likely to rely on friends</li> </ul>	<ul style="list-style-type: none"> <li>• Mostly rely on biological family members for support</li> </ul>
	%	
Tend to be single	42	27
Have no children	75	20
Poverty	24 (lesbian and bisexual women) 15 (gay and bisexual men)	19 (women) 13 (men)
Report overall health as <i>excellent</i> or <i>very good</i>	77 (LGB) 76 (transgender)	83
Likelihood of delaying or not seeking health care	29 (LGB) 30 (transgender)	17
Psychological distress	20	9
Depression	30 (LGB) 48 (transgender)	5
Suicidal ideation	5 (LGB) 50 (transgender)	2
Require medication for emotional health issues	22	10
Alcohol abuse	44 (LGB) 24 (transgender)	33
Smoke cigarettes	27 (LGB) 15 (transgender)	16
Cancer	9 (LGB)	6

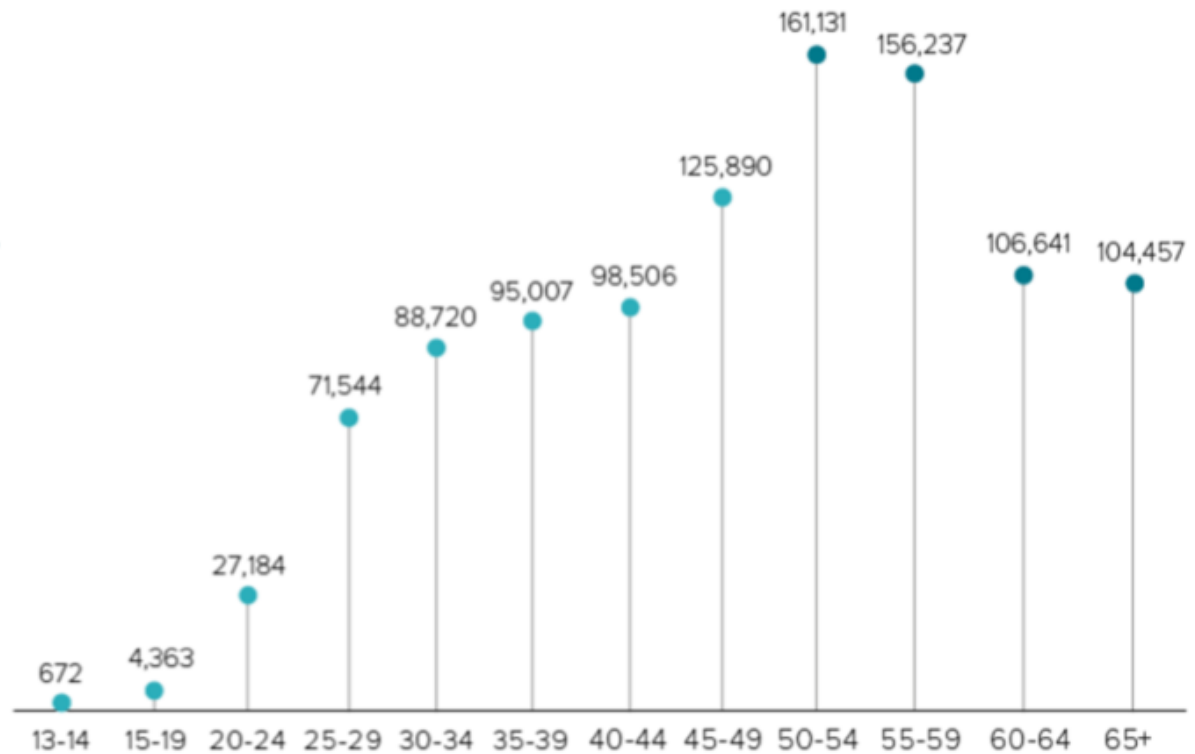
# LGBT OLDER ADULTS OF COLOR

- Estimated 20% of LGBT community are POC, estimated to double to 40% by 2050. (Adams, Generations 2016 in MAP 2017)
- Lifetime Experience with Minority Stress (Multiple identities, multiple stressors)
- What does it mean to be LGBT in one's racial/ethnic community?
- What does it mean to be old in one's racial/ethnic community?

# HIV AND AGING

## Adults and Adolescents with Diagnosed HIV in the US and Dependent Areas by Age, 2018

Over half of people with diagnosed HIV were aged 50 and older.

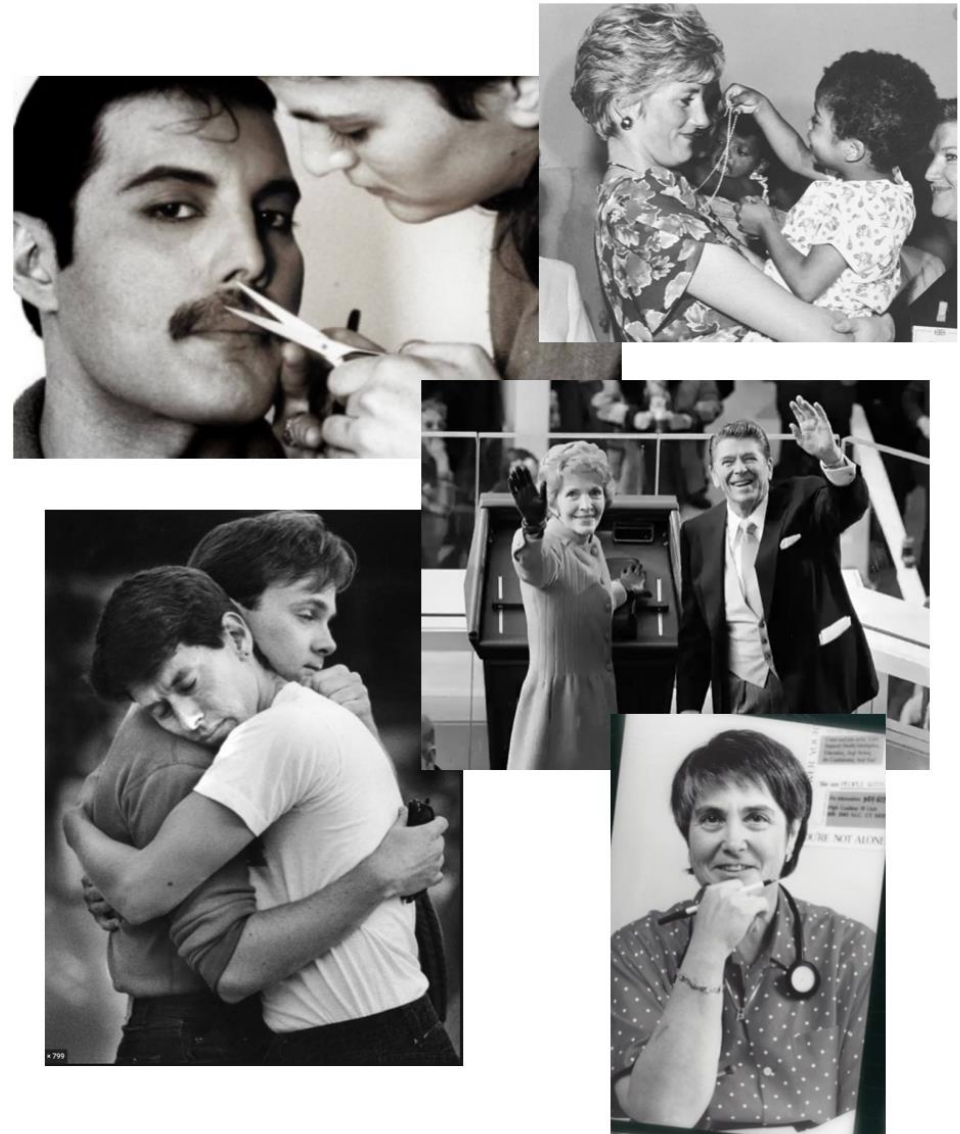


Source: CDC. Diagnoses of HIV infection in the United States and dependent areas, 2018 (updated). *HIV Surveillance Report* 2020;31.

# OLDER ADULTS LIVING WITH HIV

## 2020 vs 1980

- Fear
- Exposure
- Stigma
- National and Global Response
- Other Differences and Similarities





# HIV AND AGING



Of the **37,968 NEW HIV DIAGNOSES** in the US and dependent areas in 2018, 17% were among people aged 50 and older.

## New HIV Diagnoses Among People Aged 50 and Older in the US and Dependent Areas by Transmission Category and Sex, 2018\*

Among people aged 50 and older, most new HIV diagnoses were among men.



Total for men may not equal 100% due to rounding.

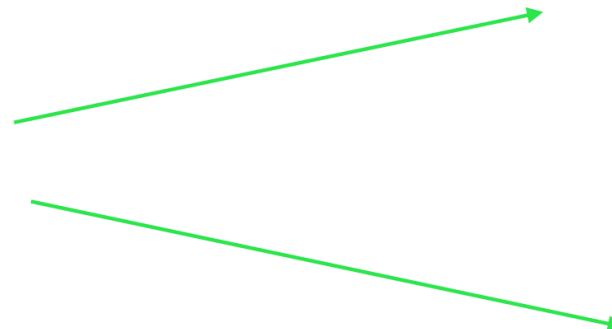
\* Based on sex at birth and includes transgender people.

Source: CDC. Diagnoses of HIV infection in the United States and dependent areas, 2018 (updated). *HIV Surveillance Report* 2020;31.

# MANAGEMENT OF HIV IN OA

## Wholistic Approach

- Individualized ARV Regimens
- Monitoring for Medication Interactions and Adverse Events
- Monitoring for HIV-Associated Non-AIDS Related Conditions
- Psychosocial Concerns
- Managing Comorbid Medical Problems associated with Aging



**Frailty**  
**HIV-Associated Neurocognitive Disorder/Dementia**  
? Increased prevalence of certain **Cancers** (colon cancer)

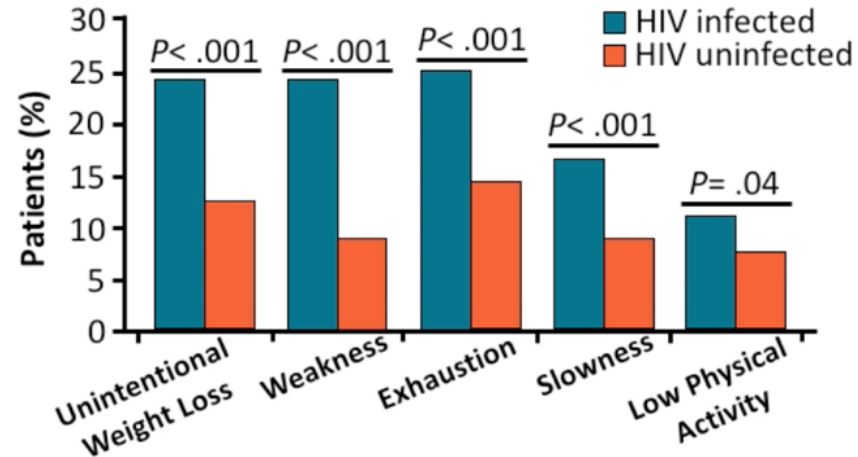
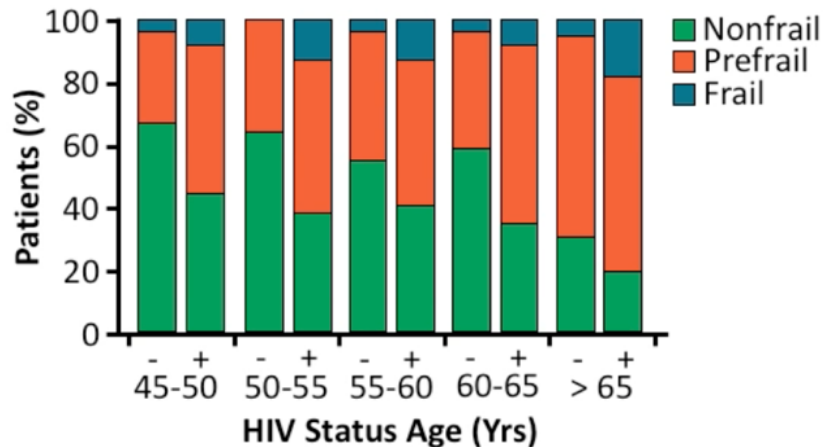
**Likely Comorbid Conditions**  
Diabetes  
Hypertension  
Hepatitis C  
COPD  
Depression, PTSD  
Severe Mental Illnesses or Psychotic Disorders

SOURCE: HAZZARD'S GERIATRIC MEDICINE AND GERONTOLOGY

# FRAILTY

## Frailty More Prevalent in OA with HIV vs Uninfected Persons

- Assess of frailty in persons with HIV (n=521) and uninfected persons (n=513) in AGEHIV Cohort
- Frailty/prefrailty associated with HIV infection, advanced age, smoking, chronic HCV infection, low BMI, Depression

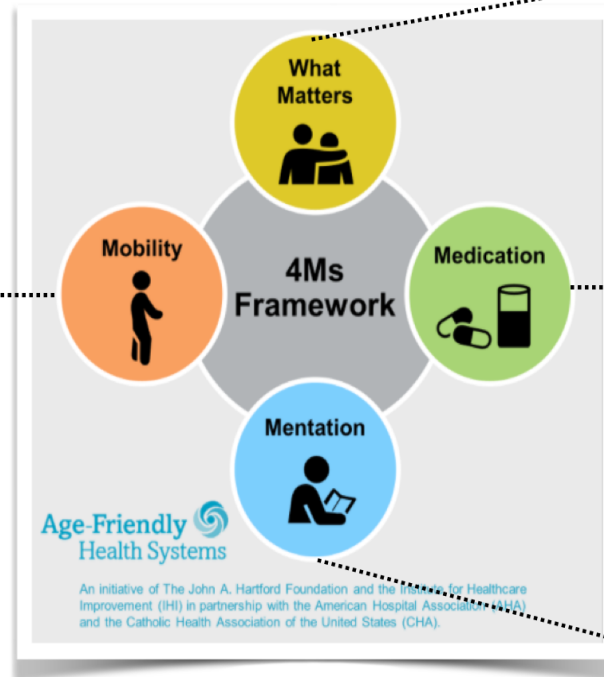


- Increasing prevalence with increasing age
- Even prevalent in relatively young patients LWHIV
- Frailty, once present, is difficult to reverse— so we try to prevent while possible

# WHOLISTIC CARE—USING THE 4 M'S

## GERIATRICS CO-MANAGEMENT IN OLDER ADULTS

- Gait Speed and Exam to screen for Frailty
- Bone Density Screening
  - ART : 2-6% decrease in BMD within Two years of ART initiation
  - All Postmenopausal Women
  - Men > Age 50
- Functional assessment
- Chronic Pain, falls
- Transportation



- OA c HIV often have complex social situations
- Advanced Care Planning Discussions
- Ascertaining attainable healthcare goals
- Screening for food insecurity, homelessness, etc

- Brown Bag Medications— Reconciliation
- Herbals, illicit substances, alcohol/tobacco
- **Preventing Weight Gain**
  - Common increase in BMI after starting ART
- Screening Vaccinations
  - Shingrix if >50 and CD4 >200

- Cognitive Screening
- Screening for anxiety/depression
- Screening for social isolation

# DEMENTIA IN LGBT OLDER ADULTS

- Diagnosis frequently delayed due to lack of socialization/family support and/or fear of doctor visits
- Care – Primary Contact? Who manages? Who is informed?
  - Family may be estranged
  - May not have family or emergency contact information
- Legal Issues: Next of Kin vs Family of Choice
  - Estranged/unaccepting family member may not respect relationship or wishes
  - LGBT friends may end up being HCP or POA
  - Legal Documents for Providers

# TOOLS FOR HEALTHCARE TEAM

- Signals in offices/clinics
- Gender-affirming questionnaires, documents, and instructions.
- Organizational efforts
  - Diversity of the healthcare team and staffing
  - Policies that support equity in the workplace
  - Cultural competency training