

Appendix 3

List of guides and reports on LGBTQ+ ageing and care

The resources below are freely downloadable and can be used to provide more detailed information on the topics in the framework or as supplementary learning materials.

Title: **SAFE TO BE ME: Meeting the needs of older lesbian, gay, bisexual and transgender people using health and social care services: A resource pack for professionals**

Source: Age UK in collaboration with Opening Doors [safe_to_be_me.pdf](#) ([ageuk.org.uk](#))

Description: This resource is written for anyone working or volunteering in health, social care or the voluntary sector who would like to support older people who are lesbian, gay, bi or trans. It will also be helpful for training providers to ensure courses integrate discussions and scenarios relating to the needs of people who are LGBT.

Keywords: LGBT, identities, coming out, legislation, good practice checklist

Title: **If we are not counted, we don't count; Good practice guide to monitoring sexual orientation and trans status 2021**

Source: <https://dxfy8lrzbpw.cloudfront.net/Files/d1edc08d-1514-4df8-8bf0-ebc97a79e4e0/If%20We%25E2%2580%2599re%2520Not%2520Counted%2C%2520We%2520Don%25E2%2580%2599t%2520Count%2520FINAL.pdf>

Description: LGBT Foundation and NHS England good practice guide to provide support for services to implement effective sexual orientation and trans status monitoring. It contains updated guidance, tips and case studies, and explains how monitoring plays an instrumental role in identifying and addressing inequalities and improving services.

Keywords: LGBT; monitoring; good practice; service improvement

Title: **Better Health Briefing, Issue 41. Barriers to health faced by transgender and non-binary black and minority ethnic people.**

Source: <https://raceequalityfoundation.org.uk/health-care/barriers-to-health-faced-by-transgender-and-non-binary-black-and-minority-ethnic-people/> Race Equality Foundation.

Description: This briefing offers four propositions for creating improved overall health for trans/NB black and minority ethnic individuals.

Keywords: Trans, Non-binary, GNC, black and minority ethnic people

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Title: Understanding the experiences of lesbian, gay, bisexual and transgender survivors of hate crime

Source: Stonewall Housing and Equality and Human Rights Commission BridgeToolkit_StonewallHousing_RevisedOct15.pdf

Description: The Bridge project was commissioned by the EHRC to understand the experiences of Lesbian, Gay, Bisexual and Transgender (LGBT) people who are survivors of hate crime and to enhance reporting opportunities to LGBT communities. It includes a training toolkit, a service blueprint and a desktop research review all of which are contained in this document.

Keywords: LGBT, hate crime, training toolkit

Title: Faith report LGBTQI+ people of faith: Prejudice and community cohesion in Brighton and Hove.

Source: https://www.switchboard.org.uk/wp-content/uploads/2019/02/LGBTQ-Faith-Report_FINAL-EDITED.pdf Switchboard

Description: This engagement project report explored experiences of prejudice, community cohesion and access to support at the intersection of LGBTQI+ identity and faith in Brighton and Hove. Using survey and focus group methods, it reports on a consultation with 73 individuals from this intersectional population about the key challenges and opportunities they faced, both as LGBTQI+ people in their faith communities and as people of faith in their LGBTQI+ communities.

Keywords: LGBTQI+, identities, faith, Brighton and Hove, intersectionalities, faith communities

Title: Building safe choices for older LGBT people

Source: MCRGuide_Final.indd (stonewallhousing.org) and BUILDING SAFE CHOICES - Stonewall Housing Stonewall Housing

Description: This guide provides an introduction to housing rights for lesbian, gay and bisexual (LGBT) people over the age of 50, for workers and family members of people living in the North West England. It provides information about tenants rights for renting, moving, experiencing hate crime or homelessness.

Keywords: LGBT, housing; renting, hate crime, advice

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Title: Sex, gender and sexuality in the context of dementia: a discussion paper

Source: 2022-02-25 Alzheimer Europe ethics report 2021.pdf (alzheimer-europe.org)

Description: The outcome of work carried out by experts in the fields of dementia, gender studies, ethics, ageing, service provision, training of healthcare professionals and psychology across Europe looking at how sex, gender and sexuality impact on the everyday lives of people with dementia.

Keywords: Dementia, sex, gender, sexuality, Europe

Title: Hiding who I am: The reality of end of life care for LGBT people

Source: <https://www.mariecurie.org.uk/globalassets/media/documents/policy/policy-publications/june-2016/reality-end-of-life-care-lgbt-people.pdf> Marie Curie; University of Nottingham, Kings College London.

Description: LGBT people experience significant barriers to getting palliative care when they need it. This report explores why.

Keywords: End of life care, LGBT, palliative care

Title: Not 'just' a friend best practice guidance on health care for lesbian, gay and bisexual service users and their families.

Source: Royal College of Nursing and UNISON https://www.nhsggc.org.uk/media/256049/nhsggc_equalities__not_just_a_friend.pdf

Description: best practice guidance on health care for lesbian, gay and bisexual service users and their families with case studies and examples of good practice.

Keywords: LGB, families, friends, inclusion

Title: Equality and Diversity in Older People with high support needs

Source: <https://www.jrf.org.uk/sites/default/files/jrf/migrated/files/supporting-older-people-full.pdf> Joseph Rowntree Foundation

Description: This review adopts a 'capability-based' approach to equality, analysing older people with high support needs from different equality groups and highlighting relevant debates associated to equality and diversity.

Keywords: LGBT, support needs, equality and diversity, intersectionalities

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Title: Including non-binary people: guidance for service providers and employers

Source: <https://www.scottishtrans.org/wp-content/uploads/2016/11/Non-binary-guidance.pdf> Trans Scotland

Description: Description: The guidance will provide you with the foundations to start thinking about how simple changes to your policies and practice can ensure that you are creating an inclusive service or workplace in which non-binary people can participate. Many of these tips will help to make your service or workplace more inclusive of many gender non-conforming and LGBT people, not just those who are non-binary.

Keywords: Non-binary, gender non-conforming, UK, employment, workplace

Title: LGBT Common Outcomes Framework

Source: [LGBT-Common-Outcomes-Framework.pdf \(consortium.lgbt\)](#) LGBT Consortium UK

Description: Framework to help organisations coalesce around a strategic set of outcomes and principles that benefit LGBT+ communities in the UK. To help LGBT+ voluntary and community sector organisations identify the difference that their everyday activities have on the individuals with which they work and their local communities, and help them demonstrate how these contribute to wider outcomes across the sector as a whole.

Keywords: LGBT, outcomes, principles, communities

Title: Lesbian, gay and bisexual people in later life

Source: Stonewall - https://www.stonewall.org.uk/system/files/LGB_people_in_Later_Life__2011_.pdf

Description: Stonewall's 2011 report that showed that lesbian, gay and bi people over 55 are more likely to be single and live alone, and less likely to have children or regularly see family members, than their ageing heterosexual counterparts.

Keywords: Stonewall, LGB, ageing

Title: Housing, Ageing and Care: What Manchester's LGBT communities want from the UK's first purpose-built LGBT extra care scheme

Source: [https://s3-eu-west-1.amazonaws.com/lgbt-website-media/Files/8f229162-0589-4d8f-be67-cee5c610edc5/Housing%2c%2520Ageing%2520%2b%2520Care%2520\(4\).pdf](https://s3-eu-west-1.amazonaws.com/lgbt-website-media/Files/8f229162-0589-4d8f-be67-cee5c610edc5/Housing%2c%2520Ageing%2520%2b%2520Care%2520(4).pdf)

Description: Findings from a large survey of 349 older LGBT+ people on their housing needs and expectations.

Keywords: Housing, extra care, LGBT, Manchester, ageing

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Title: Personalisation: Working with lesbian, gay, bisexual and transgender people

Source: Personalisation: Working with lesbian, gay, bisexual and transgender people (LGBT) - SCIE Social Care Institute for Excellence

Description: This briefing explores what personalisation means for lesbian, gay, bisexual and transgender (LGBT) people. It looks at some of the main issues and examples of good practice.

Keywords: LGBT, older people, personalisation

Title: Supporting an LGBTQ+ person with dementia

Source: Alzheimer's Society - Supporting an LGBTQ+ person with dementia

Description: Advice and practical tips for supporting an LGBTQ+ person living with dementia.

Keywords: Dementia, LGBTQ+, practical tips

Title: Pride in Practice LGBT Patient Experience Survey 2021

Source: LGBTQ+ Patient Experience Survey.pdf - Google Drive

Description: This survey, undertaken in 2021, reflects the wider challenges reported by many when accessing primary care services during the pandemic and, as healthcare professionals, we should be especially concerned when access and experience worsens for populations that already face significant barriers to healthcare.

Keywords: LGBTQ+, primary Care, pandemic, COVID-19, barriers

Title: The Last Outing: exploring end of life experiences and care needs in the lives of older LGBT people

Source: <https://www.nottingham.ac.uk/research/groups/ncare/documents/projects/srcc-project-report-last-outing.pdf> Almack et al and Marie Curie

Description: Final research report that identifies the particular needs and preferences salient to sexual/gender orientation relating to end of life care (EoLC) as identified by LGBT older people. It examined ways in which sexual/gender orientation may impact on experiences of EoLC for LGBT older people, explored their familial and friendship networks and the ways in which these personal networks may influence later life experiences towards, and at end of life. Provides recommendations for good practice.

Keywords: LGBT, end of life, care needs, Marie Curie

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Title: Trans mental health study 2012

Source: Scottish Trans

https://www.scottishtrans.org/wp-content/uploads/2013/03/trans_mh_study.pdf

Description: This research represents the largest survey of its kind in Europe, providing groundbreaking data on trans people's mental health needs and experiences, explored in the context of daily life, social/support mechanisms and when accessing healthcare and mental health services. Central here was an exploration of how the process of transitioning (social and/or medical) impacts mental health and wellbeing. The research was unique in its exploration of both the positive and negative impact that being trans has on mental health and wellbeing.

Keywords: Trans, GNC, mental health, transition, wellbeing

Title: Non-binary people's experiences in the UK

Source: <https://www.scottishtrans.org/wp-content/uploads/2016/11/Non-binary-report.pdf>
Scottish Trans

Description: This report details the findings of a survey run for non-binary people by the Scottish Trans Alliance over the course of nine weeks in 2015 and open to anyone in the UK who identified as non-binary, which for the purpose of this survey was defined as: "identifying as either having a gender which is in-between or beyond the two categories 'man' and 'woman', as fluctuating between 'man' and 'woman', or as having no gender, either permanently or some of the time." The survey focused on three main areas; experiences of using services, experiences of employment, and views on legal gender recognition.

Keywords: Non-binary, GNC, UK, employment, gender recognition

Title: Transgender Creative Writing Celebrating LGBT History Month

Source: https://www.scottishtrans.org/wp-content/uploads/2013/03/transformingarts_historymonth.pdf Scottish Trans Alliance

Description: A selection of the TRANSforming Arts performance pieces based on creative writing to mark LGBT History Month. This booklet contains the creative writing they performed.

Keywords: LGBT, trans, creative writing, arts

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Title: Working with older LGBT people

Source: Working with older LGBT people (bacp.co.uk) British Association of Counselling and Psychotherapy (BACP)

Description: A commentary that explores the challenges of working therapeutically with older LGBT men and women, for gay, lesbian and heterosexual practitioners and includes 2 case studies.

Keywords: LGBT, counselling, case studies, therapy

Title: LGBTQ Histories

Source: A Short History of LGBT Rights in the UK - The British Library (bl.uk). British Library

Description: Short piece that traces the journey of the LGBT community from 1533 to today, looking at the battles for equality that were fought and legislative changes made.

Keywords: LGBT, history, activism, legislation

Title: LGBTQIA+ Studies: A Resource Guide

Source: <https://guides.loc.gov/lgbtq-studies>

Description: The collections of the Library of Congress, USA, tell the rich and diverse story of LGBTQ+ life in America and around the world. This research guide serves as an introduction into the excellent collection of LGBTQ+ resources available at the Library of Congress.

Keywords: LGBTQ+, history, research guide, USA

Title: Trans Ageing and Care (TrAC): Dignified and inclusive health and social care for older trans people in Wales

Source: Resources – Trans* Ageing and Care Project (swan.ac.uk) and Trans* Ageing and Care Project – Just another WordPress site (swan.ac.uk)

Description: Outputs from a research project that provided evidence to raise awareness about gender identity and ageing for health and social care professionals across Wales.

Keywords: Trans, Non-binary, Wales, health and social care

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Title: Transgender people's experience of domestic abuse

Source: https://www.scottishtrans.org/wp-content/uploads/2013/03/trans_domestic_abuse.pdf. Trans alliance Scotland

Description: This research lifts the lid on transgender people's experience of domestic abuse in Scotland. The picture painted is one of high levels of prejudice and abuse in transgender people's relationships and home life, coupled with unacceptable negative experiences of accessing services and support when they're so fundamental.

Keywords: trans, domestic abuse

Title: Resources for LGBTQ survivors

Source: <https://www.switchboard.org.uk/resources-for-lgbtq-survivors/> Switchboard

Description: A comprehensive list of resources for different members of the LGBTQ + community with contacts.

Keywords: LGBTQ+, racism, domestic violence, resources, support

Title: A Review of the Needs of Older LGBT People in Later Life

Source: First PinkNews Ageing Summit puts spotlight on care for older LGBT people Pink News

Description: An overview of the UK's first ageing summit on care of older LGBT people. Scroll down to the link to the full report which is a full literature review and covers finance, care, legal issues, housing, mental health and ageing.

Keywords: LGBTQ+, ageing, mental health, care, legislation, finance

Title: Getting care and planning for the future

Source: LGBTQ+ end of life care booklet | Marie Curie Marie Curie

Description: This booklet aimed at people who draw on care and support and carers explains the care and support that's available for people living with a terminal illness. It includes information on telling professionals that they are LGBTQ+ and how they can choose who they want to be involved in decisions about their care.

Keywords: LGBTQ+, end of life care, terminal illness

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Title: Transgender inclusion in drugs and alcohol services

Source: <https://www.scottishtrans.org/wp-content/uploads/2017/03/trans-inclusion-in-drug-and-alcohol-services.pdf>

Description: Full report of research carried out by Waverley Care and Scottish Trans Alliance exploring access of non-binary people, trans men and trans women to sexual health services in Scotland (2020).

Keywords: Trans, Non-binary, GNC, sexual health, drugs, alcohol, problematic substance use

Title: Scotland's HIV History: LGBTQ+ Stories (Community Discussion)

Source: LGBT Health and Wellbeing <https://www.lgbthealth.org.uk/resource/scotland-hiv-history-lgbt/>

Description: In 2022, LGBT Health and Wellbeing and Waverley Care joined together to host an online LGBTQ+ community discussion with the aim of providing a space for those with lived experience of HIV in Scotland. This space intended to allow attendees to share their experiences, allowing for these stories to be recorded and distributed amongst contributors and the wider community.

Keywords: Storytelling, LGBT, community

Title: Lesbian, Gay, Bisexual, Trans and Queer good practice guide: Guidance for service providers on how to develop LGBTQ+ affirmative practices

Source: [Mind-LGBTQguide-2016-webres.pdf](https://www.mindout.org.uk/mind-2016-webres.pdf) (mindout.org.uk)

Description: This LGBTQ+ good practice guide is a great starting point to help services develop awareness and understanding of the sensitivities and the specialised needs of LGBTQ+ individuals experiencing a mental health problem. The guide contains useful tips and advice and will help many other services develop the confidence to fully engage with their LGBTQ+ clients and co-design services like Outcome that have proven to be life saving for the many LGBTQ+ people that we supported over the years.

Keywords: LGBTQ, good practice, guidance, service improvement

Title: Cured: How mental illness was used as a tool against LGBT rights

Source: BBC news <https://www.bbc.co.uk/news/entertainment-arts-56508488>

Description: Discussion of film and archive material on the struggle to change a definition, which for years limited the rights of LGBT people in the US. But the film's makers say the fight for equality was part of a bigger battle which continues today.

Keywords: mental health history, LGBT

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Title: **LGBT Inclusion at Work; A global outlook**

Source: <https://www2.deloitte.com/content/dam/Deloitte/global/Documents/deloitte-global-2022-lgbt-inclusion-at-work.pdf>

Description: Research report to help organisations better understand the positive impact that focusing on LGBT+ inclusion can have and the most impactful steps that can be taken to create and maintain a truly LGBT+ inclusive culture where everyone can thrive.

Keywords: LGBT+, inclusion, work

Title: **Lesbian, Gay, Bisexual or Transgender People: A different ending. Addressing inequalities in Health and Social Care.**

Source: Care Quality Commission 20160505 CQC_EOLC_LGBT_FINAL_2.pdf

Description: A short guide from the CQC on end of life care.

Keywords: CQC, LGBT, end of life care

Title: **Adult trans care pathway**

Source: The adult trans care pathway | Care Quality Commission (cqc.org.uk)

Description: Guidance for providers.

Keywords: Adults, trans, care pathway, CQC

Title: **Intersex**

Source: <https://www.unfe.org/wp-content/uploads/2017/05/UNFE-Intersex.pdf>

Description: A brief fact sheet addressing information on Intersex and tips on how to be a good all.

Keywords: Intersex, discrimination

Title: **A guide to lower surgery for those assigned female, identifying as men, trans masculine, non-binary or non-gender**

Source: <https://www.scottishtrans.org/wp-content/uploads/2016/07/lower-surgery-transmen.pdf>

Description: This publication provides information about the various options for 'lower' surgery, including genital surgery, for trans men and trans masculine people.

Keywords: Trans, non-binary, non-gender, lower surgery

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Title: **The last taboo A guide to dementia, sexuality, intimacy and sexual behaviour in care homes**

Source: pdf_pdf_184.pdf (ilcuk.org.uk) International Longevity Centre ILC-UK

Description: Looks at important area of sexuality, intimacy and sexual behaviour in people with dementia residents in care homes. It deals with this most sensitive of issues in a clear and open way, addressing the need for personhood and dignity in people with dementia and the individual expression of sexuality as a core part of that individual. Case histories bring together some key aspects of sexuality.

Keywords: Dementia: sexuality, LGBT, intimacy, personhood

Title: **Supporting LGBTI survivors of sexual violence**

Source: https://www.scottishtrans.org/wp-content/uploads/2016/05/RCS_001_LGBTI-A5booklet_02web.pdf

Description: Guidance for people experiencing or survivors of sexual violence.

Keywords: Sexual violence, LGBTI, guide

Title: **Bereavement: A guide for Transsexual, Transgender people and their loved ones**

Source: <https://www.scottishtrans.org/wp-content/uploads/2013/06/NHS-Bereavement-A-guide-for-Transsexual-Transgender-people-and-their-loved-ones.pdf>

Description: This booklet has been produced to assist bereaved trans people or friends, or the family of a trans person who has died. It will also inform professionals such as coroners, pathologists, mortuary staff and undertakers to understand the particular needs of trans people in the circumstances of death.

Keywords: Trans, bereavement, loved ones, NHS

Title: **Government and Equalities Office LGBT Action Plan**

Source: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/721367/GEO-LGBT-Action-Plan.pdf

Description: The UK Action plan to promote LGBT equalities in 2018.

Keywords: UK Government, LGBT, action Plan

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Title: A guide for staff on promoting sexuality, relationships and consent in housing with care services

Source: [guide_for_staff_in_housing_with_support-sexuality-relationships-consent_dradicooper_11-11-16.pdf](https://www.safeguardinglewisham.org.uk/guide_for_staff_in_housing_with_support-sexuality-relationships-consent_dradicooper_11-11-16.pdf) (safeguardinglewisham.org.uk)

Description: This guide focuses on older people, sexuality, intimacy and relationships in housing with care. It looks at non-sexual and sexual relationships and individual sexual behaviour. This is not an easy subject and each case is unique, but this guide aims to steer you through how to respond and think about situations of this nature. This guide offers information, practical advice and tips to support your everyday working activities.

Keywords: Ageing, sexual relationships, relationships, intimacy, housing, practice tips

Title: Promoting sexual safety through empowerment

Source: CQC https://www.cqc.org.uk/sites/default/files/20200225_sexual_safety_sexuality.pdf

Description: A review of sexual safety and the support of people's sexuality in adult social care.

Keywords: Ageing, sexuality, intimacy, care settings, sexual safety

Title: Information and advice on health, wellbeing, relationships, family and sex in later life.

Source: AGE UK <https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/sex-in-later-life/>

Description: provides information and advice for older people on the body, relationships, sex drive and sexual health.

Keywords: Later life, sex, wellbeing, relationships

Title: Inclusivity: Supporting Black and Minority Ethnic Trans People

Source: GIRES https://www.gires.org.uk/wp-content/uploads/2016/02/BAME_Inclusivity.pdf

Description: This is a guide for LGBTQ and trans community groups, societies, organisations and charities.

Keywords: Black, minoritised ethnic people, people of colour, trans, GNB

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Title: Trans issues and later life

Source: AGE UK Trans issues and later life (ageuk.org.uk)

Description: Factsheet provides information about later life for trans people. The main focus is on growing older for people who have transitioned and live permanently in their affirmed gender. It also provides information for people in later life who are thinking about gender reassignment. The factsheet covers a range of legal, financial and social care issues. It includes a guide to terminology and details of where to go for further information and support.

Keywords: Trans, older people, information, legal, financial, social care

Title: Trans: A range of resources

Source: Stonewall Search Results | Stonewall

Description: A range of resources such as poster, postcards and links to information on key facts about trans.

Keywords: Trans, resources, stonewall

Title: Hidden Figures

Source: <https://dxfy8lrzbpywr.cloudfront.net/Files/b9398153-0cca-40ea-abeb-f7d7c54d43af/Hidden%20Figures%20FULL%20REPORT%20Web%20Version%20Smaller.pdf>
LGBT Foundation

Description: A report charting inequalities across the life course for LGBTQ+ communities.

Keywords: LGBTQ+, history, inequalities, life course

Title: National LGBT Survey Research Report

Source: National LGBT Survey: Research report - GOV.UK (www.gov.uk)

Description: Use the data visualiser tool which allows you to break down the results of the Government Equalities Action Plan for LGBT by various criteria, including age.

Keywords: LGBT, Government action plan, visualiser tool

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Title: Housing Ageing and Care Report

Source: LGBT Foundation [https://dxfy8lrzbpwyr.cloudfront.net/Files/8f229162-0589-4d8f-be67-cee5c610edc5/Housing%2c%2520Ageing%2520%2b%2520Care%2520\(4\).pdf](https://dxfy8lrzbpwyr.cloudfront.net/Files/8f229162-0589-4d8f-be67-cee5c610edc5/Housing%2c%2520Ageing%2520%2b%2520Care%2520(4).pdf)

Description: Headline statistics from research into what LGBTQ older people want and need from housing and care in later life.

Keywords: LGBTQ+, housing, care

Title: Transforming Outcomes A review of the needs and assets of the trans community.

Source: <https://dxfy8lrzbpwyr.cloudfront.net/Files/acd2bcc5-a2d4-4203-8e22-aed9f4843921/TransformingOutcomesLGBTFdn.pdf>

Description: Describes a programme to improve the health and wellbeing of trans people; increase the skills and confidence of trans people Increase the knowledge; empowerment and resilience of trans people and reduce the feelings of loneliness and isolation of trans people.

Keywords: Trans, non-binary, outcomes, health and wellbeing, strengths based practice

Title: You Build Your Own Family – That’s how you get through it. Understanding LGBT people’s experiences of severe and multiple disadvantage

Source: https://dxfy8lrzbpwyr.cloudfront.net/Files/32a71f66-5a1e-4436-a757-692c0e86431f/LGBT%2520Foundation_You%2520build%2520your%2520own%2520family.pdf

Description: In this report you'll read the stories of LGBT people who have experienced severe and multiple disadvantages, but there's also the story of the Core Group, the group of peer researchers who steered the project, and its positive and life changing impact.

Keywords: LGBTQ+, Families of choice, multiple disadvantage

Title: Proud to care

Source: LGBT Foundation [Dementia-Impact-Report.pdf \(lgbthealth.org.uk\)](#)

Description: Funded by the Life Changes Trust, our LGBT Dementia Project was a 2-year capacity building initiative that delivered a number of interlinked activity strands aimed at increasing understanding of the issues faced by LGBT people affected by dementia, and helping to equip service providers to deliver inclusive services that better meet their needs.

Keywords: LGBT, dementia, ageing, care

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Title: Age Impact Report

Source: LGBT Health Scotland <https://www.lgbthealth.org.uk/resource/lgbt-age-impact-report-2017/>

Description: A report on the impact of a community based organisation which illustrates the contribution of the LGBTQ+ people and their advocates and ways of working to improve the lives of older people.

Keywords: ageing, LGBT, impact, community support