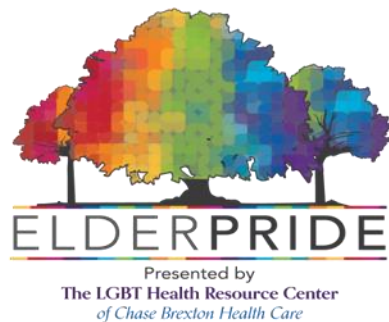


ELDERPRIDE is An LGBTQ Program of Community Support for Health and Wellness



Monte Ephraim LCSW-C

Manager of Psychosocial Services LGBT Health Resource Center &
ELDERPRIDE Program

Sam McClure Executive Director of the LGBT Health Resource Center



LGBTQ Health Resource Center

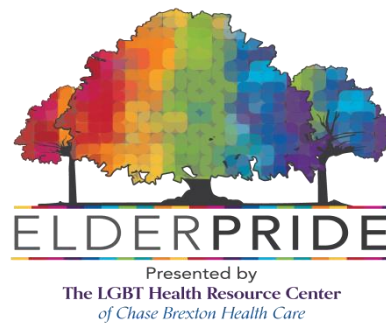
- Knowing that health and wellness goes beyond the physical health of the body and seeing first-hand the wide-reaching LGBTQ health disparities in our communities, we founded the [LGBTQ Health Resource Center](#).
- The Center connects members of the LGBTQ community with critical services, resources, and tools, both here at Chase Brexton and across the Baltimore and Maryland area, to ensure equal access and support that ensures a person's total well-being.
- **Elder PRIDE** is a unique program that supports individuals, families, caregivers and promotes expanding resources that support all LGBTQ Elders.



ELDER PRIDE is An LGBTQ Program of Community Support for Health and Wellness

- ELDER PRIDE is **An LGBTQ Program of Community Support of Health and Wellness with an ELDER Focus** by looking at our historical and generational needs.
- This program is for, but not limited to, individuals, caregivers, groups and outside resources to connect, get and provide support, learn and train, address and increase chronic health and wellness as well as protective factors that encourage and promote a healthy journey as we thrive in our communities of care.



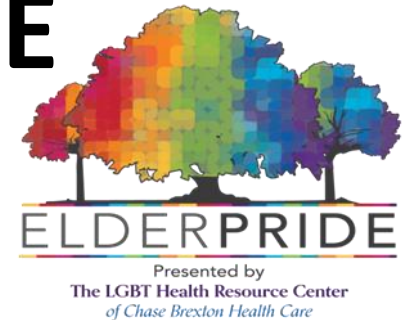


An LGBTQ Program of Community Support for Health and Wellness with an ELDER Focus

- Behavioral Health
- Groups
- Preparing and Caring for a Thriving Journey
- Education and Training
- Medical
- Dental
- Chronic Health and Wellness
- Program Design and Consulting
- Community Collaboration
- ELDERPRIDE Power Hour
- HIV and Aging
- National Honor our LGBT ELDERS Day
- Resources and more...



ELDERPRIDE at PRIDE



It's been 4 years since the LGBT Health Resource Center became a staple within the footprint of Baltimore Pride

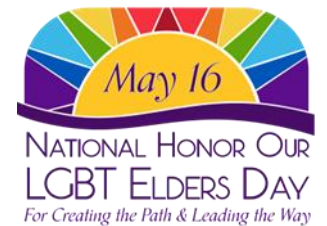
- Elders included in planning
- Partnered with a community Partner, AIM to provide the ELDER Express. A shuttle to and from the event
- Elders held historical groups creating a multigenerational circle



National Honor our LGBT Elders Day



- In 2016 National Honor our LGBT Elders Day began in Baltimore at Chase Brexton and placed on the National Registry.
- Promoted and celebrated by SAGE and other National Organizations have made this day National and International



Isolation and Lack of Support

Compared to the general population, LGBT older adults are:

- Significantly more likely to be isolated
- Half as likely to have a significant other
- Half as likely to have close relatives to call for help
- Four times more likely to have no children to help them
- 49% of gays and lesbians over 50 years live alone compared to 33% of heterosexuals over 50



Lesbian, Gay, Bisexual, Non-Binary and Transgender Aging

- Social isolation a concern because LGBTQ older adults are more likely to live alone.
- All of these considerations can be compounded by intersections of sex, race, ethnicity and disability.
- **Elder PRIDE** has a LGBTQ 50+ Support Group the 1st and 3rd Thursday from 2pm-3:00pm at Chase Brexton in Mt. Vernon.
- **Since COVID19 this Group has gone virtual**



Social Disparities

- LGBTQ older adults face barriers to receiving formal health care and social support.
- Several studies report LGBT older adults avoid or delay health care or conceal their sexual and gender identity from health providers and social service professionals for fear of discrimination due to their sexual orientation and gender identity.

Choi, S.K. & Meyer, I.H. (2016). *LGBT Aging: A Review of Research Findings, Needs, and Policy Implications*. Los Angeles: The Williams Institute

- Since COVID19 we have connected elders to telemedicine
- Not without challenge and limitations



ELDERS and COVID19

- Elders are less comfortable and or knowledgeable with technology
- More likely not to have technology
- Becoming more isolated
- No WIFI/equipment, affordability



Challenges

- Equipment and cost of connecting elders
- Neurocognitive D/O, Dementia, Alzheimer's etc.
- Engaging and teaching technical skills
- Technology challenges outside of control – preparing elder, not to increase BH
- Limit of affirming resources for elders



HIV and Older Adults

- ELDERPRIDE provides **LGBTQ 50 + HIV LTS, (thrivers) Group**
weekly Wednesday from 3:30pm to 5:00pm at Chase Brexton in Mt. Vernon, call 410-837-2050 ext. 1119
- Case Management-Power Project
- Behavioral Health
- Medication Management
- Medical/Dental



Dementia and Memory Loss Support

- "Living with Alzheimer's or another dementia is not easy for anyone," said Sam Fazio, Ph.D., director of quality care and psychosocial research, Alzheimer's Association.
- "But LGBT individuals and their caregivers can often face additional challenges that need to be considered and addressed to ensure this population gets respectful and competent care."
- **Elder PRIDE** has a **Dementia and Memory Support Group** the third Thursday of every month at Chase Brexton in Mt. Vernon from call 410-837-2050 ext. 1104



Resources

- **T Time Mondays** - 6:30PM to 7:30PM or **Wednesdays - 5PM to 6PM** · Mt. Vernon Center Ongoing, process-oriented group for TGNC individuals in varied stages of transition focusing on topics such as interpersonal functioning, family dynamics, and developing a sense of self.
- To join, talk with your provider or **contact 410-837-2050 X4019.**
- **Transcendence:** Pathways to a Healthy Gender Transition Mondays - 5PM to 6:00PM · 5th Floor, Mt. Vernon Center For individuals with gender identity concerns looking to explore possible aspects of transition or may be in the early stages of a gender transition. An initial behavioral health assessment is required prior to the start of group.
- To join, talk with your provider or contact **410-837-2050 X1119.**



Resources

- 50 plus LGBTQ Community Support Group
1st and 3rd Thursday every month
- Ongoing projects, JHU Nursing students working with our ELDERS
- Monthly ELDERPRIDE Power Hour, formally known as lunch and learn
- Accessing technology and exploring resources for all Elders to be connected virtually
- Continually seeking, securing, partnering with affirming Connections for LGBTQ Elders from Housing to Community Care and Social Supports



Access to Healthcare

- For all aging adults, access and receipt of proper health care is critical.
- For LGBTQ older individuals, finding good healthcare can be especially challenging.
- Founded in Baltimore's Mt. Vernon neighborhood in 1978, Chase Brexton began as a volunteer-run gay men's health clinic.
- Our work took on a new and difficult challenge in the early 1980s when we became one of the first clinics on the front lines of the fight against HIV and AIDS.
- After seeing the needs of the family and loved ones of those we served, we expanded our services, adding Behavioral Health and Social Work services in 1991 and finally expanding to full Primary Care services in 1995.



Access to Healthcare

- Chase Brexton became a [Federally Qualified Health Center](#) in 1999.
- Two years later, Chase Brexton earned accreditation in both Ambulatory and Behavioral Health from [The Joint Commission](#).
- As the decade continued in 2013, we moved our Mt. Vernon Center to its current home in the historic Monumental Life Building on Charles Street.
- In 2015, we achieved recognition as a [Level 3 Patient Centered Medical Home](#).
- 2015 LGBT Health Resource Center Opened, grant and partnered with SAGE on the Caring and Preparing Program at LHRC, **LGBT 50 + Lunch and Learns** the **second Thursday of every month**
- 2015 **National Honor our LGBT Elders Day, May 16**, born out of the LGBT LHRC.
- 2016 Elder PRIDE joins the permanent footprint at Baltimore PRIDE





More information: mephraim@chasebrexton.org

410-837-2050 ext. 1104

Trainings and Education

kbishop@chasebrexton.org

410-837-2050 ext. 1407

