

# Maintaining Dignity

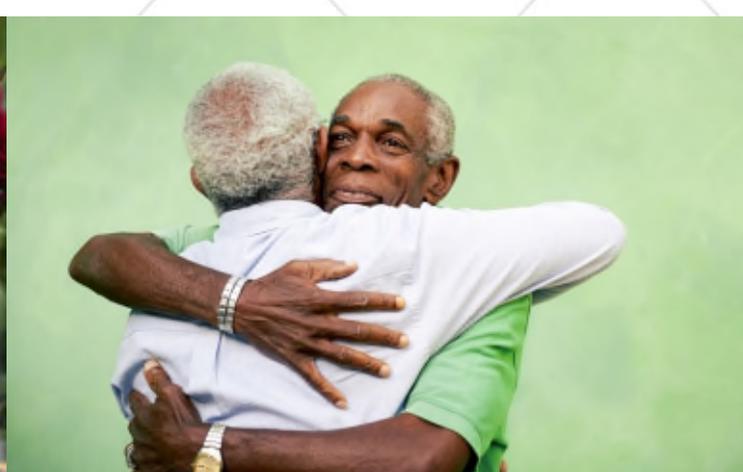
## Understanding and Responding to the Challenges Facing Older LGBT Americans

An AARP survey of LGBT adults age 45-plus

**Report dated March 2018**

**AARP RESEARCH** | [AARP.ORG/RESEARCH](https://aarp.org/research)

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# TABLE OF CONTENTS

Methodology	3-4
Participant Profile	5-6
Key Finding Summary	7-20
Detailed Findings	21-55
01 Being “Out” and Optimism of the Future	21
02 Family and Social Supports	26
03 Living in LGBT Friendly Communities	34
04 Healthcare, Long Term Care & Caregiving	39
05 Housing	49
Appendix	53-57
Political Affiliation	54
Health Status	55
About AARP & CMI	56
Contacts & Acknowledgments	57



## METHODOLOGY

From October 27 to November 12, 2017, Community Marketing & Insights (CMI) fielded an online survey for AARP to better understand LGBT community members age 45 and over living in the United States.

CMI's research panel of 85,000+ members was developed over a 20-year period by partnership with over 300 LGBT media, events, organizations and social media. The panel is only used for research purposes, never marketing.

Importantly, the panel mostly includes “out” LGBT community members who interact with LGBT media and organizations. Panelists do not include LGBT community members who are more “closeted” about their sexual orientation or gender identity.

Also important, the methodology of an online survey tends to attract more educated and digitally engaged individuals than the general population. However, research participants represent people most likely reached through LGBT-specific outreach.

A random sample of panelists was recruited from CMI's proprietary LGBT research panel and invited to the online survey via email. An incentive of a chance to win one of twenty \$50 cash or gift card prizes was provided. English and Spanish language options were provided.

The study intentionally oversampled LGBT community members who identify as gender expansive, to gain more insight. Gender expansive includes participants who identify as transgender and non-binary, including transgender, trans woman, trans man, intersex, non-binary, genderqueer, and gender fluid.

# METHODOLOGY

1,762 LGBT community members completed the 10-minute survey. The final sample included 627 lesbian women, 680 gay men, 162 bisexual and pansexual men and women and 264 gender expansive community members, all age 45 or over and living in the United States. The gender expansive participants included 224 with a transgender identity and 40 with a non-binary identity. There was a small number of participants (29) who identified as part of the LGBT community, but did not fit into the four major categories above.

For the purposes of this report, gay and bisexual men, and lesbian and bisexual women are occasionally reported together by gender.

The data in this report is based on a sample that is representative of CMI's panel but is not meant to be generalizable to the LGBT 45+ population at large.

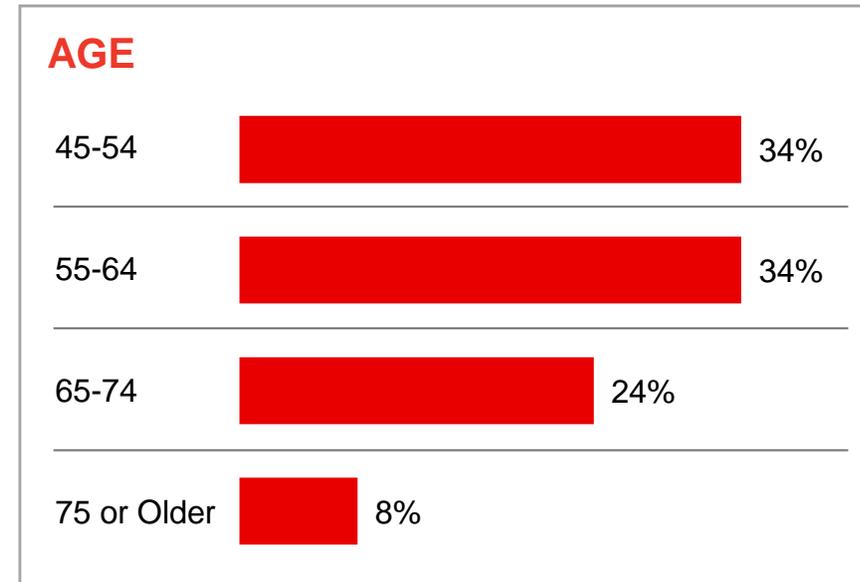
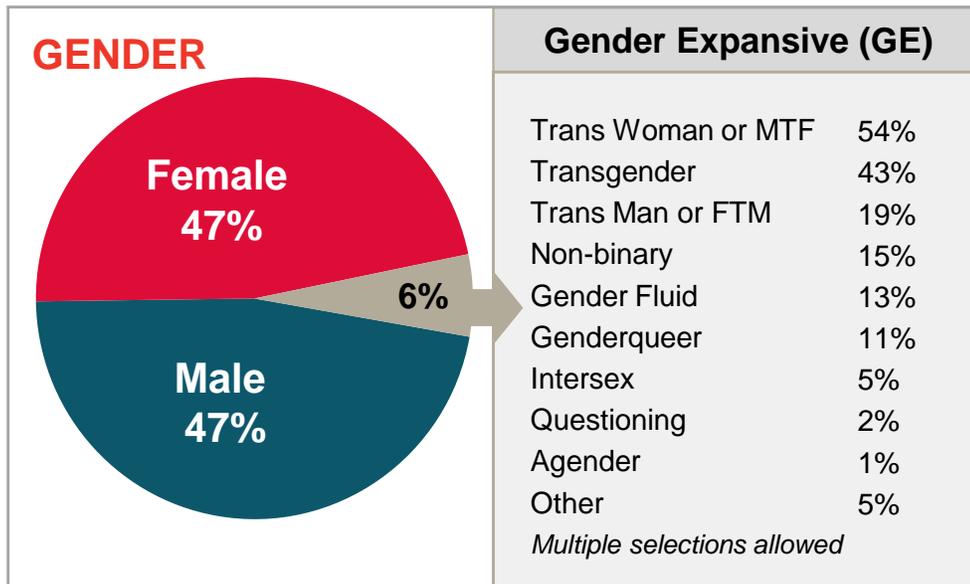
The survey sample was compared to the full CMI LGBT panel as well as same-sex households and total population data from various United States Census reports in order to assure demographic ratios were reasonably in balance with the overall US population age 45 and over. No gold standard LGBT population estimate is currently available from the U.S. Census Bureau or other public data resource.

Due to the oversample of gender expansive participants, all LGBT results were weighted as following: 47% male, 47% female and 6% gender expansive.

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*References for weighting and tracking assumptions: CMI reviewed a number of references to assure a reasonable sample was obtained for this study including the Community Marketing & Insights overall LGBT panel demographics, Pew Research: A Survey of LGBT Americans 2013, US Census: 2015 American Community Survey for Same-Sex Couple Households, and the US Census American Fact Finder Tool for the 2016 American Community Survey to obtain general population statistics for age 45 and over.*

The following is the weighted participant profile. The research oversampled gender expansive participants for better analysis. All LGBT figures in the report are weighted as female 47%, male 47%, and gender expansive 6%. See methodology for more information.



### SEXUAL ORIENTATION

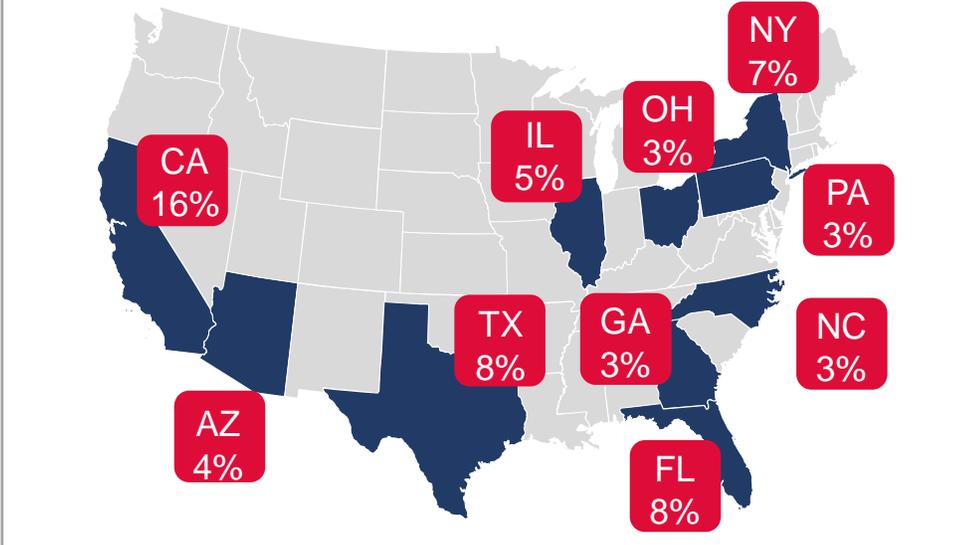
	Men	Women	Gender Expansive
Lesbian or Gay Woman	--	88%	27%
Gay man	89%	--	11%
Bisexual	8%	12%	29%
Queer	3%	8%	19%
Questioning	1%	<1%	4%
Pansexual	1%	2%	13%
Asexual	<1%	1%	6%
Demisexual	<1%	0%	2%
Same gender loving	3%	2%	6%
Straight or heterosexual	<1%	<1%	17%
Other	<1%	1%	4%

### RACE / ETHNICITY

White / Caucasian	69%
Black / African American / of African descent	14%
Latino or Hispanic	12%
Mixed ethnicity	4%
Native American	3%
Asian / of Asian descent	3%
Pacific Islander	<1%
Other	1%
Prefer not to answer	<1%

The following is the weighted participant profile. The research oversampled gender expansive participants for better analysis. All LGBT figures in the report are weighted as female 47%, male 47%, and gender expansive 6%. See methodology for more information.

## TOP STATES (All 50 states represented)



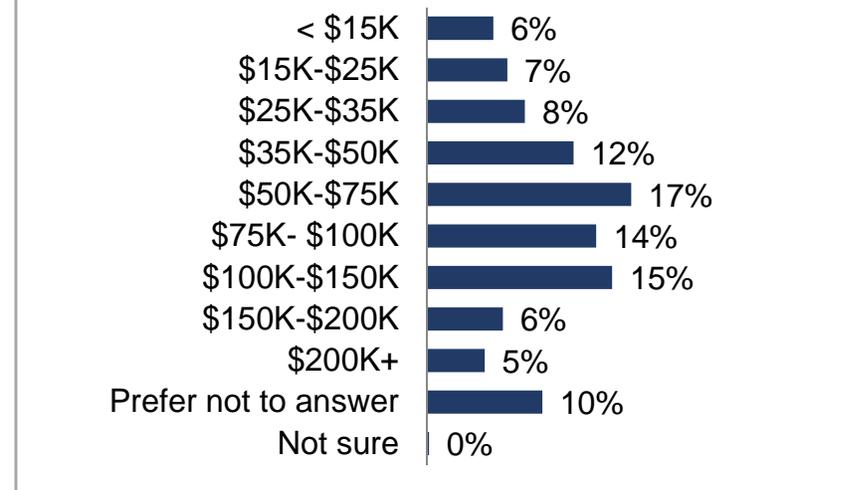
## EMPLOYMENT

Employed full-time	38%
Self-employed full-time	8%
Employed part-time	8%
Self-employed part-time	5%
Retired and not working at all	31%
Unemployed and looking for work	3%
Not in the labor force	5%
Prefer not to answer	1%

## EDUCATION

Bachelor's Degree	29%
Master's/Graduate Degree or greater	21%
Associates Degree	20%
High School or GED	19%
Trade or Technical School	7%
Other	3%
Prefer not to answer	1%

## HOUSEHOLD INCOME





# KEY FINDING SUMMARY

# More lesbians than gay men are living with a partner or are married. Gay men may be more isolated than lesbians.



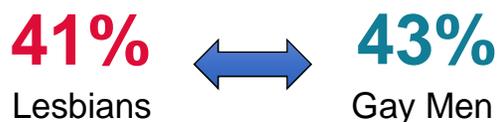
## Who do you consider to be part of your personal support network?

	Lesbians	Gay Men
Gay/Lesbian or bisexual friends	80%	70%
Straight friends	81%	68%
Spouse or partner	67%	50%
Neighbors	42%	32%

## Living Alone



Similar concern about having adequate family and/or social supports to rely on as they age



## DISCUSSION

Same-sex couples do not “partner” at the same rate by gender. Gay men are far more likely to live alone, and this will influence the types of services needed by gay men as they age. Further, when asked about their social support network, gay men are less connected compared to lesbians on every relationship type tested, from LGBT friends to straight friends, from partners to neighbors.

Interestingly, despite the potential for increased isolation among gay men, they are equally concerned as lesbians about having adequate family or social supports to rely on as they age. This may be an indication of being more self-sufficient, or an indication that they are less likely to reach out for help.

# Bisexuals age 45 and over are less likely to be “out” and can be harder to reach with general LGBT outreach compared to lesbians, gay men, and transgender community members.

**59%** of bisexuals   
Have children or grandchildren  
(Higher than LGT)

 **74%**  **32%**   
Do not live in big cities Live in suburbs  
(Both higher than LG)

**48%** Out to all important people in life  
**39%** Out to their neighbors  
**37%** Out to supervisors at work

Bisexual %  
much lower  
than LGT

 Further, bisexual community members are, by far, the **least** open about their sexual orientation with their healthcare providers.

## DISCUSSION

Outreach to the bisexual community can be more difficult than LGT. The bisexual community may not be in the best place to see outreach campaigns intended for “gay and lesbian” audiences, and bisexuals often report that “LGBT” outreach approaches do not always connect with them personally. Advertising and articles will often address the issues of aging from the lesbian, gay or transgender perspective, but it is rare to see any articles about aging specifically from the bisexual perspective.

# The gender expansive community faces unique challenges and increased fear of discrimination.

 **Breaking Stereotypes:** Gender expansive community members tend to have living situations that more resemble lesbians than gay men, with higher levels of partnership, and children, as well as living in many different types of communities.

**50%**  living with partner and 35% married

**53%**  Have children or grandchildren

**82%** Live outside of big cities 

 **Fear:** Gender expansive community members strongly experience and fear discrimination, much more so than lesbian, gay or bisexual community members.

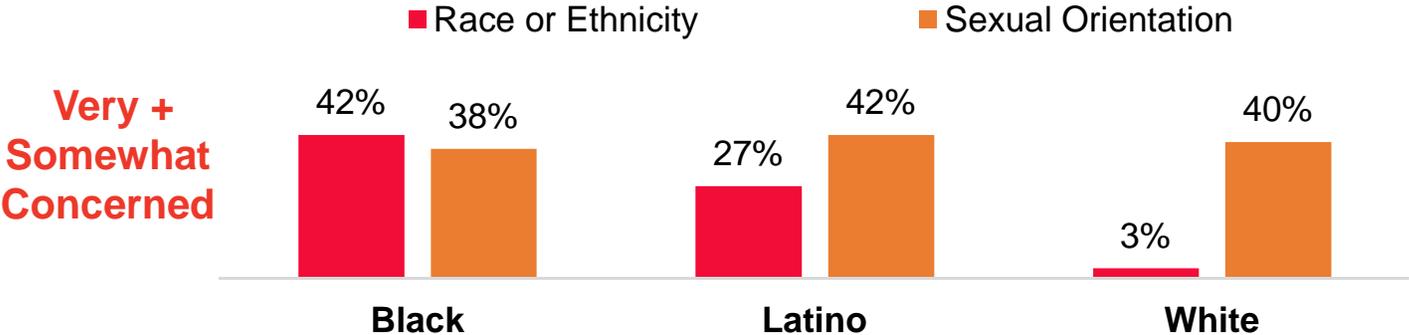
- 47%** Can count on family members for support (much lower than LGB)
- 46%** Very or extremely concerned about adequate social support as they age
- 66%** Concerned that their healthcare will be impacted because of gender identity
- 75%** Concerned that healthcare providers are not sensitive to their needs
- 70%** Concerned that they will need to hide their identity in long-term care
- 55%** Fear housing discrimination

## DISCUSSION

The gender expansive community is more likely to feel vulnerable to discrimination and unfair treatment. While many large cities have gender identity equality laws, most transgender people do not live in big cities. Protections are really needed on the state and federal level.

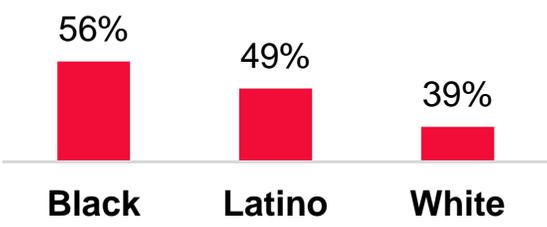
# Black and Latino LGBT Americans are more concerned about multiple forms of discrimination and negative outcomes as they age.

As you get older, how concerned are you that the quality of care you receive by healthcare professionals and staff will be adversely impacted based on your ...

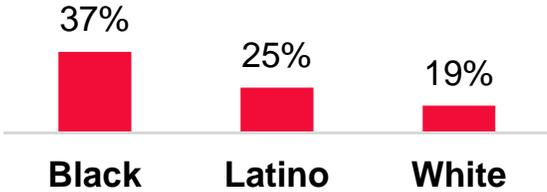


Very + Somewhat Concerned

Very or extremely concerned about having adequate family and/or social supports to rely on as they age



Very concerned about abuse in long-term care



## DISCUSSION

The most striking differences by race/ethnicity were fears of discrimination and bad health outcomes, in particular for the black LGBT older adult community. For LGBT people of color, concern about discrimination due to their sexual orientation or gender identity is not disentangled from concern about discrimination due to their race or ethnicity. Black LGBT adults age 45 and over are equally likely to worry about each of these aspects of their identity as a reason for them to have an adverse experience with healthcare professionals. At the same time, they are most likely to worry about having a family support network to rely on as they age. All together, aging as an LGBT person of color is more likely to carry reasons for concern compared to their white counterparts.

## The three biggest aging concerns of LGBT Americans age 45-plus:



We analyzed all the research and identified the three biggest concerns of at least 60% of all LGBT community members.



**76%**

Concerned about having adequate family and/or social supports to rely on as they age



**73%**

Do not have access to LGBT-specific senior services (and 91% are at least somewhat interested in LGBT-welcoming housing development for older adults)

**60%+ concerned about long-term care**

**When thinking about long-term care facilities...**

- **67% concerned about neglect**
- **62% concerned about abuse**
- **61% concerned about limited access to services**
- **60% concerned about verbal or physical harassment**

### DISCUSSION

In reviewing the entire survey, we found that LGBT were most likely to be concerned about having adequate support systems in place as they age, potential quality of services in long-term care facilities, and the lack of access to services specifically for LGBT seniors. In some ways their concerns are not too different than all older Americans, but with a clear LGBT-spin. LGBT participants are less likely to be able to count on their biological families and must develop chosen families to assure care. Also, the LGBT community seems to desire services that are more directly designed for the LGBT community. This all may be the primary reason that so many are interested in LGBT-welcoming housing developments for older adults.

## LGBT participants are largely satisfied with their current healthcare relationships, but also fear discrimination and prejudice.



**97%**

of participants indicated having some sort of health insurance, although type of insurance varies with age



**84%**

of LGBT participants would describe their relationship with their provider as open and honest or good; **only 6%** as negative or unsure



**Three-fourths**

of LGBT participants are out to their physician about their sexual orientation or gender identity



**86%**

would describe their health as good, very good or excellent

### On the other hand...



**52%**

have concerns about discrimination or prejudice affecting quality of care



**57%**

have concerns about healthcare providers not being sensitive to LGBT patient needs

### DISCUSSION

LGBT survey respondents are relatively satisfied with their current healthcare. However, many also are on guard for the potential of future healthcare prejudice as they age. Other research conducted by CMI has found that LGBT community members are generally satisfied with their physicians and care because, through trial and error over time, they have identified LGBT-friendly providers. Often, changing providers is a response to experiencing discrimination or unwelcoming treatment. This may explain why LGBT adults at mid-life and older are both satisfied today and wary of experiencing discrimination or lack of competence in the future.

## Any action to intentionally affirm LGBT adults by long term care providers and facilities can improve patient comfort and quality of care.

**88%** Would be more comfortable if providers were specifically trained for LGBT patient needs

**86%** Would be more comfortable to see explicit advertising promoting LGBT-friendly services



**85%** Would be more comfortable to know if providers or staff are LGBT themselves

**82%** Would be more comfortable to see LGBT-welcoming signs or symbols displayed on site/in offices, online or in communications

### DISCUSSION

Research participants were presented with 4 ideas on how to improve their confidence about the quality of care they would receive in long-term care facilities. All of the ideas were enthusiastically endorsed. Of course these recommendations are not just applicable to long-term care facilities. They are applicable to all types of for-profit businesses and non-profit institutions.

## With all the concerns facing LGBT people, those age 45 and over are still “mostly” optimistic if they are living in an LGBT-friendly community.

When asked if the kinds of problems LGBT people face will largely be solved in the next 20 to 30 years, **10% strongly agreed and 50% somewhat agreed**, 24% somewhat disagreed, 9% strongly disagreed and 8% were unsure.



**92%**

said they feel they have at least one person in their social support network in case of an emergency



**87%**

74% positive, open and honest  
13% good with some reservation

have at least a good relationship with their healthcare provider



**83%**

34% very LGBT-friendly  
49% somewhat LGBT-friendly

said they live in at least a somewhat LGBT-friendly community



**86%**

53% excellent or very good  
33% good

would describe their health as good, very good or excellent

### DISCUSSION

In general, the research revealed that the LGBT community age 45 and over was reasonably optimistic about the future. Using the 5 questions above as a composite and indexed, there were some differences:

- Those living in what they perceived to be “very” LGBT-friendly communities were 43% more optimistic than those living in non LGBT-friendly communities
- Gay/lesbian participants were also 12% higher than gender expansive, with bisexuals being in-between.

# LGBT community members often have a broad social support network, but can be surprisingly weak in having support from their family.



Support networks include...	Lesbian Women	Gay Men	Bisexual	Gender Expansive
Gay/lesbian or bisexual friends	<b>80%</b>	<b>70%</b>	<b>73%</b>	<b>67%</b>
Transgender or gender expansive friends	14%	7%	30%	<b>59%</b>
Straight friends	<b>81%</b>	<b>68%</b>	<b>78%</b>	<b>60%</b>
Family members	<b>67%</b>	<b>60%</b>	<b>66%</b>	47%
Spouse or partner (of all participants with or without partners)	<b>67%</b>	50%	<b>59%</b>	53%
Neighbors	42%	32%	22%	16%
LGBT social clubs or groups	16%	16%	18%	29%
People from my church, synagogue, mosque or faith	16%	13%	15%	18%
Spiritual or religious leader	16%	13%	21%	19%
Online communities	11%	10%	19%	30%
General social clubs or groups	8%	9%	8%	11%

**Bolded at 55% support or higher**

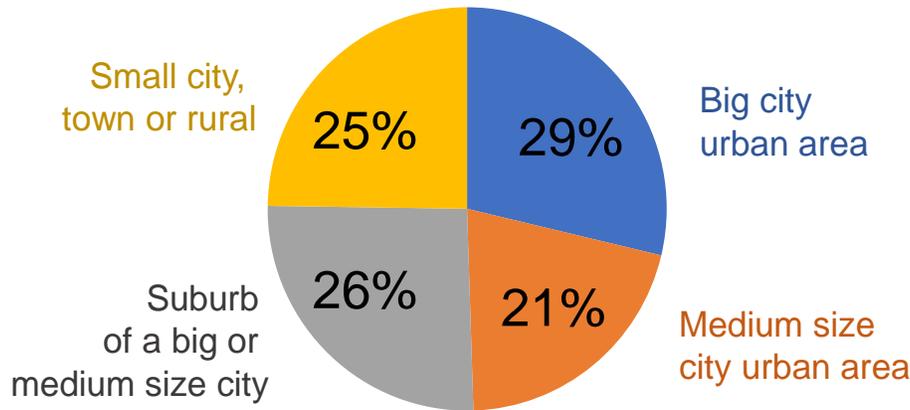
## DISCUSSION

The vast majority of LGBT participants (92%) feel that they have some social support network. Of interest is the high level of both LGBT and straight friends that make up that network. While family is important, the percentages are unfortunately low compared to the friends network, especially for the gender expansive community. Also noteworthy is the relatively limited support by religious communities.

Of interest is the higher level of support from online communities for gender expansive community members, the social support connection between the bisexual and gender expansive communities, and the higher connection with neighbors by lesbians.

# LGBT older Americans live in all sizes of cities, towns, suburbs and rural areas, but they seek out LGBT-friendly local communities, even within more conservative regions of the country.

LGBT Residence and Community Size



Overall, how LGBT-friendly is the community where you live?

	Very LGBT-friendly	34%
	Somewhat LGBT-friendly	49%
	Not too LGBT-friendly	11%
	Not at all LGBT-friendly	2%
	Not sure	4%

## DISCUSSION

LGBT people live in all population size communities in America, and 71% of the research participants age 45 and older indicated that they did not live in big cities. This emphasizes the importance of federal and state anti-discrimination laws that cover older LGBT Americans living outside of big cities.

However, even though many participants live in rural areas as well as more conservative states, 83% of respondents consider their community to be at least somewhat LGBT-friendly, suggesting that LGBT people seek out affirming communities in which to settle even if the larger surrounding area may not be.

**Though small communities are far less likely to provide access to LGBT-specific health or senior services, community size is less important than a community’s perceived LGBT-friendliness in determining if a person feels supported.**

Quality of Life Questions Throughout the Survey	Very LGBT-friendly	Not LGBT-friendly	Big City	Small Community
Feel they have a support network of at least one person in the event of a personal emergency	97%	76%	92%	90%
Consider neighbors to be part of their personal support network	43%	22%	34%	33%
Out to all important people in life	81%	58%	79%	71%
Extremely or very concerned about having adequate family and/or social supports to rely on as you age	35%	51%	45%	40%
Open and honest relationship with physician	80%	54%	75%	68%
Access to an LGBT health center	52%	10%	57%	11%
Access to LGBT senior services	45%	8%	48%	10%

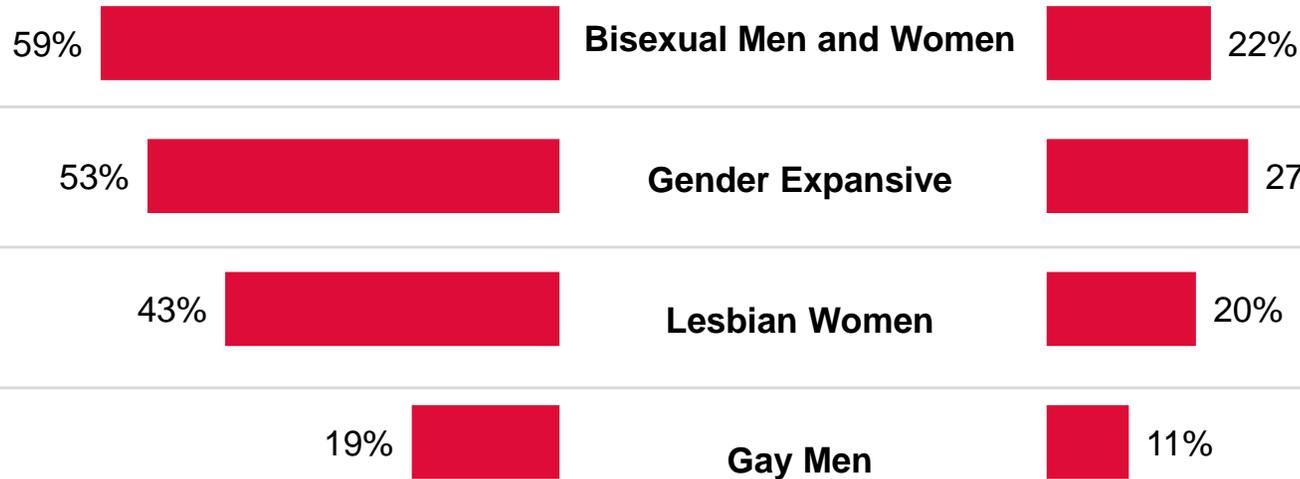
**DISCUSSION**

One might assume that LGBT people living in small communities (small cities, towns and rural) would have the hardest time being an LGBT older adult, but we cannot make that assumption universally. Many community members have found LGBT-friendly small communities to live in. Overall quality of life seems more dependent on the perceived LGBT-friendliness of the community, regardless of size of community. However, those who live in small communities are less likely to have access to LGBT-specific services such as health centers and senior services.

# Older LGBT community members are also parents and grandparents.

## With children or grandchildren

## With grandchildren



### DISCUSSION

Many older LGBT community members have children and grandchildren, especially bisexual and gender expansive community members. For some older LGBT adults, children could be from opposite-sex relationships before they “came out.” Recognizing LGBT as parents is a recent trend but LGBT grandparents are often overlooked. Many older LGBT community members could benefit from information, imagery, services and products designed for older LGBT parents and grandparents.

# There is some fear of housing discrimination among older LGBT adults.



## Housing situation

Own	64%
Rent	29%
Live with someone else or other	6%

## Recently discriminated against in housing:

- 14%** of gender expansive community members (because of gender identity)
- 4%** of gay, lesbian, and bisexual community members (because of sexual orientation)
- 15%** of those living in LGBT unfriendly communities (because of sexual orientation)
- 2%** of those living in very LGBT-friendly communities (because of sexual orientation)



When asked if worried about having to hide their LGBT identity in order to have access to suitable housing options for older adults, **34%** of LGBT participants were at least somewhat worried and **54%** of gender expansive participants were at least somewhat worried.



When asked about LGBT-welcoming older adult housing developments, **90%** of LGBT participants were extremely (35%), very (27%) or somewhat (28%) interested.

## DISCUSSION

Fewer than two-thirds of LGBT participants age 45 and over own their homes and more than one-third rent or live with someone else. Renting may be more common in big urban areas but those living in self-described LGBT-unfriendly communities are 7 times more likely to report recent experiences with housing discrimination due to their sexual orientation. Gender expansive adults are also significantly more likely than LGB adults to have experienced housing discrimination recently.

Being forced back “into the closet” or having to hide one’s identity in later life to have access to suitable housing options is a concern for one in three LGBT respondents and more than half of the gender expansive segment.



01

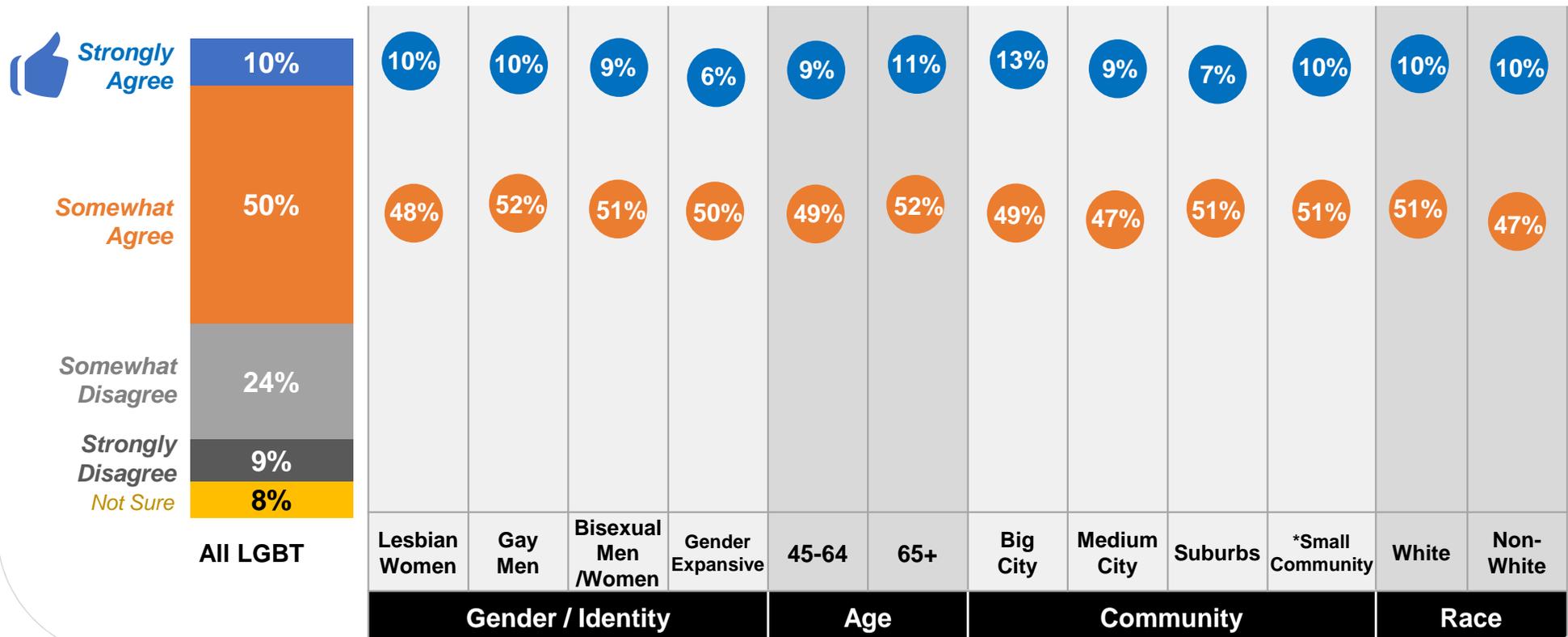
# DETAILED FINDINGS: Being “Out” and Optimism of Future

# THE LGBT COMMUNITY IS “SOMEWHAT” OPTIMISTIC

Participants were optimistic about the future for the LGBT community, but with some reservations. While most agreed that the kinds of problems people face because they are LGBT will largely be solved in the next 20 to 30 years, participants were more likely to “somewhat agree” than to “strongly agree.” The response was relatively stable across demographic groups.

**Please indicate how much you agree or disagree with the following statement:**

*“The kinds of problems people face because they are LGBT will largely be solved in the next 20 to 30 years.”*



\*Small City, Small Town, Rural

Base: (All LGBT) All LGBT n=1,762; Gay Men n=680; Lesbian Women n=627; Bisexual Men and Women n=162; Gender Expansive n=264; Age 45-64 n=1,210; Age 65+ n=552; Big City n=486; Medium City n=360; Suburbs n=452; Small City, Small Town, Rural n=464; White n=1,182; Non-White n=523

# BEING “OUT” AS LGBT

As previously mentioned, respondents were sampled from an online panel of LGBT people who are largely out and interacting within the LGBT community. However, even within the LGBT panel, not everyone is completely out to all people. Within the research participants, lesbians are the most out, followed by gay men, gender expansive, followed significantly behind by the bisexual participants.

## How “out” are you as an LGBT community member to the important people in your life?

	All LGBT	Gender / Identity				Age		Relationship		
		Lesbian Women	Gay Men	Bisexual Men and Women	Gender Expansive	45-64	65+	Single	Living w/ Partner	Married Only
All Important People	74%	86%	71%	48%	65%	74%	75%	66%	82%	85%
Most Important People	12%	10%	13%	17%	13%	13%	10%	15%	9%	6%
Some/Few Important People	11%	4%	14%	20%	17%	10%	11%	15%	6%	6%
<i>I am not out.</i>	<b>3%</b>	<i>0%</i>	<i>2%</i>	<i>14%</i>	<i>5%</i>	<i>3%</i>	<i>3%</i>	<i>4%</i>	<i>2%</i>	<i>3%</i>

Base: All LGBT n=1,762; Lesbian Women n=627; Gay Men n=680; Bisexual Men and Women n=162; Gender Expansive n=264; 45-64 n=1,210; 65+ n=552; Single/Living Alone n=829; Living with Partner n=909; Married Only n=619

# BEING “OUT” AS LGBT

The degree of community LGBT-friendliness is an important factor for how ‘out’ people are. Respondents living in communities that are not-LGBT friendly are the least likely to be out to everyone important to them and one in five are out to only some or a few important people.

Being out by race/ethnicity was somewhat even, with some members of the African American community trending less likely to be out to everyone.

## How “out” are you as an LGBT community member to the important people in your life?

	All LGBT	Community LGBT-friendliness			Race / Ethnicity		
		Very Friendly	Somewhat Friendly	Not Friendly	White	Black	Latino
All Important People	74%	81%	75%	58%	75%	68%	77%
Most Important People	12%	11%	12%	14%	11%	18%	11%
Some/Few Important People	11%	7%	10%	20%	11%	11%	10%
<i>I am not out.</i>	3%	1%	3%	8%	3%	3%	2%

Base: All LGBT n=1,762; Very LGBT-Friendly Community n=585; Somewhat LGBT-Friendly Community n=854; Not LGBT-Friendly Community n=251; White n=1,182; Black/African American n=233; Latino n=199

# BEING “OUT” AS LGBT

There are significant differences by LGBT identity, with whom participants are comfortable being out. Of note is the comparatively lower percentage of bisexual men and women who are out to their family (73%) compared to other groups as well as the significance of social media to gender expansive community members.

## Who are you “out” to? Percentage by identity/relationship

Out % Rate	Lesbian Women	Gay Men	Gender Expansive	Bisexual Men and Women
90%-100%	Close Friends-97% Biological Family-93%	Close Friends-95%		Close Friends-94%
80%-89%	Co-workers-80%	Biological Family-87%	Close Friends-88% Biological Family-81%	
70%-79%	Neighbors-75% Supervisors (Work)-74% On Social Media-71%	Co-workers-74%	On Social Media-73%	Biological Family-73%
50%-69%		Supervisors (Work)-66% Neighbors-64% On Social Media-60%	Co-workers-61% Supervisors (Work)-56%	On Social Media-53% Co-workers-53%
30%-49%			Neighbors-49%	Neighbors-39% Supervisors (Work)-37%

- Supervisor and co-worker percentages among those employed
- 86% of all LGBT parents are out to their children

Base: Lesbian Women n=625; Gay Men n=665; Bisexual Men and Women n=139; Gender Expansive n=252



02

# DETAILED FINDINGS: Family and Social Support

# RELATIONSHIP STATUS

Within the LGBT community, gender plays a role in the likelihood of participants being in a relationship. Most of the gay men in the study defined themselves as single while lesbians had the highest likelihood of being married. Gender expansive and bisexual community members have partnership rates not far behind lesbians.

Marriage has been readily adopted by the LGBT community, and few indicated a civil union or domestic partnership.

## Which of the following best describes your current relationship status?

	All LGBT	Lesbian Women	Gay Men	Bisexual Men and Women	Gender Expansive
 <b>Married</b>	<b>35%</b>	43%	27%	39%	35%
 <b>In a relationship and living with partner</b>	<b>14%</b>	14%	14%	10%	14%
 <b>Civil union or domestic partner</b>	<b>3%</b>	4%	2%	3%	1%
 <b>Single</b>	<b>48%</b>	39%	57%	48%	50%

Base: (All LGBT) All LGBT n=1,762; Lesbian Women n=627; Gay Men n=680; Bisexual Men and Women n=162; Gender Expansive n=264

# OTHERS LIVING AT HOME

Most LGBT community members age 45 or over (59%) live with other people, typically partners, and sometimes roommates or other relatives. However, of those who consider themselves single, 72% said that they do not live with other adults. Given relationship status rates, this affects gay men the most and may be an indicator of lack of social and practical support over time.

## Do you live with any other adults? (Please mark all that apply)

	All LGBT	Lesbian Women	Gay Men	Bisexual Men & Women	Gender Expansive	45-64	65+	Single
Yes, I live with a spouse or partner	44%	52%	36%	46%	41%	44%	44%	0%
Yes, I live with an adult friend or roommate	9%	5%	12%	9%	14%	9%	9%	14%
Yes, I live with adult family*	8%	9%	7%	11%	6%	10%	5%	13%
Other	1%	1%	1%	2%	3%	1%	1%	2%
 <b>Total percentage of those living with other adults</b>	<b>59%</b>	<b>64%</b>	<b>54%</b>	<b>62%</b>	<b>60%</b>	<b>60%</b>	<b>57%</b>	<b>28%</b>
No	41%	36%	46%	38%	40%	40%	43%	72%

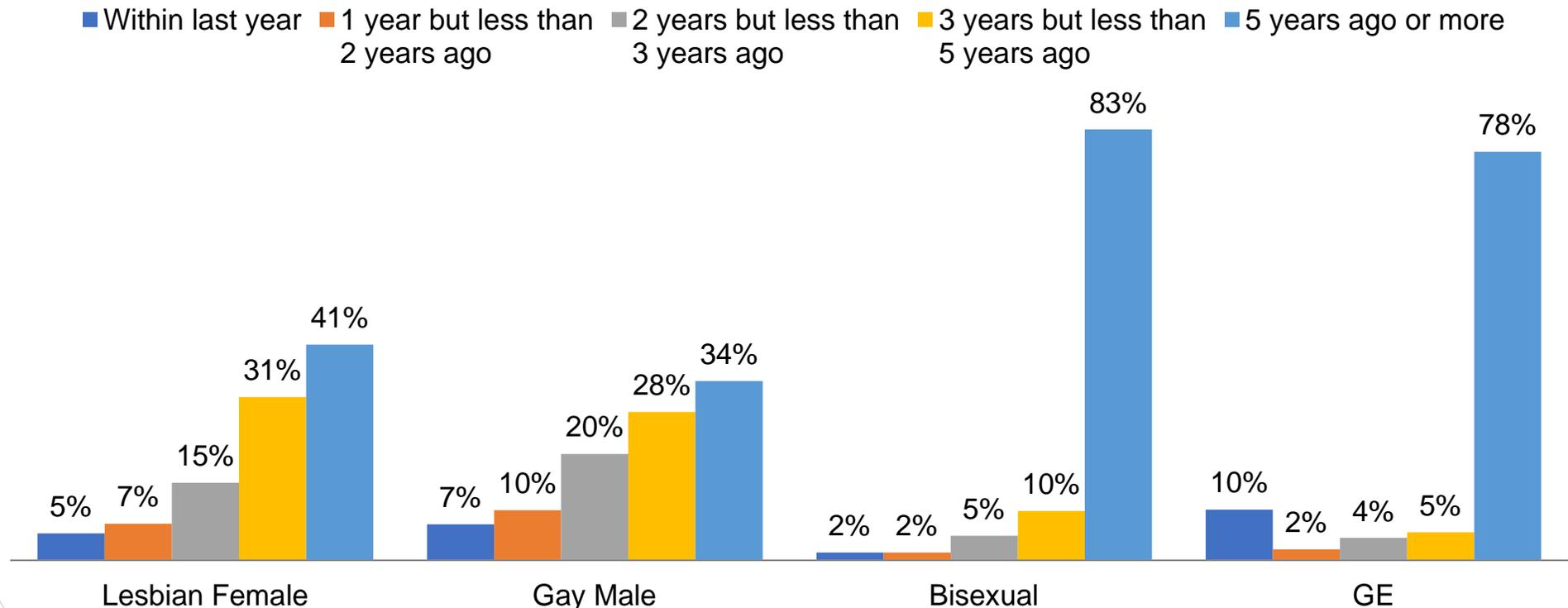
\*Adult family include parents, siblings, or another close relative.

Base: (All LGBT) All LGBT n=1,762; Lesbian Women n=627; Gay Men n=680; Bisexual Men and Women n=162; Gender Expansive n=264; 45-64 n=1,210; 65+ n=552; Single n=829

# WHEN MARRIED

Same-sex couples started getting married in Massachusetts in 2004 and in Canada in 2005, but the majority of same-sex marriages for gay men and lesbian women occurred in the past five years. Marriage patterns are very different for gender expansive and bisexual couples, who may have same-sex, opposite-sex and/or non-binary relationship marriage options. The vast majority of bisexual and gender expansive spouses have been married for 5 years or more.

## How long ago did you marry? Among Married



Base: (All Married) Lesbian Women n=268; Gay Men n=186; Bisexual Men and Women n=63; Gender Expansive n=92

# CHILDREN AND GRANDCHILDREN

More than one-third of all LGBT survey participants have children and grandchildren. Among bisexual and gender expansive respondents, a majority are parents or grandparents.

**Do you have any children or grandchildren  
(including any children or grandchildren of choice)?  
(Please mark all that apply.)**



	All LGBT	Lesbian Women	Gay Men	Bisexual Men and Women	Gender Expansive
Yes, I have children over age 18.	<b>28%</b>	34%	16%	44%	42%
Yes, I have grandchildren.	<b>17%</b>	20%	11%	22%	27%
Yes, I have children under age 18, living in my home full-time or part-time.	<b>5%</b>	6%	2%	12%	8%
Yes, I have children under age 18, not living in my home.	<b>2%</b>	2%	1%	6%	3%
 <b>Total percentage of those who have children or grandchildren</b>	<b>35%</b>	<b>43%</b>	<b>19%</b>	<b>59%</b>	<b>53%</b>
No, I do not have children or grandchildren.	<b>65%</b>	57%	81%	41%	47%

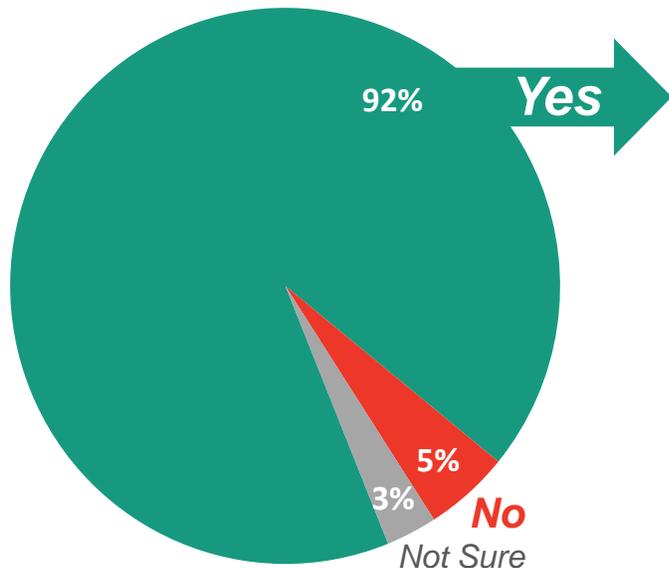
Base: (All LGBT) Lesbian Women n=627; Gay Men n=680; Bisexual Men and Women n=162; Gender Expansive n=264

# SOCIAL SUPPORT NETWORKS

The vast majority of participants feel that they have some social support network. Given the small size of the LGBT community compared to the general population, it is interesting to note that most LGBT participants rely on the LGBT community as their primary support system. And, furthermore, LGBT friends as well as straight friends are much more likely than family members to be considered part of a personal support network.

While LGBT social clubs/groups and online communities ranked relatively low compared to other support systems, they were highest for the gender expansive community.

Do you feel that you have a **support network** of at least one person you can go to in the event of a personal emergency?



Who do you consider to be part of your personal support network?

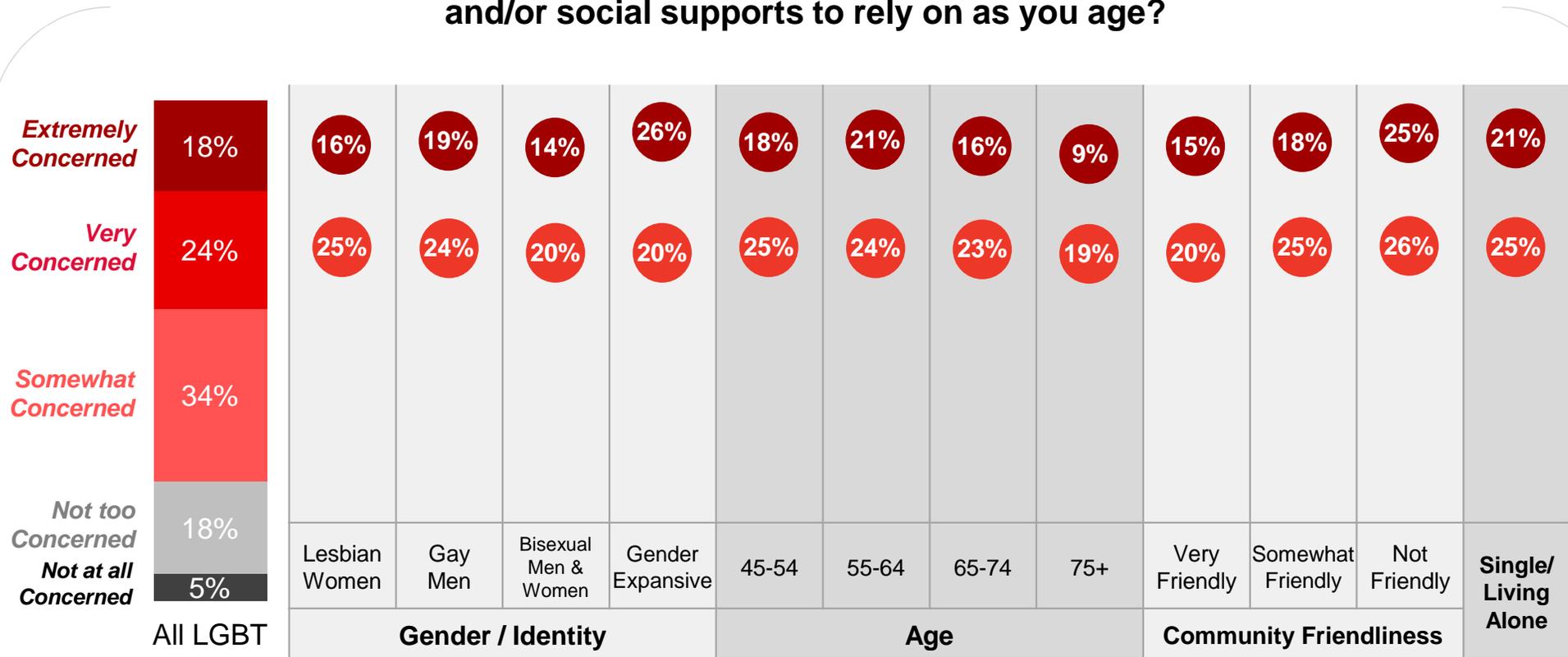
	Gender / Identity			
	Lesbian Women	Gay Men	Bisexual	Gender Expansive
Gay/Lesbian or bisexual friends	80%	70%	73%	67%
Straight friends	81%	68%	78%	60%
Family members	67%	60%	66%	47%
Spouse or partner	67%	50%	59%	53%
Neighbors	42%	32%	22%	16%
LGBT social clubs or groups	16%	16%	18%	29%
People from my church, synagogue, mosque or faith	16%	13%	15%	18%
Spiritual or religious leader	16%	13%	21%	19%
Online communities	11%	10%	19%	30%
General social clubs or groups	8%	9%	8%	11%
Transgender or gender expansive friends	14%	7%	30%	59%

Base: All LGBT n=1,762; Lesbian Women n=609; Gay Men n=632; Bisexual Men and Women n=154; Gender Expansive n=238

# CONCERN FOR FUTURE SUPPORT

Four in ten (42%) LGBT participants are either extremely or very concerned about having adequate family and/or social supports to rely on as they age, and 76% are at least somewhat concerned. Gender expansive participants, those age 55-64 and those living in LGBT-unfriendly communities are most likely to be concerned.

## As you get older, how concerned are you about having adequate family and/or social supports to rely on as you age?

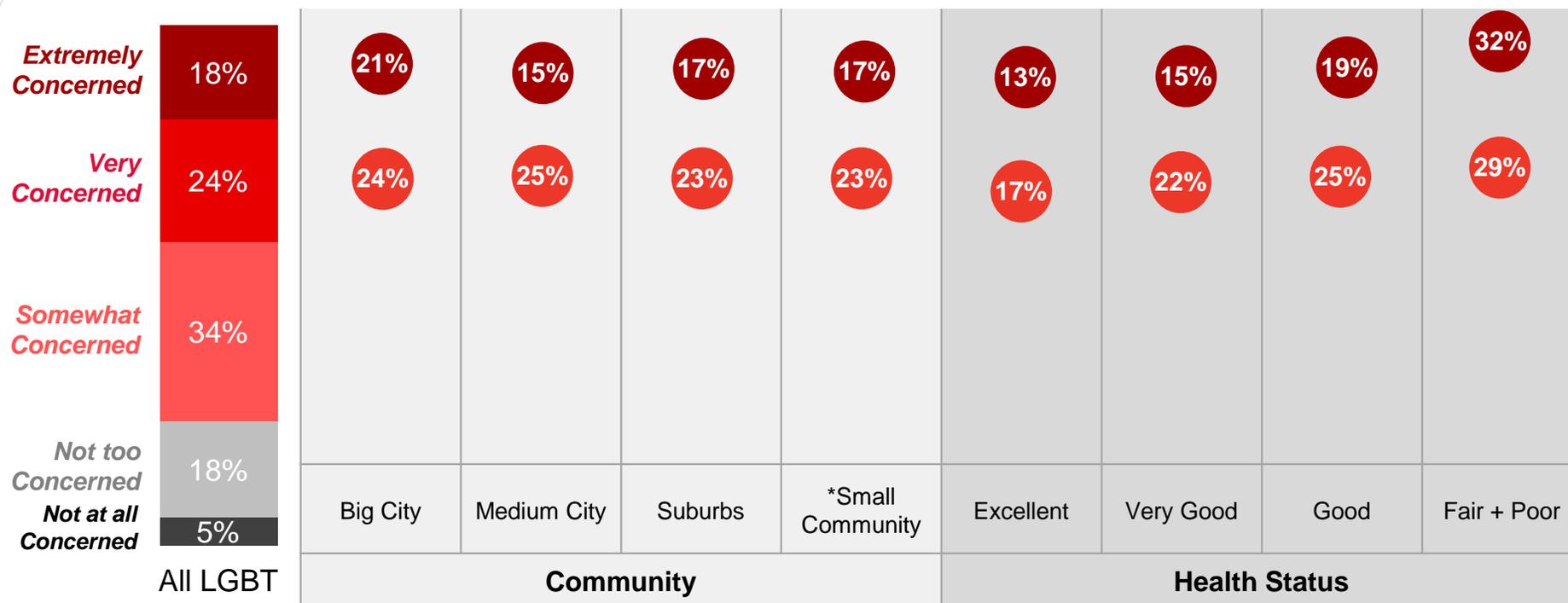


Base: (All LGBT) All LGBT n=1,762; Lesbian Women n=627; Gay Men n=680; Bisexual Men and Women n=162; Gender Expansive n=264; Age 45-54 n=610; Age 55-64 n=600; Age 65-74 n=422; Age 75+ n=130; Very LGBT-Friendly Community n=585; Somewhat LGBT-Friendly Community n=854; Not LGBT-Friendly Community n=251; Single/Living Alone n=829

# CONCERN FOR FUTURE SUPPORT

LGBT adults age 45 and older with fair and poor health had by far the highest concern of any group about having adequate family and social support to rely on as they age.

**As you get older, how concerned are you about having adequate family and/or social supports to rely on as you age?**



\*Small City, Small Town, Rural

Base: (All LGBT) Big City n=486; Medium City n=360; Suburbs n=452; Small City, Small Town, Rural n=464; Excellent Health n=240; Very Good Health n=683; Good Health n=571; Fair + Poor Health n=271



03

# DETAILED FINDINGS:

## Living in LGBT-Friendly Communities

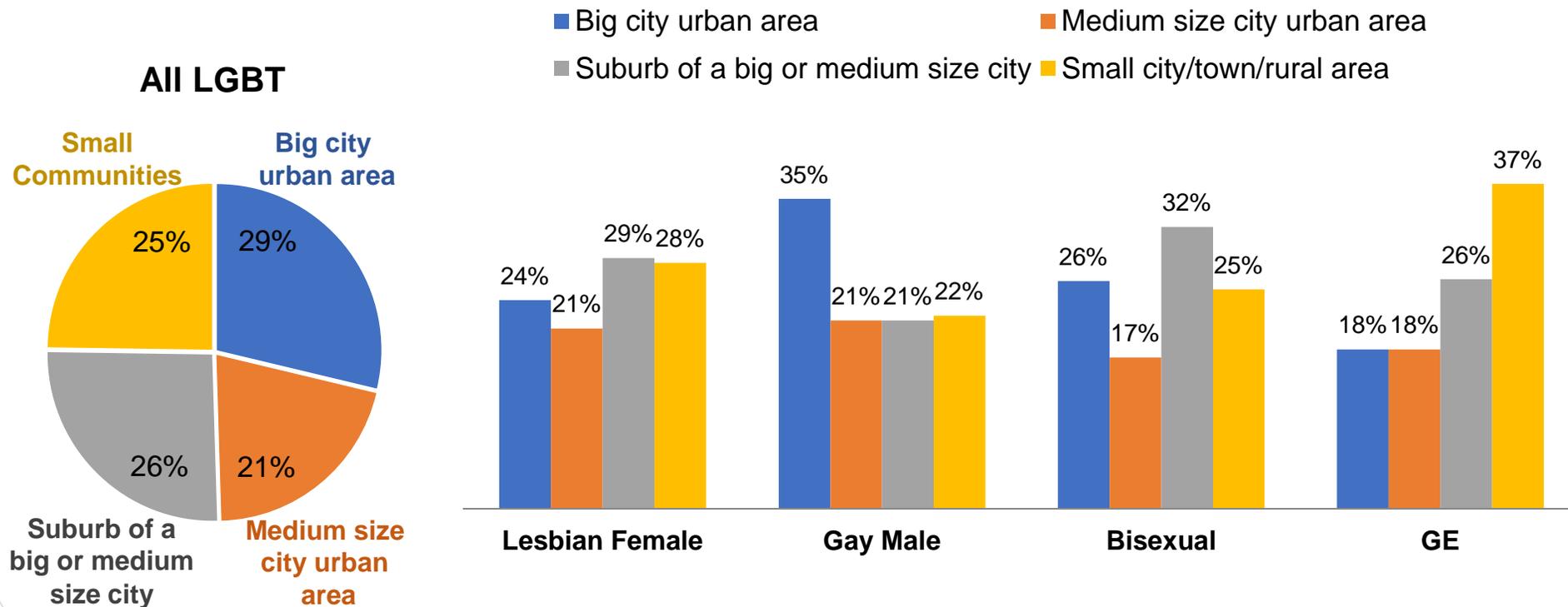
# LIVING IN ALL TYPES OF COMMUNITIES

LGBT older Americans live in all sizes of communities including cities, towns, suburbs and rural areas. Among total LGBT adults surveyed, 29% live in big cities, 21% in medium cities, 26% in suburbs and 25% in small and rural communities.

There is more variability by segment with gay men being more likely to live in big cities, and gender expansive individuals skew more heavily toward small and rural communities.

Non-white LGBT respondents tend to be more likely than whites respondents to live in big cities (41% vs. 23%).

## How would you best describe the community where you live?

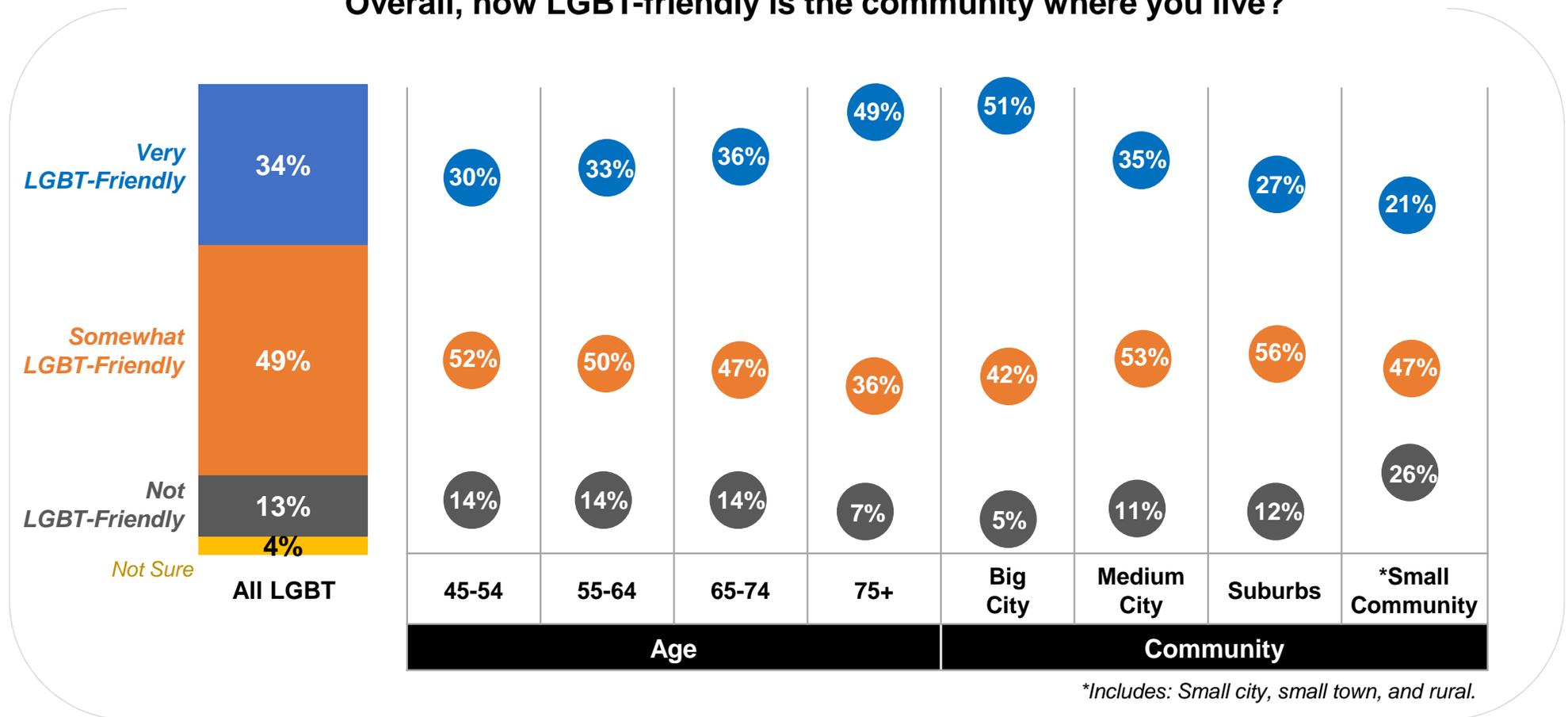


Base: (All LGBT) Lesbian Women n=627; Gay Men n=680; Bisexual Men and Women n=162; Gender Expansive n=264

# LGBT-FRIENDLY PERCEPTION OF COMMUNITY

While the vast majority of LGBT participants in this research felt that their communities were at least somewhat LGBT-friendly, size of community does correlate to the perception of LGBT-friendliness. Those living in smaller communities were least likely to see their community as LGBT friendly, but it is still a majority (68%).

## Overall, how LGBT-friendly is the community where you live?



Base: (All LGBT) All LGBT n=1,762; Age 45-54 n=610; Age 55-64 n=600; Age 65-74 n=422; Age 75+ n=130; Big City n=486; Medium City n=360; Suburbs n=452; Small City, Small Town, Rural n=464

# ACCESS TO SERVICES

LGBT community members living in small cities, small towns and rural areas have the most limited access overall to LGBT-affirming services. Four in ten LGBT respondents in small communities are without access to any LGBT specific community services where they live.

Access to LGBT senior services is particularly low in communities of all sizes and especially outside big cities.

**Do you have access to any of these types of LGBT organizations or resources where you live? (Check all that exist in your community, to your knowledge.)**

	Community				
	All LGBT	Big City	Medium City	Suburbs	*Small Community
LGBT-affirming churches, synagogues, mosques or other faith organizations	63%	79%	71%	61%	38%
LGBT establishments such as restaurants, bars or stores	57%	77%	66%	56%	27%
LGBT cultural or social organizations/events	57%	75%	64%	55%	33%
LGBT community center	54%	78%	57%	56%	21%
LGBT professional or business organizations	43%	67%	43%	44%	14%
LGBT health center	32%	57%	25%	31%	11%
LGBT senior services	27%	48%	24%	22%	10%
Other types of LGBT organizations	24%	35%	24%	22%	11%
<b><i>I do not have access to LGBT organizations where live</i></b>	<b>18%</b>	<b>5%</b>	<b>10%</b>	<b>16%</b>	<b>43%</b>

\*Includes: Small city, small town, and rural.

Base: (All LGBT) Big City n=486; Medium City n=360; Suburbs n=452; Small City, Small Town, and Rural n=464

# VOLUNTEERING

Forty percent (40%) of survey participants said that they are active volunteers, with more volunteering in non-LGBT organizations than LGBT organizations. There are some concerns among survey respondents that volunteer opportunities may be closed to them based on their age, sexual orientation, and gender identity. One in five LGBT adults age 65 to 74 is concerned that age will limit their opportunity to participate in volunteer activities and one in three gender expansive adults say their gender identity may keep them from being welcomed.

## Do you worry that volunteer opportunities may not be open to you based on your...

**40% ARE ACTIVE VOLUNTEERS**

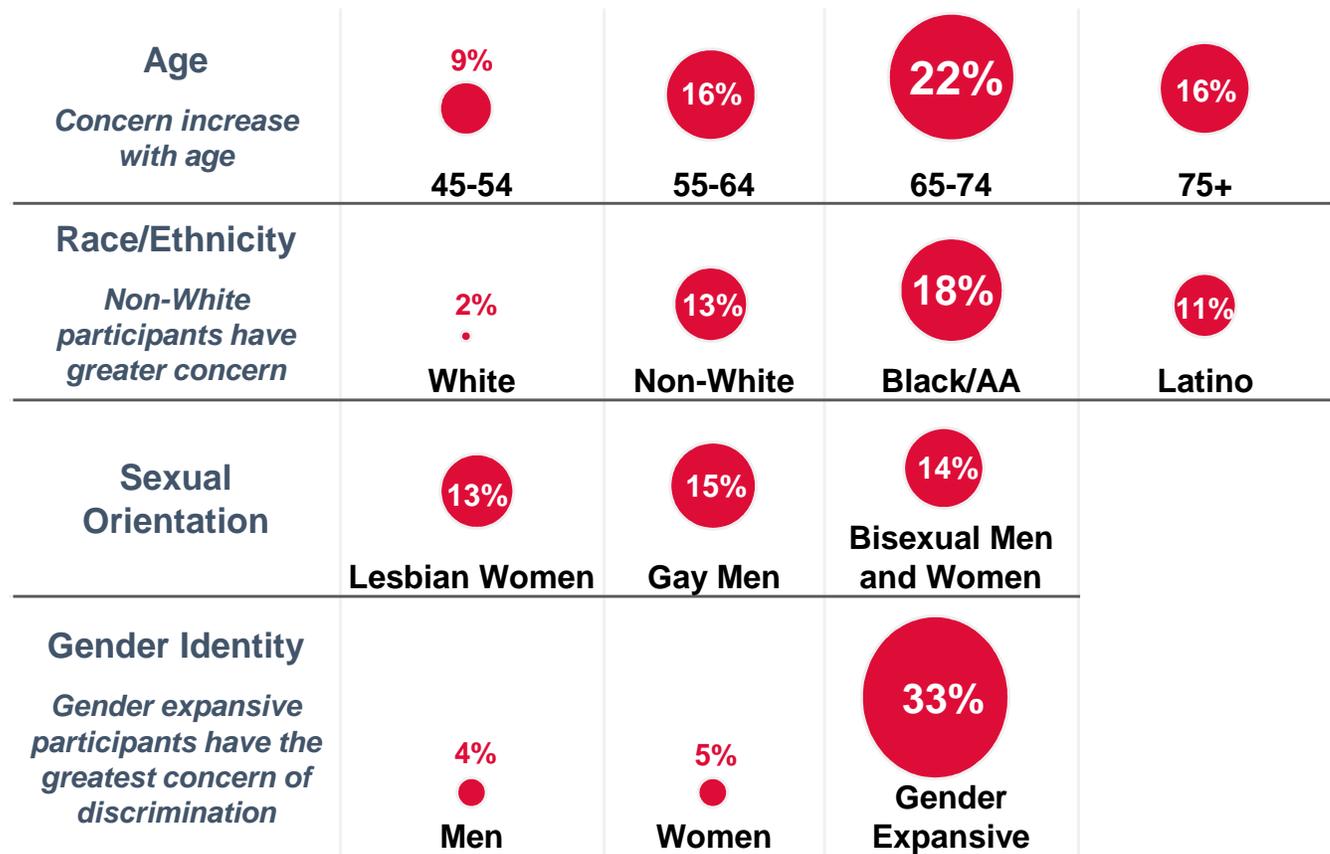
**General (Non-LGBT) Volunteering**

**29%**

**LGBT-Specific Volunteering**

**18%**

60% indicated that they do not volunteer.



Base: (All LGBT) All LGBT n=1,762; Age 45-54 n=610; Age 55-64 n=600; Age 65-74 n=422; Age 75+ n=130; White n=1,182; Non-white n=523; AA n=233; Latino n=199; Lesbian Women n=627; Gay Men n=680; Bisexual Men and Women n=162; Male n=759; Female n=739; Gender Expansive n=264



04

# DETAILED FINDINGS:

## Healthcare, Long Term Care & Caregiving

# COMMUNICATION WITH PHYSICIAN

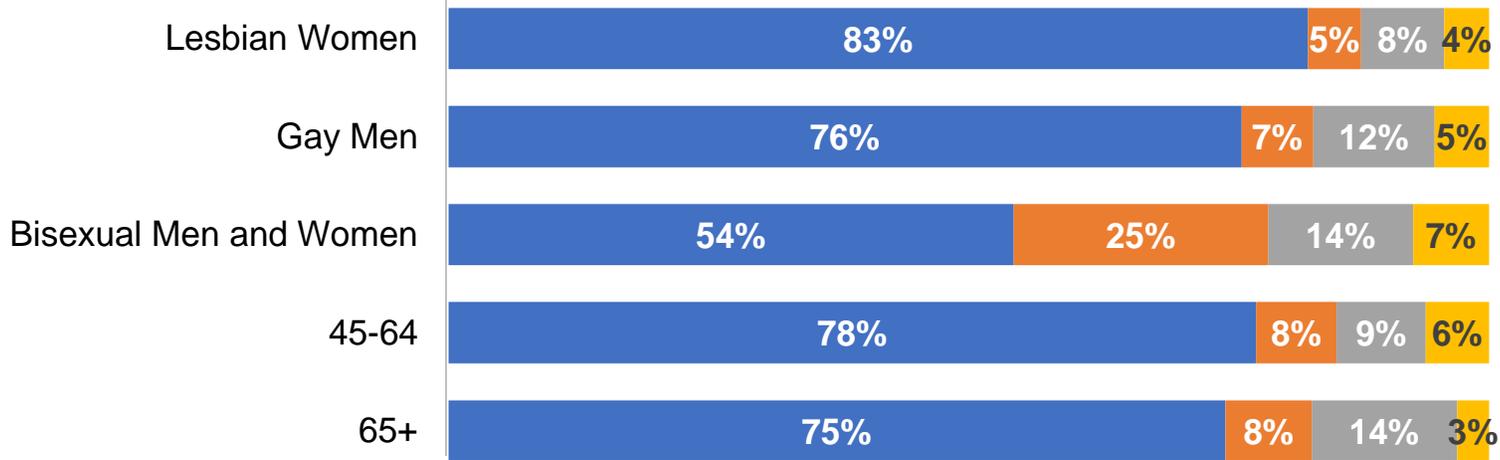
The majority of LGBT respondents in this survey are “out” to their physician, but bisexual men and women are significantly less likely to say their primary care physician knows their sexual orientation.

## Does your primary care doctor or physician know your...?

### Sexual Orientation

Yes

No Not sure Don't have a primary healthcare provider



### Gender Identity



Base: Sexual orientation question to lesbian, gay, bisexual participants n= 1,446. Gender Identity to gender expansive participants n=261

# RELATIONSHIP WITH PHYSICIAN

Most LGBT survey respondents have a positive relationship with their primary care doctor or physician and few of any group said their relationship was neutral or negative. However, similar to the trend of bisexuals being less likely to discuss their sexual orientation with providers, they are also most likely to feel reluctant to discuss some issues for fear of being judged by their physician.

## How would you describe your relationship with your primary care doctor or physician?

		All LGBT	Lesbian Women	Gay Men	Bisexual Men and Women	Gender Expansive	45-64	65+
	<b>Open and honest.</b> I can freely discuss all healthcare issues with my provider	74%	79%	75%	61%	70%	73%	79%
	<b>Good,</b> but there are issues I would be reluctant to discuss for fear of being judged	13%	9%	14%	22%	16%	14%	11%
	<b>More neutral,</b> I do not feel that I have any relationship with my healthcare provider	10%	10%	8%	15%	12%	11%	8%
	Relationship with my primary healthcare provider can be <b>difficult or negative</b>	1%	<1%	1%	1%	1%	1%	1%
	Not sure	1%	1%	2%	1%	1%	1%	1%

Base: (All LGBT with a primary care doctor/physician) All LGBT n=1,674; Lesbian Women n=600; Gay Men n=645; Bisexual Men and Women n=151; Gender Expansive n=249; 45-64 n=1,138; 65+ n=536

# HEALTHCARE AND DISCRIMINATION

Many LGBT community members have some concerns about discrimination in healthcare as they get older because of their sexual orientation, gender identity, age or ethnicity. Gender expansive community members have the greatest concerns.

**As you get older, how concerned are you that the quality of care you receive by healthcare professionals and staff will be adversely impacted based on your ...**

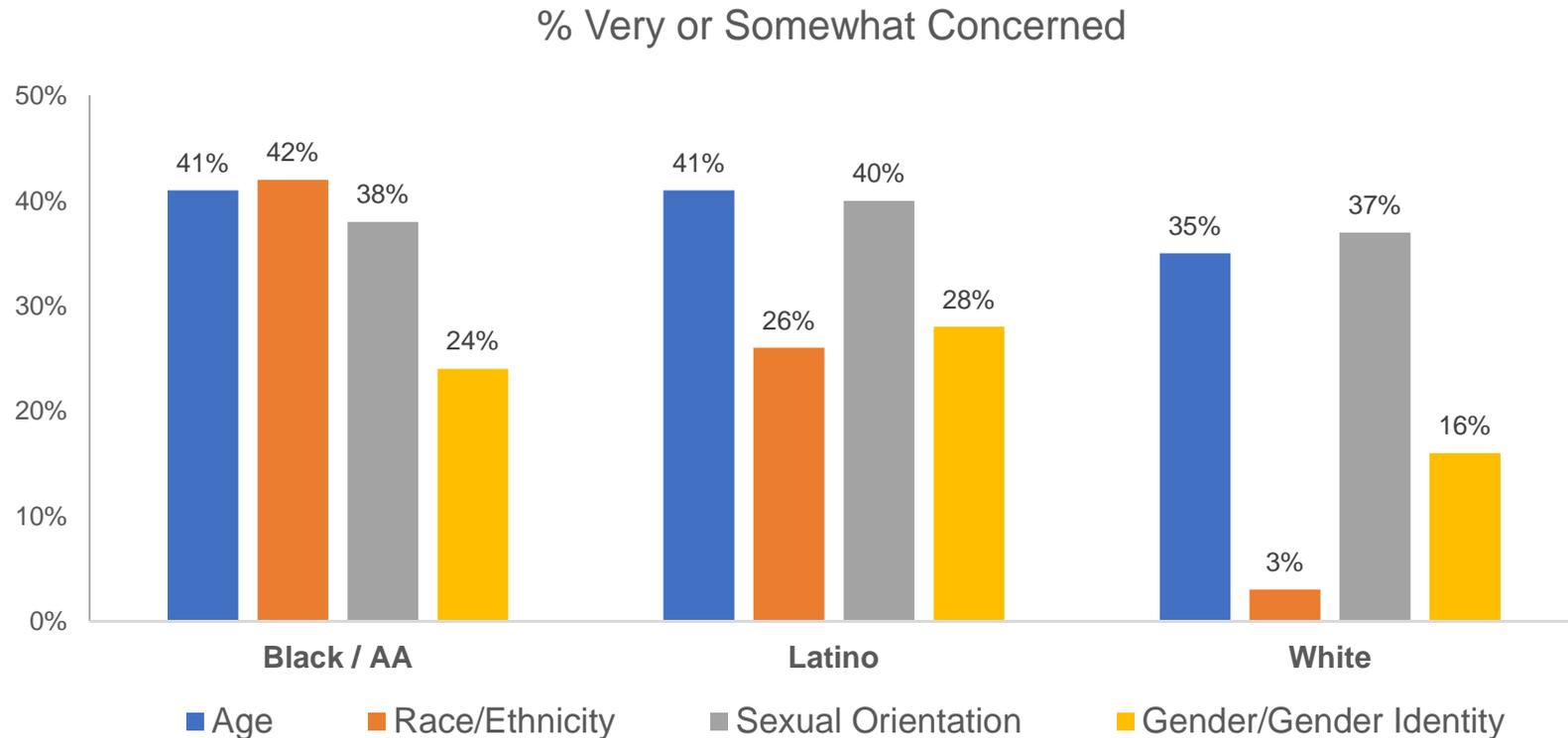
		Total Concerned (Very + Somewhat)	Very Concerned	Somewhat Concerned
Age	65+	40%	8%	32%
	45-64	36%	10%	26%
Race or Ethnicity	Black / AA	42%	16%	26%
	Non-White	31%	10%	21%
	Latino	26%	6%	20%
	White	3%	<1%	3%
Sexual Orientation	Lesbian Women	35%	7%	28%
	Gay Men	40%	7%	33%
	Bisexual Men/Women	35%	4%	31%
Gender or Gender Identity	Gender Expansive	66%	33%	33%

Base: (All LGBT) Age 45-64 n=1,210; Age 65+ n=552; White n=1,182; Non-White n=523; Black/African American n=233; Latino n=199; Lesbian Women n=627; Gay Men n=680; Bisexual Men and Women n=162; Gender Expansive n=264

# HEALTHCARE AND DISCRIMINATION BY ETHNICITY

Gay men, lesbian women and bisexuals of color (black and Latino) are about as likely as white LGB respondents to be concerned that their sexual orientation and their age may have a negative impact on the quality of care they receive from healthcare providers as they age. However, for black and Latinos, they are far more likely to also be concerned about their race or ethnic identities as a reason for poor quality of care, as well as gender or gender identity. Rather than one type of discrimination out-ranking others, black and Latino members of the LGBT community carry additional reasons to feel at risk of receiving poor healthcare.

**As you get older, how concerned are you that the quality of care you receive by healthcare professionals and staff will be adversely impacted based on your ...**

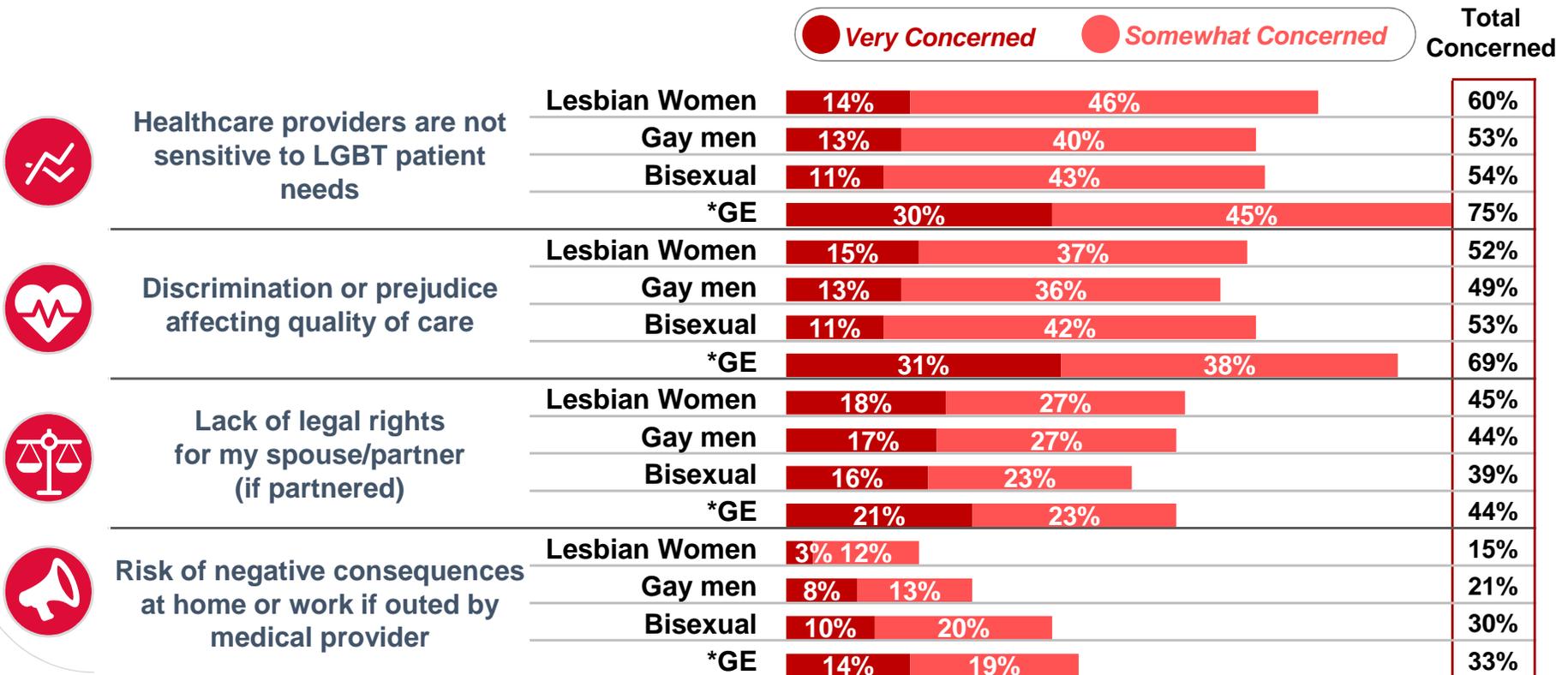


Base: (All LGBT) White n=1,182; Black/African American n=233; Latino n=199

# LEGAL PROTECTIONS

There is significant concern within the LGBT community regarding healthcare and discrimination or prejudice. Gender expansive community members are by far the most concerned, both in number and degree. The greatest concern is healthcare providers who are not sensitive to LGBT patient needs, followed by discrimination or prejudice affecting quality of care. For LGBT adults age 45 and older who are not out with their co-workers and supervisors, 40% are concerned about the risk of facing negative consequences at home or work if they are outed by medical provider.

**As an LGBT community member, if you or your spouse/partner ever had a health emergency requiring medical attention, how concerned would you be about the following?**



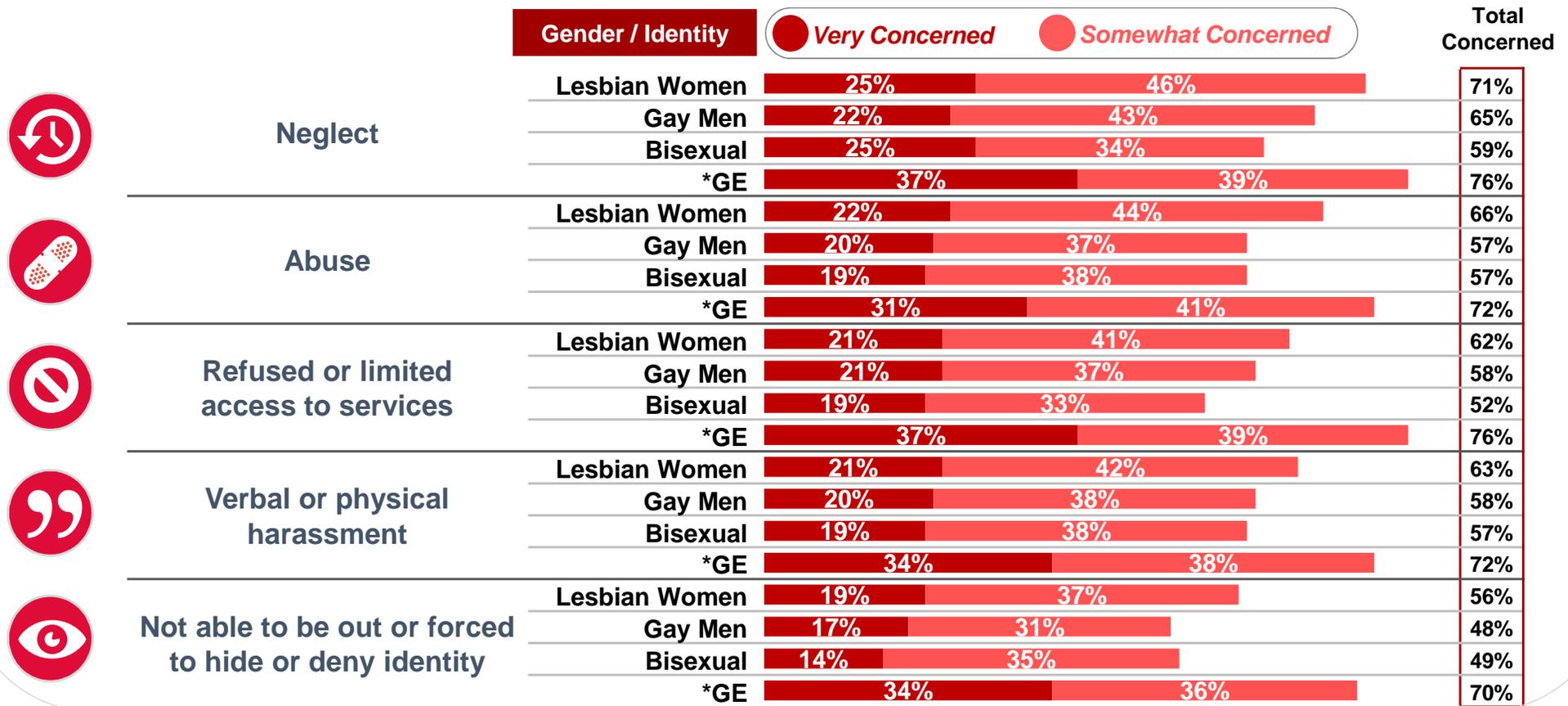
\*Gender Expansive

Base: (All LGBT) Lesbian Women n=627; Gay Men n=680; Bisexual Men and Women n=162; Gender Expansive n=264

# LONG-TERM CARE CONCERNS BY IDENTITY

Concerns about long-term care as an LGBT community member are great, particularly for gender expansive individuals. A majority cite concerns about neglect, abuse, being refused access to services or harassment. The most LGBT-specific impact is to be forced to hide one's identity which is a concern for about half of LGB respondents and for 70% of gender expansive respondents.

**As an LGBT community member, if you or your spouse/partner ever needed long-term care, such as in-home assistance, assisted living or nursing home care, how concerned would you be about ...?**



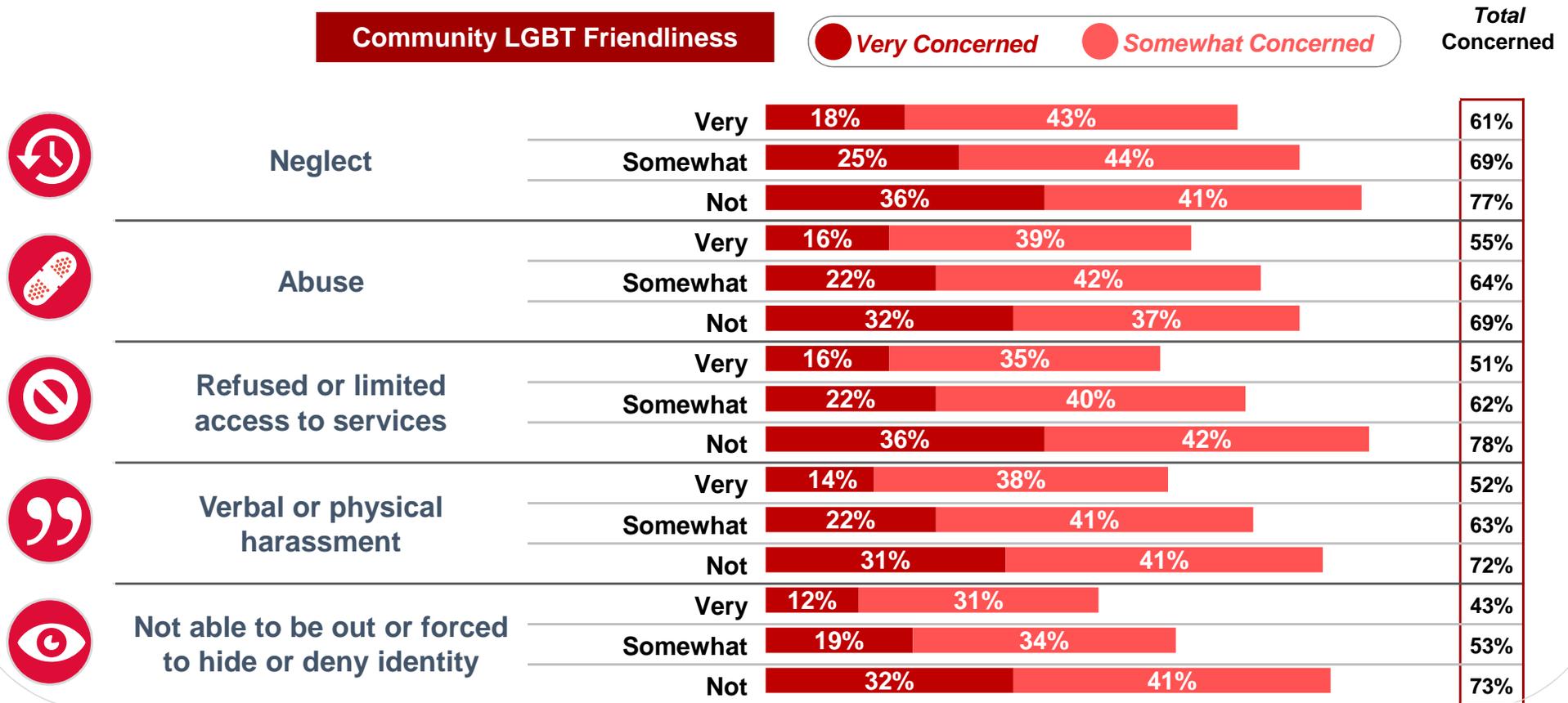
Base: (All LGBT) Lesbian Women n=627; Gay Men n=680; Bisexual Men and Women n=162; Gender Expansive n=264

\*Gender Expansive

# LONG-TERM CARE CONCERNS BY TYPE OF COMMUNITY

Even those living in very LGBT friendly communities have large proportions who are concerned about their quality of long-term care as an LGBT person. Those living in LGBT-unfriendly communities are even more likely to express concerns.

As an LGBT community member, if you or your spouse/partner ever needed long-term care, such as in-home assistance, assisted living or nursing home care, how concerned would you be about ...?



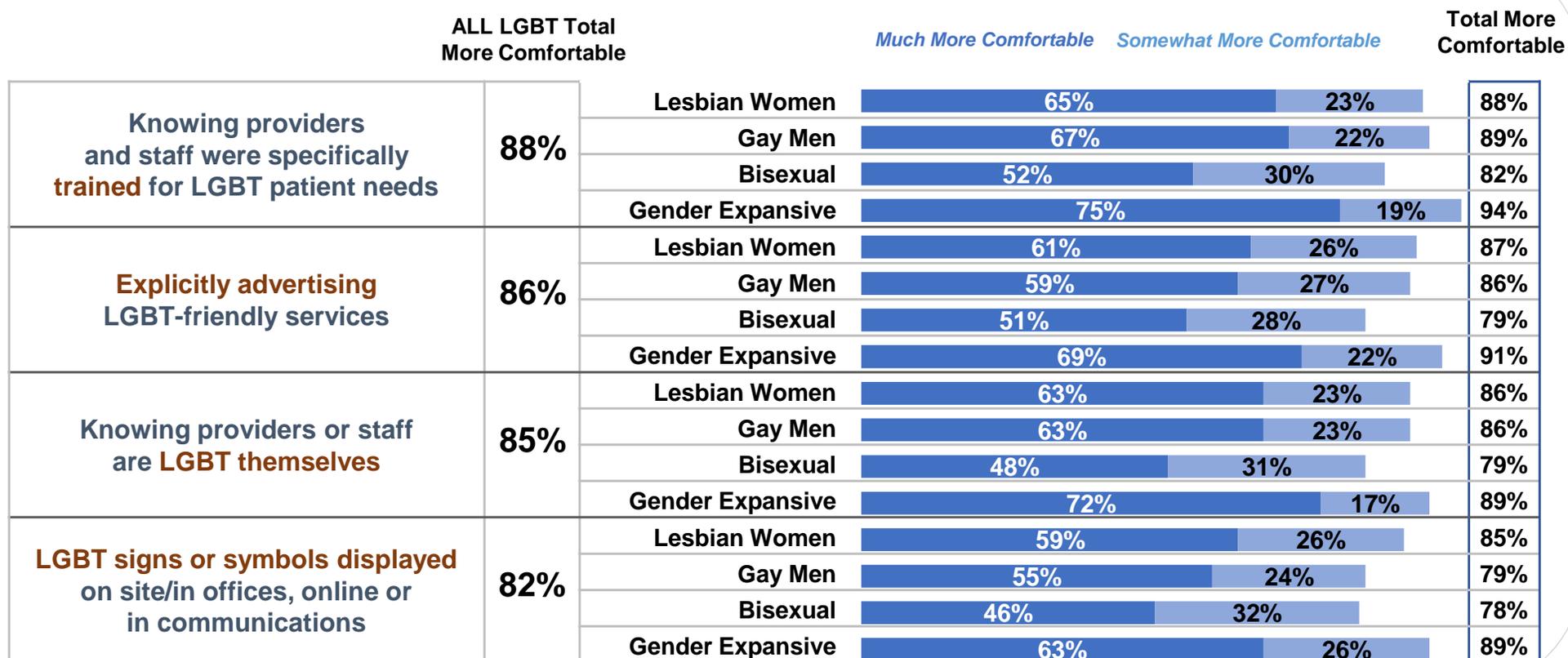
Base: (All LGBT) Very LGBT-Friendly Community n=585; Somewhat LGBT-Friendly Community n=854; Not LGBT-Friendly Community n=251

\*Gender Expansive

# LGBT OUTREACH BY LONG-TERM CARE SERVICES

Providers of long-term care services and supports can initiate specific outreach activities to make the LGBT community feel more comfortable including training, hiring LGBT staff, investing in advertising to communicate LGBT-friendliness, and displaying LGBT-welcoming signs in facilities and online. Any of these actions help create LGBT-safe spaces within the long term care industry and would be roundly welcomed by the LGBT community.

**How would each of the following impact your comfort level with providers of long-term care services should you ever need them for yourself or your spouse/partner?**



Base: (All LGBT) All LGBT n=1,762; Lesbian Women n=627; Gay Men n=680; Bisexual Men and Women n=162; Gender Expansive n=264

\*Gender Expansive

# CAREGIVERS

More than two-thirds of LGBT respondents have been a caregiver to an adult loved one at some point in the past or present and three-fourths expect to be a caregiver or need one themselves in the future. Given the reliance of the LGBT community on friends for social supports in times of need, as well as the level of concern about quality of care from long term care providers, it follows that such a large share of respondents have experienced providing care for a friend or loved one and expect to either give or receive care in the future.

## Caregiving Experiences and Planning



<b>Past Caregiving</b> Have you ever.....	<b>Yes</b>	<b>No</b>	<b>Not Sure</b>
<b>Provided caregiving</b> to an adult loved one such as a relative, friend or spouse/partner	68%	31%	2%
<b>Received caregiving</b> as an adult from a loved one such as a relative, friend or spouse/partner.	30%	69%	1%



<b>Future Caregiving</b> How likely is it.....	<b>Very Likely</b>	<b>Somewhat Likely</b>	<b>Not Likely</b>	<b>Not Sure</b>
<b>You will be a caregiver</b> to a loved one in the future.	35%	36%	23%	6%
<b>You will need caregiving</b> from a loved one in the future.	31%	43%	14%	12%

Base: (All LGBT) All LGBT n=1,762



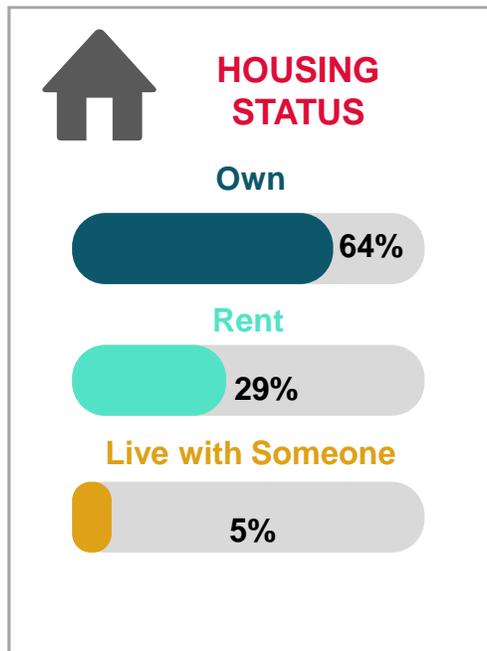
05

# DETAILED FINDINGS: Housing

# HOUSING AND DISCRIMINATION

Although home ownership is lower in the LGBT community than the general population, the majority of LGBT participants age 45 or over indicate owning a home. Relatively few indicated experiencing “recent” discrimination in housing, however, those who identify as gender expansive and black experienced the highest discrimination rates.

Do you rent or own your home, or something else?



Thinking about your own personal housing situation, have you recently felt that you were discriminated against because of your ...

Answered Yes

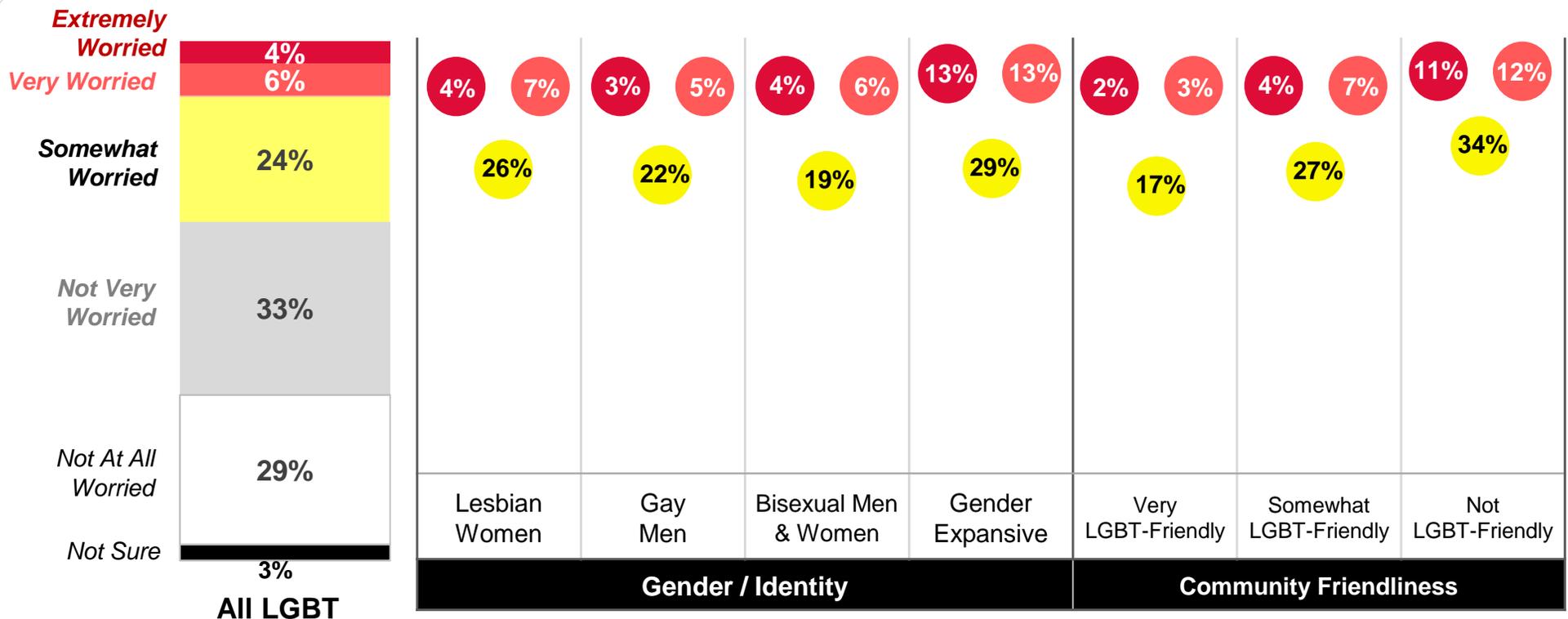
Age	5%	4%		
	45-64	65+		
Race or Ethnicity	1%	10%	13%	7%
	White	Non-White	Black/AA	Latino
	5%	4%	3%	
	Lesbian Women	Gay Men	Bisexual Men and Women	
Gender or Gender Identity	14%	Gender Expansive		

Base: (All LGBT) All n=1,762; Age 45-64 n=1,210; Age 65+ n=552; White n=1,182; Non-White n=523; AA n=233; Latino n=199; Lesbian Women n=627; Gay Men n=680; Bisexual Men and Women n=162; Gender Expansive n=264

# FEAR OF FUTURE HOUSING DISCRIMINATION

One in ten (10%) respondents are very or extremely worried about future housing discrimination as they age because of their LGBT identity and that share rises to 34% when including somewhat worried. Gender expansive participants again indicate an even greater level of insecurity with more than half (54%) expressing concern about needing to hide their identity to access housing options for older adults.

**Thinking about where you will live as you age, how worried are you about having to hide your LGBT identity in order to have access to suitable housing options for older adults?**



Base: (All LGBT) All LGBT n=1,762; Lesbian Women n=627; Gay Men n=680; Bisexual Men and Women n=162; Gender Expansive n=264; Very LGBT-Friendly Community n=585; Somewhat LGBT-Friendly Community n=854; Not LGBT-Friendly Community n=251

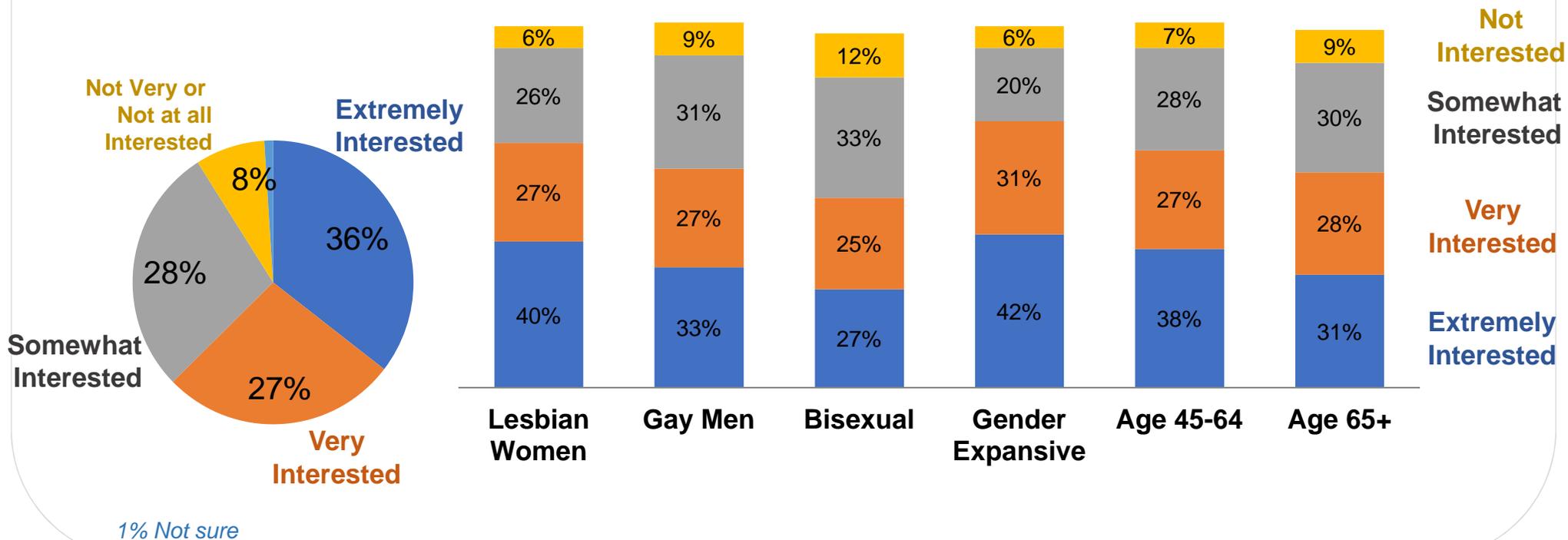
# LGBT-WELCOMING HOUSING DEVELOPMENTS

Nine out of ten respondents have an interest in LGBT-welcoming housing developments for older adults if they could afford it. Similarly large majorities show interest across the spectrum of sexual orientation and gender identity.

## How interested would you be in an LGBT-welcoming housing development for older adults if you could afford it?

Housing developments offer aging adults a way to live among people with whom they share a common bond of age and experience.

### All LGBT



Base: (All LGBT) All LGBT n=1,762; Lesbian Women n=627; Gay Men n=680; Bisexual Men and Women n=162; Gender Expansive n=264; Age 45-64 n=1,210; Age 65+ n=552



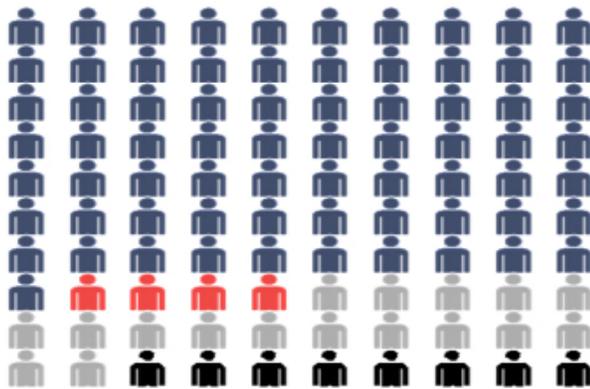
# APPENDIX

# POLITICAL AFFILIATION

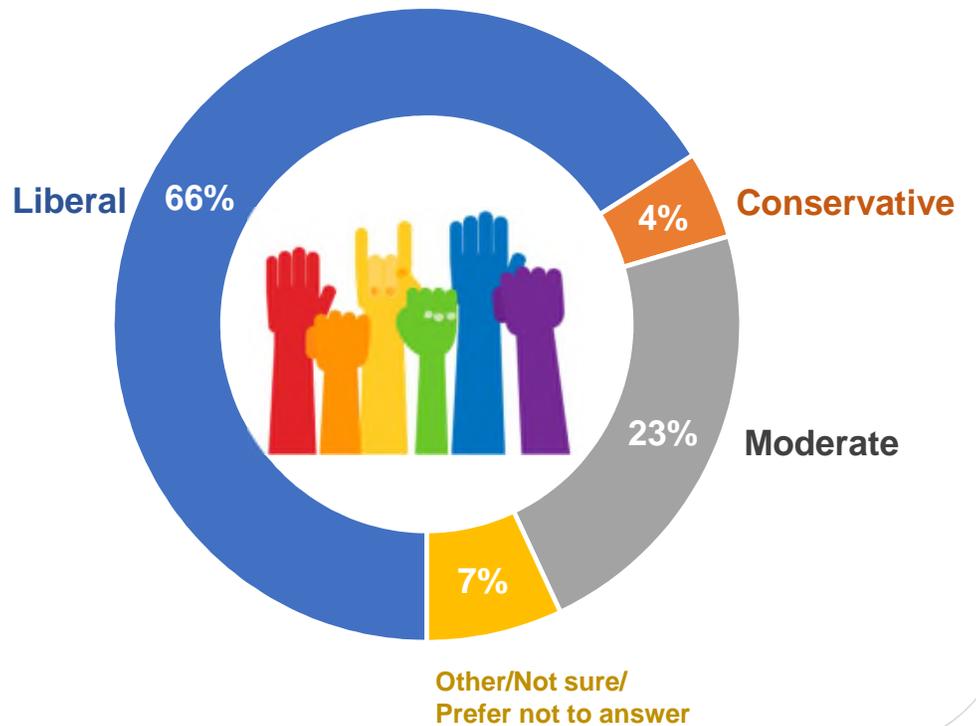
In general, LGBT community members view themselves as Liberal and Democrats. A reasonable percentage view themselves as Moderate and Independents. Few consider themselves Conservative or Republican.

Do you consider yourself to be a Democrat, a Republican, an Independent, or something else?

Democrat	71%
Republican	4%
Independent	17%
Other/Not sure/ Prefer not to answer	8%



How would you generally characterize your political views?



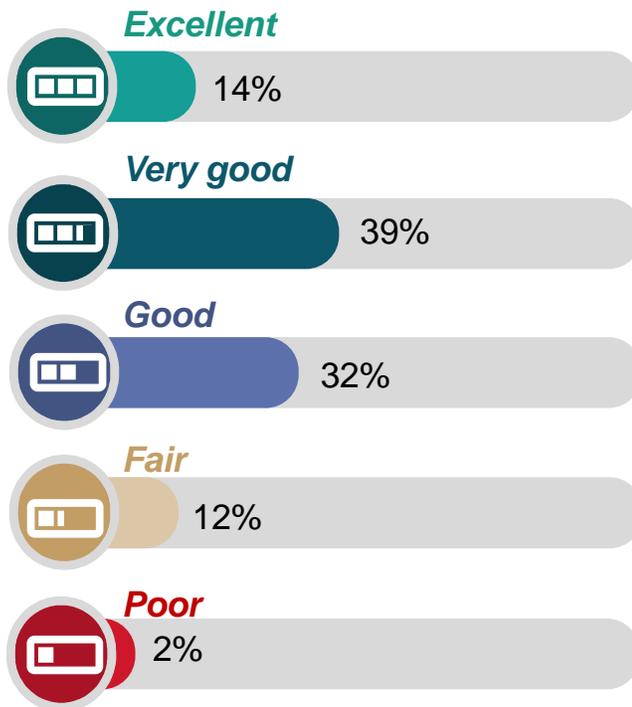
Base: (All LGBT) All LGBT n=1,762

# SELF-EVALUATION OF PERSONAL HEALTH

Overall, most LGBT community members perceive their health to be excellent to good, including older participants who are relatively positive about their health. About a quarter of the participants are living with a disability, handicap or chronic disease.

## How would you describe your health?

### All LGBT



	13%	16%	14%	11%	13%	14%	13%	22%	13%	15%	16%
	41%	39%	37%	33%	39%	38%	44%	35%	37%	42%	44%
Lesbian Women	Gay Men	Bisexual	Gender Expansive	45-54	55-64	65-74	75+	Single	Live With Partner	Married Only	
Gender / Identity				Age				Relationship			

### % Living with a disability, handicap or chronic disease...

Among Age Groups	45-54	55-64	65-74	75+
	23%	29%	26%	24%



Base: (All LGBT) All LGBT n=1,762; Lesbian Women n=627; Gay Men n=680; Bisexual Men and Women n=162; Gender Expansive n=264  
 Age 45-54 n=610; Age 55-64 n=600; Age 65-74 n=422; Age 75+ n=130; Single/Living Alone n=829; Living with Partner n=909; Married Only n=619

## ABOUT AARP

AARP is the nation's largest nonprofit, nonpartisan organization dedicated to empowering Americans 50 and older to choose how they live as they age. With nearly 38 million members and offices in every state, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands, AARP works to strengthen communities and advocate for what matters most to families with a focus on health security, financial stability and personal fulfillment. AARP also works for individuals in the marketplace by sparking new solutions and allowing carefully chosen, high-quality products and services to carry the AARP name. As a trusted source for news and information, AARP produces the nation's largest circulation publications, AARP The Magazine and AARP Bulletin. To learn more, visit [www.aarp.org](http://www.aarp.org) or follow @AARP and @AARPadvocates on social media.

## ABOUT CMI



Community Marketing & Insights (CMI) has been conducting LGBT consumer research for 25 years. Our practice includes online surveys, in-depth interviews, intercepts, focus groups (on-site and online), and advisory boards in North America, Europe, Australia and Asia. Industry leaders around the world depend on CMI's research and analysis as a basis for feasibility evaluations, positioning, economic impact, creative testing, informed forecasting, measurable marketing planning and assessment of return on investment.

Key findings have been published in the New York Times, Washington Post, Chicago Tribune, Los Angeles Times, Wall Street Journal, Forbes, USA Today, Chicago Tribune, Miami Herald, CBS News, NPR, CNN, Reuters, Associated Press, eMarketer, Mashable, and many other international, national and regional media.



## FOR MORE INFORMATION:

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