Andrew Eklund: glbTi needs in health care, aging and research. What's new? &

NWACAS: The LGBTI Inclusive Practice Network Story

- Andrew Eklund: Treasurer of Transgender Victoria and FTM Shed
- Kieran McGregor: NW ACAS Clinician and LGBTI champion
Proud Moment

TGV winner of the 2014 Community Organisation Award
Overview

By drawing attention to recent Australian research for TGD, I will highlight:

• the poor mental health experienced by trans and gender diverse people

• A need to being to focus on wellbeing.

• A gap in Census Data for numbers and geographical location of TGD.

• Review TGD housing and employment.
Defining Transgender

Trans: The term transgender (alternatively trans and gender diverse) is used as an umbrella term for anyone whose gender identity/expression differ from society’s expectations.

Transwoman: Lives as a female
Transman: Lives as a male
Gender Diverse: Lives androgynous

transgendervictoria.com
The Gender Unicorn

Graphic by:

Gender Identity
- Female/Woman/Girl
- Male/Man/Boy
- Other Gender(s)

Gender Expression/Presentation
- Feminine
- Masculine
- Other

Sex Assigned at Birth
- Female
- Male
- Other/Intersex

Sexually Attracted To
- Women
- Men
- Other Gender(s)

Romantically/Emotionally Attracted To
- Women
- Men
- Other Gender(s)

To learn more go to:
www.transstudent.org/gender
Design by Landyn Pan

transgendervictoria.com
My situation

I was not born with poor mental health, but I was born with gender dysphoria.

I experienced poor mental health during my battle with gender identity and deciding what was right for me.

I did not need a psychiatrist, but I did need help from a trans experienced counsellor, as did my family, and access to hormones and surgery.
My perspective

We know LGBTI people experience worse mental health than the general public.
We know TGD people experience worse mental health than LGBI people.
There have been numerous surveys over many years confirming this situation.
Recent surveys emphasise the seriousness of this situation and it is deteriorating.
Our medical providers are not getting relevant training in this area.
DSM position

- Gender identity disorder listed in 1980 (DSM-3), under the mental health umbrella
- now referred to as gender dysphoria (DSM-5 2013)
- A very pathologising position and alienating for those in the TGD community.
Main reference sources – all with funding from beyondblue

From Blues to Rainbows: The mental health needs of young people with diverse gender

The First Australian National Trans Mental Health Study: Summary of Results

A Closer Look at Private Lives 2

Fuller details on final slide
Key findings from these surveys

- 57.2% had been diagnosed with depression at some point in their lives (4 times general pop)
- K10 psychological distress scores
  - Much higher than general public
- Mean resilience scores
  - Much lower than general public
- Those currently affected with depression or anxiety was greater than the lifetime prevalence in general population
Key findings from these surveys

- Young people who had experienced abuse, harassment or discrimination had high rates of
  - self-harm (70%),
  - suicidal thoughts (81%)
  - suicide attempts (37%)
Very high rates of mental health service use in last 12 months

- transwomen (67.2%), transmen (59.6%)
- Higher rates in 16-24 year olds

These rates were higher than in a 2007 survey (Couch et al.) which reported 47.4% having used mental health services in previous 12 months
Participants reported

- discrimination when accessing healthcare
- healthcare system failed to meet their needs
- some reported a good relationship with medical practitioners but generally it was a **matter of luck** in finding a supportive doctor
- Obtaining hormone therapy is often difficult
- Accessing surgery is very difficult (cost/availability)
- More difficult for those in regional/rural areas
Factors associated with poor mental health:

- Social isolation and often family rejection
- Sexual and gender identity
- Lower educational attainment
- Being unemployed or unable to work, low income
- Poor self-rated health
- Wanting to take hormone therapy or undergo surgery
- Difficulty changing identity documents
- Not feeling comfortable telling doctors
- A recent experience of discrimination
How many are TGD?

Wide range of estimates for TGD population

In 2012 survey of 8,166 NZ secondary school students, 1.2% identified as transgender, with further 2.5% unsure about their gender

If we use 1.2% in Australia, then >275,000 people, and 3.7% would be >850,000
Call for action

We have known for many years that mental health for TGD people is a lot worse than the general community.

We do not need more surveys, we need action.

We need TGD inclusive and appropriate services including better informed medical providers.

We need action in rural and regional areas as well as our large centres.

transgendervictoria.com
Main reference sources all with funding from beyondblue

From Blues to Rainbows: The mental health needs of young people with diverse gender
Sep 2014, Australian Research Centre in Sex, Health and Society (ARCSHS), La Trobe University and University of New England

The First Australian National Trans Mental Health Study: Summary of Results
2014, Western Australian Centre for Health Promotion Research, Curtin University

A Closer Look at Private Lives 2,
2015, ARCSHS and La Trobe University

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THANK YOU
NWACAS: The LGBTI Inclusive Practice Network Story
<table>
<thead>
<tr>
<th>Year</th>
<th>Description</th>
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<tbody>
<tr>
<td>2011</td>
<td><em>Caring for Older Australians</em> Productivity Commission inquiry recommended that diversity frameworks for aged care services should include sexual and gender diversity</td>
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<td>July 2012</td>
<td>The Aged Care Act was amended to include older LGBTI people as a Special Needs Group.</td>
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<td>Dec 2012</td>
<td>The Australian Government launched the <em>National Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) Ageing and Aged Care Strategy</em></td>
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<td>2014</td>
<td>ACAS Vic launch a position statement: <em>ACAS Vic is committed to the delivery of LGBTI inclusive assessment practice</em></td>
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<td>2014</td>
<td>Val’s Café and ACAS Victoria develop LGBTI Inclusive Assessment Training with Train the Trainer model</td>
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<td>2014-2015</td>
<td>Training rolled out to all ACAS clinical and admin staff</td>
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<td>2014-2015</td>
<td>Poster and Oral Presentation at National LGBTI Ageing and Aged Care Conference</td>
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<td>2015</td>
<td>Sally Goldner, Transgender Victoria and Andrew Eklund, FTM Shed provide <em>Transgender - Crossing the T: a detailed look at trans in aged care</em> training to ACAS staff</td>
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<td>2016</td>
<td>NWACAS have also started the HOW2 Program with GLHV which promotes the development of LGBTI-inclusive health and human services.</td>
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NWACAS LGBTI Inclusive Practice: A Starting Point.
NWACAS LGBTI Inclusive Practice: A Starting Point.

• Identification that culturally safe assessments are only one component of addressing LGBTI inclusive practice.

• Important to provide a culturally safe service system.
NWACAS LGBTI Inclusive Practice: Moving forward.

ACAS invited like minded participants to inaugural “LGBTI Inclusive Services Network “ meeting September 2015.

Members:
SWITCHBOARD/Out & About Program - co facilitators
HACC
HCP
CHSP

Recruited consumer representation:
Andrew Eklund, FTM Shed/Transgender Victoria

North West Metro Region

Terms of Reference Developed
NWACAS LGBTI Inclusive Practice: Moving forward.

• **MISSION:**

“The LGBTI Inclusive Services Network will provide a forum in which NWACAS, Commonwealth funded aged care providers and Key Stakeholders can come together to discuss issues, share resources and create opportunities to share expertise and best practice around the needs of older LGBTI people. The Network Group will facilitate timely and effective information sharing between agencies, promote collaborative problem solving and seek opportunities to strengthen and/or create new partnerships”
NWACAS LGBTI Inclusive Practice: Moving forward.

Since the inaugural meeting Guest speakers have included:

- Rowena Allen: Victoria's first Gender and Sexuality Commissioner
- Dr Eric Glare: Senior Voices Project at Living Positive Victoria
- Andrew Eklund – F2M Shed

Facilitated LGBTI clients to be either assessed for HACC programs or for them to be assessed for LGBTI targeted HCP.

Assisted with referrals to Switchboard’s Community Visitor Programme (must be HCP recipients).

Provided a forum to update on each services training/resources.

Steering Committee for LGBTI issues

Networking!
QUESTIONS?