



Development of an evidence-based resource to improve service responses and practices for older gay, lesbian, bisexual, transgender and intersex Australians who are experiencing depression or anxiety

This project aims to develop, pilot and evaluate a resource to guide responses and practice of health professionals providing aged care services to older lesbian, gay, bisexual, transgender and intersex (LGBTI) people who have experienced depression and anxiety. Interviews with older LGBTI people about their lived experience of depression and anxiety are to be combined with research evidence to develop an education resource for aged care service providers.

Higher rates of depression and/or anxiety have been observed in older LGBTI people compared to their heterosexual counterparts. A major contributor to this disparity is long-term exposure to discrimination, which may be exacerbated by older LGBTI people experiencing – or anticipating – discrimination when accessing aged care. The strategies employed by older people who have survived discrimination, depression and anxiety may also serve as a guide to younger people suffering from similar problems.

Why is this project important?

This is a matter of equity and justice. Experience of past discrimination and fear of encountering further discrimination can make older LGBTI people reluctant to seek appropriate health care and support as they age.

Key questions that the research is trying to answer

- What factors contribute to depression and anxiety in LGBTI people?
- Survival strategies – how have interviewees dealt with their mental health problems?
- What do aged care providers need to know about LGBTI people and their needs?

Collaborating Partners

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Funders

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