

# LGBTQ + So Many Letters!!!

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What Do They All  
Mean Again and Why  
Does it Matter?

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# Friendly Intention Honored

We will be opening up for questions at the end of this presentation so I want to assure all participants that your friendly intention in asking any questions will be presumed and honored:

So don't be afraid of “saying the wrong thing”; please ask any questions that you have at that time 😊

# The ABCs of LGBT+



**Overwhelmed  
yet?!?!**

***You might be thinking:***

Why Does this even matter??? Or...

Why Do I need to know this??? Or...

How does this impact the care I  
provide my elderly Patients???

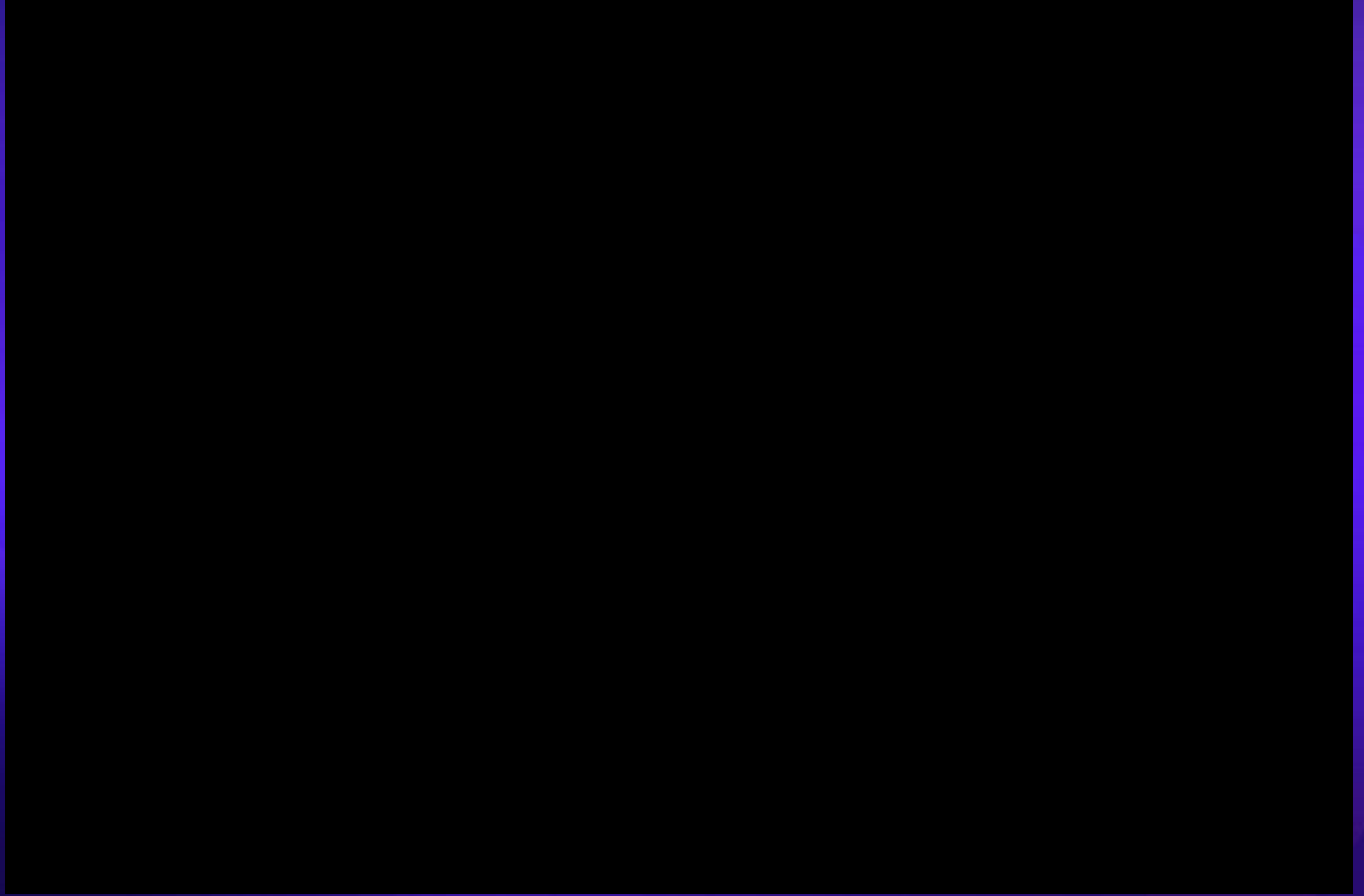
Or...

Great! Now that I know what I  
don't know, I am scared to say  
anything or ask any questions:  
**HELP!!!**

# Why is this important and how does this impact the care I provide my elderly Patients???

- Dignity at this sacred time of life
- Autonomy at a time when they are experiencing a profound loss of independence due to their disease progression: Voice, power, agency
- To be seen and heard accurately
- Respect and support for Family/Family of choice members of the Patient

# Stonewall Riots



Just like heterosexual cisgender  
people

We LGBTQ+ individuals are all different!

# A Heterogenous Community

- Definition of HETEROGENEOUS:

consisting of dissimilar or diverse ingredients or constituents :

MIXED an ethnically *heterogeneous* population

***Merriam-Webster Dictionary***



# A Heterogenous Community

A collage of five young people's faces, diverse in ethnicity and gender, smiling and looking towards the camera. The text is overlaid on the collage in a large, bold, sans-serif font. The text is color-coded: 'WHAT' and 'DO YOU' are in light blue, 'LG' is in light green, 'BT' is in light yellow, 'Q' is in light orange, 'STEREOTYPES' is in light green, 'WISH' is in light orange, and 'WOULD DIE?' is in light yellow.

**WHAT LGBTQ  
STEREOTYPES  
DO YOU WISH  
WOULD DIE?**

# We are NOT all the same

## We disagree on **many** issues:

- What we want to be called

Example: “Queer”

- We are often also members of other identities: ethnically, socio-economically, politically, etc.

Example: Log Cabin Republicans

- We are sometimes fearful of each other: Biphobia, Transphobia, etc.

# LGBTIAAPP2S:

- Often shortened to LGBTQ+ to be inclusive as well as concise
- This “umbrella term” essentially refers to all people who do not identify as strictly heterosexual:
  - as more sexual and gender identities come to awareness others who do not feel part of the heterosexual community increasingly attach themselves to the LGBTQ+ community.

# Examples

- Pansexual
- Polyamory

# Important Terminology

Cisgender: *adjective* cis·gen·der \ (,)sis-'jen-dər \ :of, relating to, or being a person whose gender identity corresponds with the sex the person had or was identified as having at birth

Ex) Research shows that transgender people more often suffer symptoms of depression, stress, and anxiety than *cisgender* people, those who identify with the sex they were born with.

# We don't just “come out” once!

Every time we enter a new social situation or meet a new individual or group of individuals we must decide:

*what* to reveal to *whom* and *why* and *when* and *how much*!



# I “came out” to YOU

- I may NOT feel comfortable or safe to or want to come out to *all* members of my Care team  
so: ASK me!
- I may or may NOT be out to all of my family, friends, coworkers, neighbors, members of my faith community so: ASK me!

# *“It’s complicated”*

- Especially if my ethnicity or cultural (including religious) group has a history of homophobia

Ex: Orlando club shooting victims and survivors and ethnicity



# Phobias:

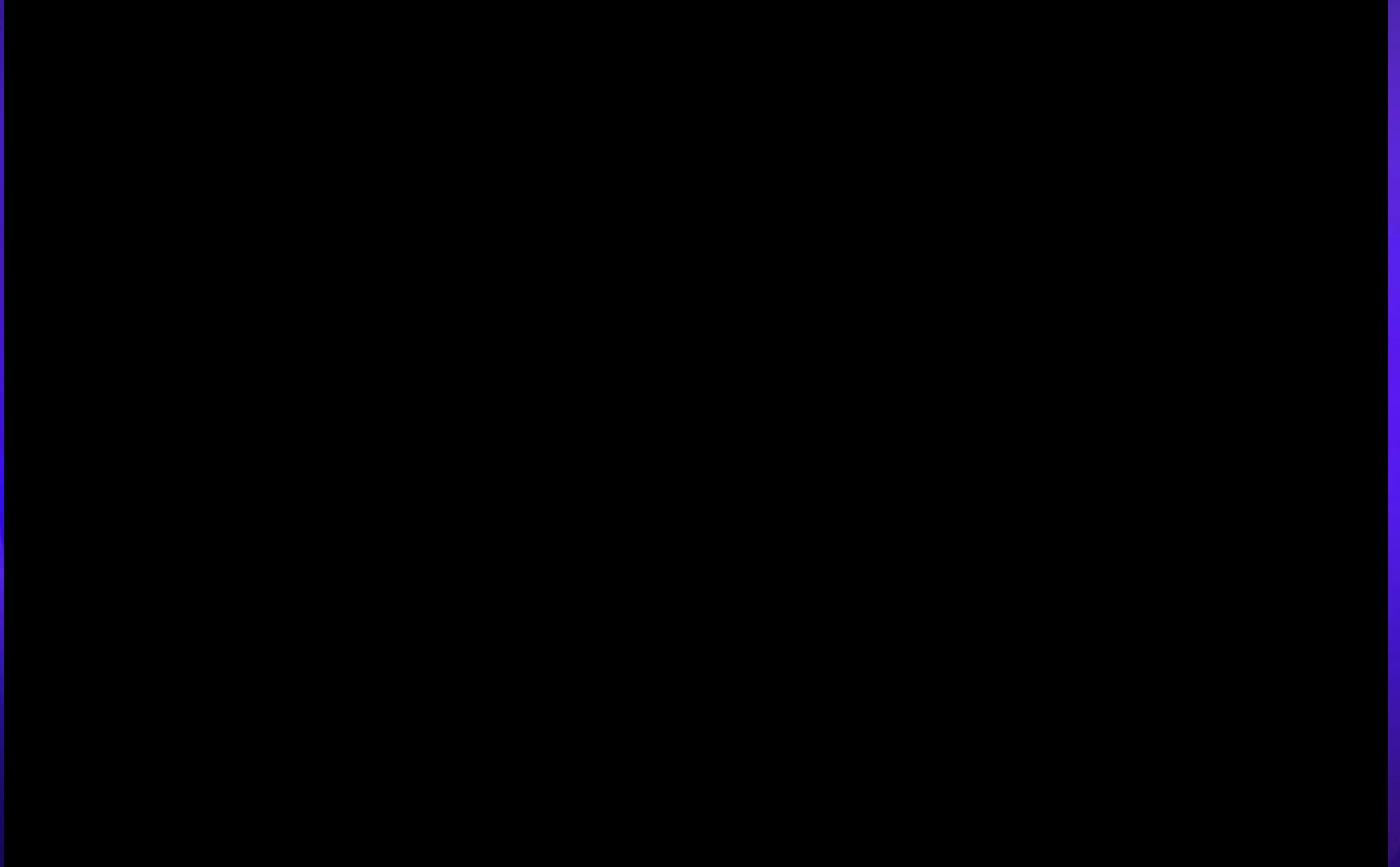
## A very brief overview

- Homophobia
- Internalized Homophobia
- Biphobia
- Transphobia

# Stereotypes & Stigmas



# Removing Stigma



# Pronouns:

Above all, if you remember nothing else from this presentation, **remember this** if you are working with a patient who identifies as Transgender:

**Respect Pronouns!!!**

She/Her

He/His

They/Their



# Resources for Medical Professionals:

- <http://www.lgbthealtheducation.org/wp-content/uploads/Gender-Affirming-Psychotherapy.pdf>

# The World Professional Association for Transgender Health (WPATH)

- WPATH has developed Standards of Care (SOC)
- **The Standards of Care**
- The World Professional Association for Transgender Health (WPATH) promotes the highest standards of health care for individuals through the articulation of **Standards of Care (SOC)** for the Health of Transsexual, Transgender, and Gender Nonconforming People. The SOC are based on the best available science and expert professional consensus.

# WPATH provides:

- **clinical guidance for health professionals** to assist transgender, and gender nonconforming people with safe and effective pathways to achieving lasting personal comfort with their gendered selves, in order to maximize their overall health, psychological well-being, and self-fulfillment.
- **This assistance may include** primary care, gynecologic and urologic care, reproductive options, voice and communication therapy, mental health services (e.g., assessment, counseling, psychotherapy), and hormonal and surgical treatments.



# WPATH continued

- While this is primarily a document for health professionals, the SOC may also be used by individuals, their families, and social institutions to understand how they can assist with promoting optimal health for members of this diverse population.

## Web Links!

- <http://www.lgbthealtheducation.org/wp-content/uploads/Gender-Affirming-Psychotherapy.pdf>
- <https://youtu.be/uFqLrSHWNT4>
- <https://www.youtube.com/watch?v=tRvFj3ugdWU>
- [http://www.wpath.org/site\\_page.cfm?pk\\_association\\_webpage\\_menu=1351](http://www.wpath.org/site_page.cfm?pk_association_webpage_menu=1351)
- <https://www.youtube.com/watch?v=k6SXRk0l-ZA>
- <https://www.youtube.com/watch?v=pv6rMKjBrf0>
- <http://www.ncai.org/policy-research-center/initiatives/Prudent-TwoSpiritPeople.pdf>
- <http://www.atntribes.org/sites/default/files/TET%20PP%20ATNI%202013%20Final%20%281%29.pdf>

# More Web Links

- <https://www.nbcnews.com/feature/nbc-out/gender-affirming-surgery-significantly-improves-quality-life-study-says-n862361>
- <http://channel.nationalgeographic.com/gender-revolution-a-journey-with-katie-couric/>
- <https://www.nationalgeographic.com/pdf/gender-revolution-guide.pdf>

Please use me!  
Email, call or text me!

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