

Aging Service Experiences, Concerns & Needs:
A Comparison of Heterosexual and Sexual Minority Older Adults

Final Report – October 2012

A Study of The Massachusetts LGBT Aging Needs Assessment (M'LANA) Coalition

Report Authors: Aimee Van Wagenen, Sammy Sass, Taylor W. Gray, Adrianna Sicari

Funding

This work was supported by the Lesbian Health Fund of the Gay and Lesbian Medical Association (GLMA) and by the *Eunice Kennedy Shriver* National Institute of Child Health and Human Development [R21HD051178] of the National Institutes of Health (NIH). The content is solely the responsibility of the authors and does not necessarily represent the official views of GLMA or NIH.

Acknowledgments

The following individual and organizational members M'LANA were involved in the design and conduct of this study: Don Allensworth-Davies, Judy Bradford, Sean Cahill, Jim Campbell, Jeff Driskell, Ed Ford, Taylor Gray, Stewart Landers, Bob Linscott, Lisa Krinsky, Ashleigh McClenthen, Dale Mitchell, John Morrel, Kristen Porter, Sammy Sass, Erin Tate, Aimee Van Wagenen, the LGBT Aging Project, Stonewall Communities, the New England Association on HIV Over 50, and Fenway Community Health Center. Thanks to Leigh Evans, Judy Margo, and the volunteers at the agencies we visited who assisted in survey administration. Thanks also to Komal Basra, Adrianna Sicari, and Shayne Zaslow for their help creating maps and tables to illustrate the study findings.

This study would not have been possible without the support and cooperation of agencies who welcomed us at their meal sites: South Shore Elder Services, Somerville/ Cambridge Elder Services, North Shore Elder Services, HESSCO, and Ethos. Special thanks to the meal site coordinators and nutrition directors at these agencies who took time out of their busy schedules to assist us.

Our thanks especially go to the older adults who participated in the research and made it possible.

TABLE OF CONTENTS

Contents

EXECUTIVE SUMMARY	1
METHODS	5
DEMOGRAPHICS.....	7
SEXUAL ORIENTATION	7
AGE.....	7
GENDER	8
RACE/ETHNICITY	8
VETERANS	8
EMPLOYMENT.....	9
EDUCATION.....	9
CHILDREN	11
RELATIONSHIP STATUS	11
HOUSING.....	11
LIVING ARRANGEMENT	12
SOCIAL CONNECTEDNESS/SOCIAL ISOLATION	12
SPENT THANKSGIVING	13
CLOSE PERSONS IN SOCIAL NETWORK	13
INTERNET USAGE	14
FEELINGS OF BELONGING AMONG LGB RESPONDENTS.....	14
SOCIAL ISOLATION/LONELINESS: Fixed Choice Questions	14
SOCIAL ISOLATION/LONELINESS: Open-Ended Responses	15
MEAL SITE UTILIZATION.....	15
MAP OF DISTANCES TRAVELED: Mainstream Sites	16
MAP OF DISTANCES TRAVELED: LGBT Sites	17
SOCIAL VALUE OF MEAL SITES: Fixed Choice Questions.....	18
SOCIAL VALUE OF MEAL SITES: Open-Ended Responses.....	19
NUTRITIONAL AND ECONOMIC VALUE OF MEAL SITES	19
OTHER INDICATORS OF UTILIZATION	20
CAREGIVING AND HEALTH	20
CAREGIVING	21

TABLE OF CONTENTS

HEALTH.....	21
OUTNESS AND EXPERIENCES OF LGBT DISCRIMINATION AND VIOLENCE.....	21
OUTNESS TO FAMILY, FRIENDS AND NEIGHBORS	22
OUTNESS TO PROVIDERS.....	23
EXPERIENCES OF LGBT DISCRIMINATION	23
CARE RECEIVING.....	24
INFORMAL RESOURCES: Who	24
INFORMAL RESOURCES: How Many	24
FORMAL SERVICES.....	25
LGB CONCERNS IN ACCESSING CARE: Fixed Choice Questions.....	26
LGB CONCERNS IN ACCESSING CARE: Open-Ended Responses.....	26
CONCERNS ABOUT USING IN-HOME HELP.....	27
AGING WITH PRIDE.....	28
APPENDIX: Questionnaire.....	30

EXECUTIVE SUMMARY

Aging Service Experiences, Concerns & Needs: A Comparison of Heterosexual and Sexual Minority Older Adults

*A Study of The Massachusetts LGBT Aging Needs Assessment (M'LANA) Coalitionⁱ
Report Authors: Aimee Van Wagenen, Sammy Sass, Taylor W. Gray, Adrianna Sicari*

Research suggests that sexual minorities, including those who identify as lesbian, gay, and bisexual, face unique challenges in achieving a happy, healthy older age. For example, sexual minorities may have reduced access to informal care resources and may encounter barriers in accessing formal aging service care. While the research base is growing, very few studies have compared the experiences of sexual minority older adults and heterosexuals. The goal of this project is to contribute to closing this gap by providing information about the unique care and service needs of sexual minority older adults. We hope the information is useful for prioritizing resources, developing services, and evaluating programs that serve diverse older adults.

LGBT and mainstream meal sites

Almost 300 older adults from the greater Boston area participated in the project by completing surveys at 12 congregate meal sites. Forty-four percent of respondents completed surveys at meal sites formally designated for lesbian, gay, bisexual, and transgender (LGBT) older adults and allies, and 56% completed surveys at sites that served a general population of elders (“mainstream sites”). While most attendees of LGBT sites identified as lesbian, gay, or bisexual,ⁱⁱ 5% identified as straight or heterosexual. The opposite was true of mainstream sites, where 96% identified as heterosexual. LGBT meal sites were younger than mainstream sites, and drew a greater proportion of men (50%) than did mainstream sites (19%). Both types of sites were predominantly white and non-Hispanic.

Key Findings from The Meal Site Study

- Compared to heterosexuals, more sexual minority older adults were able to rely on friends and non-familial social networks for support and fewer were able to rely on children and family.
- Sexual minority older adults were more likely than heterosexuals to experience feelings of loneliness, such as feeling left out and lacking companionship, despite having a similar number of people to talk to during the week and greater access to social connection via the internet.
- Large proportions of the sexual minority older adults surveyed reported that they were open about their sexual orientation with family, friends, and health and service providers.
- Sexual minority older adults were less likely than heterosexuals to use formal aging services such as volunteer helpers, even when controlling for demographic differences.ⁱⁱⁱ
- Meal sites are an important tool for combating social isolation for people of all sexual orientations; at meal sites, older adults say they feel welcome, can be who they are, and connect with community.

EXECUTIVE SUMMARY

Demographic differences between sexual minority and heterosexual older adults

A majority of meals site attendees did not engage in either full or part-time work. Lesbian and bisexual women were the group most likely to be working, with 46% engaged in either full or part time employment. Sexual minorities had high levels of educational attainment; 90% attended at least some college and 45% attended graduate or professional school. In comparison, just over 50% of heterosexuals had at least some college education. Sexual minorities also earned more, with 46% reporting an annual household income of \$35,000 or higher, compared to 15% of heterosexuals. However, 36% of LGBs had household incomes of \$25,000 or less; 15% earned less than \$11,000 and thus met federal guidelines for poverty.

Social support: friends and children

Sexual minority older adults were significantly less likely to have children who were living (31%), compared to heterosexuals (70%). By and large, heterosexuals received support from their children to a much greater degree than sexual

minority older adults: 11% of heterosexuals lived with their children, 47% spent Thanksgiving with their children, and 52% indicated that they could call their children for help. While some sexual minority

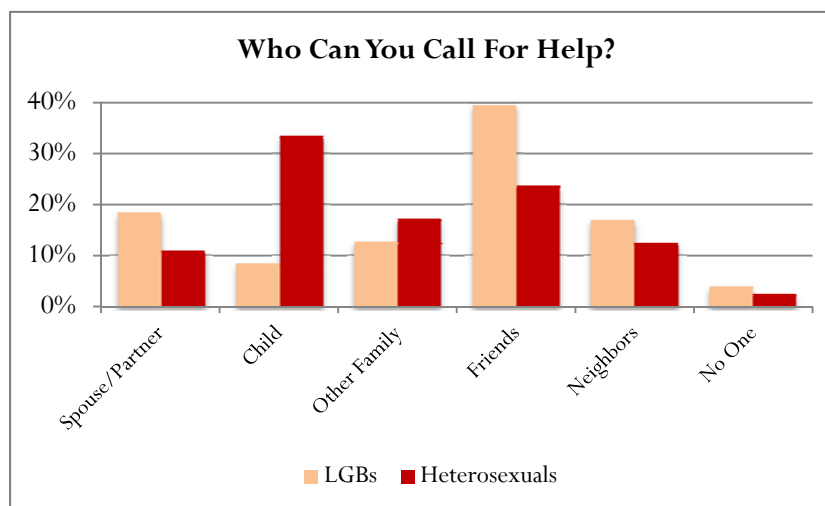
older adults also received social support from their children, many more relied on friendships and non-familial networks: 33% spent Thanksgiving with friends, 7% lived with friends, and 71% said they could call friends if they needed help. In fact, sexual minorities had over 4 times the odds of naming friends as people who could be called upon for

Q: What do you like most about the experience of getting older as an LGBT person?

A: My marvelously supportive lesbians friends in my age cohort! My lesbian friends live the meaning of friendship!

help.ⁱⁱⁱ

Sexual minority and heterosexual older adults had social support networks of roughly the same size; older adults from both groups reported about 7 people that they spoke with at least once per week.



Internet usage was significantly more common amongst LGB older adults, with 76% using the internet at least several times per week compared with 27% of heterosexuals.

Despite this, sexual minorities were at increased risk for social isolation. More gay and bisexual men lived alone and 80% of gay and bisexual men were single, widowed, or divorced.

EXECUTIVE SUMMARY

Sexual minority older adults were more likely than heterosexuals to experience feelings of loneliness. LGBs had more than twice the odds of feeling that they lacked companionship at least some of the time and more than 3 times the odds of feeling left out.ⁱⁱⁱ

High levels of “outness”

The vast majority of sexual minorities who participated in the survey reported being open or “out” about their sexual orientation with their family, friends and care providers. More than 80% of LGBs reported being out to most or all of their friends, siblings, and children. 85% were out to most or all of their aging service providers and 88% were out to most or all of their healthcare providers.

Aging services utilization

Most sexual minority older adults indicated that they were not concerned about being out to medical or aging service providers. A small percentage of sexual minorities had ever decided against getting the help they needed due to concerns about being LGBT (16%), or had decided against receiving services from a place that serves older adults because of concern about being LGBT (13%).

Despite saying that they were unconcerned about being out to aging service providers, sexual minorities seemed to encounter barriers in

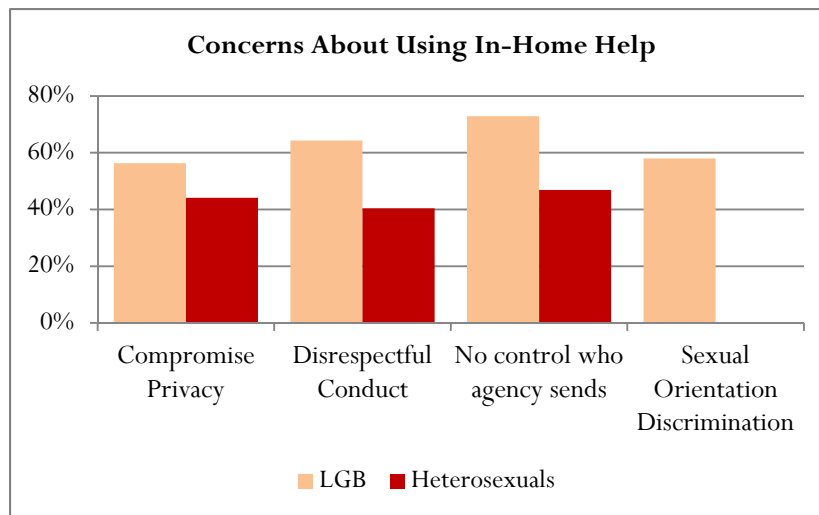
accessing aging services for older adults. Only 61% of LGBs 70 and older had any experience using a senior center. When controlling for demographics (including age),ⁱⁱ heterosexuals had nearly 5 times the odds of using a

volunteer helper and more than 5.5 times the odds of using protective services.

Sexual minority older adults did express concerns about sexual orientation discrimination when they thought about using in-home aging services (such as help with housekeeping or personal care). Almost 60% were at least somewhat concerned about

discrimination based on sexual orientation by such providers. Further, compared to heterosexuals, LGBs had 2.5 times the odds of being concerned about disrespectful conduct from in-home aids and more than 3.5 times the odds of being concerned about

having no control over who the agency would send.ⁱⁱⁱ



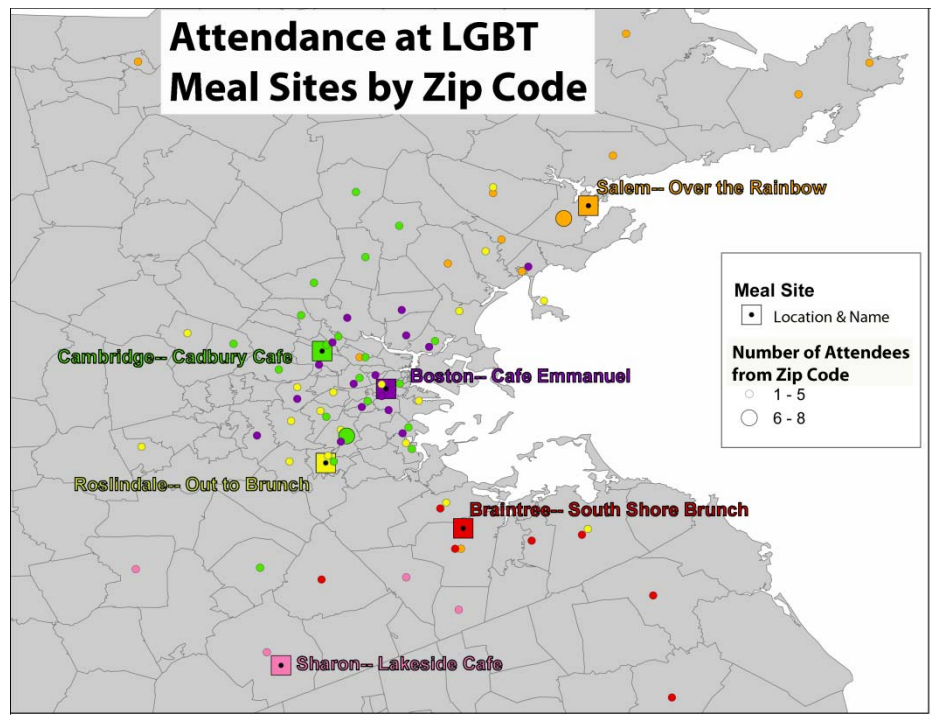
Q: What are your greatest concerns about getting older as an LGBT person?

A: That there will be someone to take care of me.

EXECUTIVE SUMMARY

Importance of meal sites

Community meal sites play an important role in combating isolation amongst older adults of all sexual orientations. All respondents agreed that meal sites were places they came to be with friends, connect with their community, and feel welcome. Remarkably, over half of the sexual minority respondents indicated that the cafés were one of the few places where they socialized with others. This finding is particularly striking given that all but one of the LGBT cafés meets only once per month. Likely due to the enormous social value of the LGBT cafés and their relative scarcity compared to mainstream cafés, attendees of LGBT meal sites traveled considerably longer distances to get to the



cafés. While mainstream sites generally drew attendees from within the same zip code or an adjacent zip code, LGBT meal sites drew attendees from across the greater Boston metropolitan area.



Resiliency and camaraderie

Many respondents also noted resiliency in their communities, and many were aging with pride. Sexual minority participants reported feeling more comfortable and confident with themselves as they aged. Some aptly noted feeling pride in being able to set an example for younger generations. Many celebrated the camaraderie of their friendships and the support of their peers.

ⁱ Contact Aimee Van Wagenen at avanwagenen@fenwayhealth.org or 617-927-6348 for more information or to request a PDF of the full report. The study was funded in part by the Lesbian Health Fund of the Gay and Lesbian Medical Association and the National Institute of Child Health and Human Development of the National Institutes of Health.

ⁱⁱ Three individuals (2% of respondents) at LGBT sites reported that they were transgender. The sample size of transgender individuals was too small to analyze and thus study findings refer to sexual minorities or LGBs rather than LGBTs.

ⁱⁱⁱ For this analysis, we controlled for the demographic differences of age, gender, income, and education.

METHODS

To better understand the social experiences, care and service needs, and engagement with the elder service system among lesbian, gay, and bisexual (LGB) and heterosexual older adults, we administered a brief, anonymous, pencil and paper survey to attendees of 12 congregate nutrition meal sites in the greater Boston area between November 2011 and February 2012. Surveys were designed to take 20-30 minutes to complete. During the scheduled hours of the meal site (typically just before the meal), study staff explained the project and distributed survey packets which included an information sheet about the study and the survey questionnaire. Attendees were invited to complete the survey questionnaire on their own at the meal site and return it to a collection box. Large print versions of the surveys were available upon request. Attendees who indicated difficulty completing the survey on their own were offered the opportunity to complete the questionnaire with the aid of a helper.¹ All participants who returned questionnaires were offered a ticket for a raffle to be drawn after the meal; one winner of a \$50 Visa gift card was drawn at each meal site. A total of 294 valid² questionnaires were collected from the 12 meal sites.

In order to collect a robust sample of LGB older adult respondents, we included meal sites that were specifically designated by agencies as serving LGB older adults and their allies in the study sample (“LGBT sites”). At the time we fielded the study, there were 6 such meal sites in the greater Boston area sponsored by 5 agencies. To recruit a comparison sample of heterosexual older adults, we selected 6 meal sites which served a general population of elders (“mainstream sites”). For each LGBT site, we selected one mainstream site sponsored by the same agency. Mainstream sites were eligible to be selected if they regularly served 10 or more older adults in a community setting (ie. not in an elder housing facility) and the majority of their attendees were English speaking³. We numbered each agency’s group of eligible mainstream meal sites, and selected the mainstream site(s) to include in our study sample using a random number generator. One of the mainstream sites we invited to participate declined, and we drew another random number to select a replacement.

At mainstream sites, we administered a shorter version of the survey questionnaire that did not include a module of questions specific to LGBT experiences (eg. outness, experiences of sexual orientation discrimination, perceived positive and negative aspects of growing older as LGBT.) Sexual orientation⁴ and gender identity⁵ were measured on the mainstream site questionnaire. The purpose of the study was described differently at LGBT sites and mainstream sites. At LGBT sites, we explained our interest in understanding LGBT older adult experiences and comparing these to heterosexual experiences. At mainstream sites, we omitted mention of LGBT older adults and explained our interest in general terms.

Table 1 includes the names of sites selected, the dates of survey administration, and the number of participants in the study from each site. Note that at several LGBT sites, we observed and recorded a number of “repeaters”—attendees who informed us verbally or by checking a box on the study questionnaire that they had previously participated in the study at another LGBT site.

All study procedures were reviewed and approved by the Fenway Health Institutional Review Board and the Massachusetts Executive Office of Elder Affairs.

¹ Helpers were study staff or meal site volunteers who were briefed on study procedures and signed a confidentiality agreement. Helpers provided aid as directed by the participants’ needs. Typically a helper sat with a participant in a quiet location and read the survey questions out loud. The participant responded verbally, and helpers recorded the answers on the survey questionnaire.

² Surveys were considered invalid if respondent age was less than 60 years old or if the respondent took survey previously at another site.

³ To determine which meal sites were eligible to be included, we surveyed the nutrition directors of the agencies and asked about the characteristics of their meal sites.

⁴ Twenty-six individuals (16%) at mainstream sites skipped the question which asked participants to identify their sexual orientation. Despite this high rate of missing answers, we suspect that those who did answer the question did so correctly and without confusion. Five individuals (4%) at mainstream sites identified as LGB, including one respondent who completed the survey with the aid of a helper and clearly understood the question. This question was not answered by 6 (5%) of participants at LGBT meal sites.

⁵ Five individuals (4%) at mainstream sites reported that they are transgender; however we are not confident that these answers are valid. We have reason to suspect misreporting in answer to this question at mainstream sites. We received many questions and overheard many expressing confusion about what “transgender” meant when we fielded the survey at mainstream sites. Further, at mainstream sites, a high rate of responses were missing (15%) and a high rate of respondents checked that they “don’t understand the question” (20%). These patterns were not observed at LGBT sites where only 2% of responses were missing and 2% checked “don’t understand the question.”

METHODS

Table 1. Meal sites, Dates of Administration, and Response Rates

	<i>Date</i>	<i>Meal Site Attendees</i>	<i>Repeaters</i>	<i>Non-Repeating Attendees</i>	<i>Valid Returned Surveys</i>	<i>Response Rate</i>	<i>Percent of sample</i>
LGBT SITES							
<i>Cafe Emmanuel</i>	11/3/2011	34	0	34	33	97%	26% of LGBT; 11% of total
<i>Out To Brunch</i>	11/5/2011	30	0	27	25	93%	20% of LGBT; 9% of total
<i>Over The Rainbow</i>	11/8/2011	36	8	20	17	85%	13% of LGBT; 6% of total
<i>Cadbury Cafe</i>	11/30/2011	91	27	62	35	56%	27% of LGBT; 12% of total
<i>Lakeside Cafe</i>	1/23/2012	12	3	8	8	100%	6% of LGBT; 3% of total
<i>South Shore Brunch</i>	1/28/2012	17	6	11	10	91%	8% of LGBT; 3% of total
Subtotal LGBT Sites	n/a	220	44	162	128	79%	LGBT are 44% of total

MAINSTREAM SITES

<i>Weymouth Senior Center</i>	1/5/2012	7	n/a	7	6	86%	4% of mainstream; 2% of total
<i>Roche Senior Center</i>	1/20/2012	16	n/a	16	16	100%	10% of mainstream; 5% of total
<i>Veronica Smith Senior Center</i>	2/2/2012	17	n/a	17	15	88%	9% of mainstream; 5% of total
<i>Wrentham Senior Center</i>	2/15/2012	24	n/a	24	17	71%	10% of mainstream; 6% of total
<i>Cambridge Senior Center</i>	2/16/2012	89	n/a	89	74	83%	45% of mainstream; 25% of total
<i>Danvers Council on Aging</i>	2/24/2012	50	n/a	50	38	76%	23% of mainstream; 13% of total
Subtotal Mainstream Sites	n/a	203	n/a	203	166	82%	Mainstream are 56% of total

OVERALL n/a 423 44 365 294 81% n/a

DEMOGRAPHICS

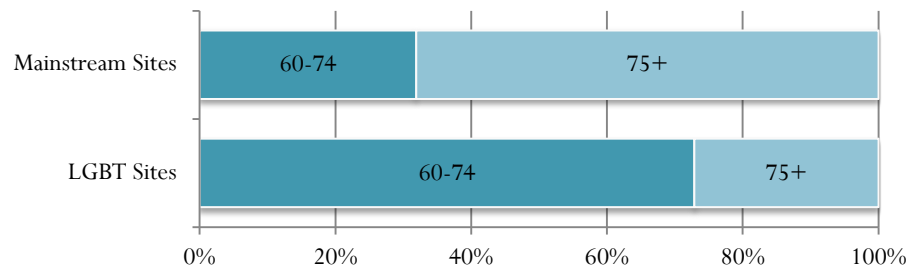
SEXUAL ORIENTATION

- *LGBT sites are about 95% sexual minority (LGB) and mainstream sites are about 96% heterosexual.*
- *Very few respondents identify as bisexual at either LGBT sites or mainstream sites.*

<i>Sexual orientation</i>	<i>LGBT Sites</i>			<i>Mainstream Sites</i>		
	<i>Total</i>	<i>Men</i>	<i>Women</i>	<i>Total</i>	<i>Men</i>	<i>Women</i>
<i>gay/lesbian</i>	111 (91%)	55 (92%)	56 (90%)	4 (3%)	2 (7%)	2 (2%)
<i>bisexual</i>	5 (4%)	3 (5%)	2 (3%)	1 (1%)	0 (0%)	1 (1%)
<i>heterosexual</i>	6 (5%)	2 (3%)	4 (7%)	134 (96%)	26 (93%)	108 (97%)

AGE

- *Most people at LGBT sites (about 76%) fall into the category of “younger old” (between the ages of 60-74).*
- *The reverse is true at mainstream sites, where most (about 65%) are “older old” (75 and older).*
- *The mean age difference between of sexual minorities (70.59) and heterosexuals (77.61) is statistically significant ($t=6.91$, $p>.001$).*



<i>Age</i>	<i>LGBT Sites</i>			<i>Mainstream Sites</i>		
	<i>Total</i>	<i>Men</i>	<i>Women</i>	<i>Total</i>	<i>Men</i>	<i>Women</i>
60-64	28 (25%)	13 (24%)	15 (26%)	12 (9%)	4 (15%)	8 (7%)
65-69	34 (31%)	15 (28%)	19 (33%)	17 (12%)	2 (7%)	15 (13%)
70-74	22 (20%)	12 (22%)	10 (18%)	20 (14%)	4 (15%)	16 (14%)
75-79	16 (14%)	6 (11%)	10 (18%)	36 (26%)	7 (26%)	29 (26%)
80-84	10 (9%)	7 (13%)	3 (5%)	28 (20%)	6 (22%)	22 (20%)
85+	1 (1%)	1 (2%)	0 (0%)	27 (19%)	4 (15%)	23 (20%)

DEMOGRAPHICS

GENDER

- *LGBT sites have a roughly even breakdown of males and females. In contrast, mainstream sites are predominately female.*
- *The gender distribution in the sample was significantly different when comparing heterosexuals and sexual minorities (chi square = 25.42, $p > .001$).*
- *Because attendees of mainstream sites are older than those at LGBT sites, gender patterns in mortality likely contribute to the greater proportion of women observed at mainstream sites compared to LGBT sites. However, it may also be the case that GB men are more interested in attending community cafés than are heterosexual men.*
- *Three (2%) individuals at LGBT sites reported that they were transgender (2 female and 1 male). The sample size of transgender individuals is too small to report results separately for transgender people.*

	<i>LGBT Sites</i>	<i>Mainstream Sites</i>
<i>Gender</i>	<i>Total</i>	<i>Total</i>
<i>male</i>	62 (49%)	31 (19%)
<i>female</i>	65 (51%)	133 (81%)

RACE/ETHNICITY

- *Both LGBT sites and mainstream sites are predominantly white and non-Hispanic.*

	<i>LGBT Sites</i>			<i>Mainstream Sites</i>		
<i>Race</i>	<i>Total</i>	<i>Men</i>	<i>Women</i>	<i>Total</i>	<i>Men</i>	<i>Women</i>
<i>White</i>	110 (89%)	57 (95%)	53 (83%)	128 (81%)	27 (90%)	101 (79%)
<i>Black/African American</i>	12 (10%)	3 (5%)	9 (14%)	19 (12%)	0 (0%)	19 (15%)
<i>Asian</i>	0 (0%)	0 (0%)	0 (0%)	7 (4%)	3 (10%)	4 (3%)
<i>other non-white</i>	2 (2%)	0 (0%)	2 (3%)	4 (3%)	0 (0%)	4 (3%)
<i>Ethnicity</i>						
<i>Hispanic/Latino</i>	2 (2%)	1 (2%)	1 (2%)	4 (3%)	1 (3%)	3 (2%)

VETERANS

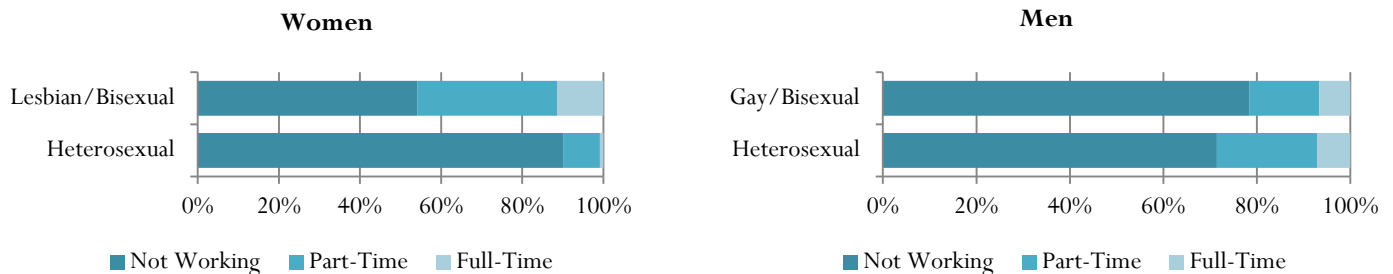
- *A majority of heterosexual men (68%) and about 1 / 3 of gay and bisexual men are veterans.*

	<i>LGBs</i>			<i>Heterosexuals</i>		
<i>Veteran Status</i>	<i>Total</i>	<i>Men</i>	<i>Women</i>	<i>Total</i>	<i>Men</i>	<i>Women</i>
<i>yes</i>	25 (21%)	20 (33%)	5 (8%)	22 (16%)	19 (68%)	3 (3%)

DEMOGRAPHICS

EMPLOYMENT

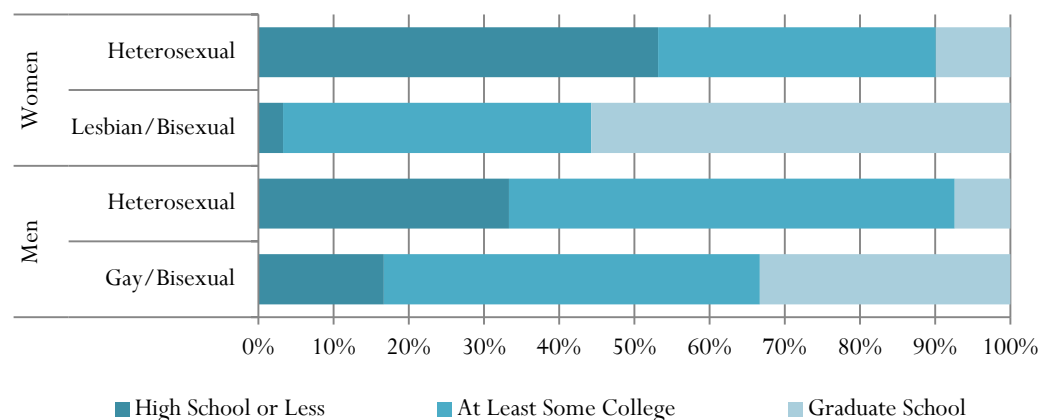
- A majority of all categories of respondents were not working.
- A greater proportion of lesbian and bisexual women (46%) were working part time or full time compared with heterosexual women (10%). This difference was statistically significant (chi square=29.09, $p>.001$).
- This pattern may be explained by traditional gender roles, which necessitated that LB women work to earn an income while many heterosexual women worked in the home. This pattern may also be a result of generational gender role patterns that are reflected in the older age of the heterosexual women participants.
- Amongst male participants, similar proportions of GB and heterosexual men were working.



Employment status	LGBs			Heterosexuals		
	Total	Men	Women	Total	Men	Women
not working	80 (66%)	47 (78%)	33 (54%)	120 (86%)	20 (71%)	100 (90%)
part time	30 (25%)	9 (15%)	21 (34%)	16 (12%)	6 (21%)	10 (9%)
full time	11 (9%)	4 (7%)	7 (11%)	3 (2%)	2 (7%)	1 (1%)

EDUCATION

- Education levels of sexual minority respondents were much higher than heterosexual respondents. Difference in education levels was statistically significant (chi square =68.48, $p>.001$).
- The trend was especially pronounced in women; this may be attributable to greater availability of education opportunities for younger old women (more of whom are LGB in our sample) and/or to traditional gender roles which are likely more prominent among both heterosexual and older age women.

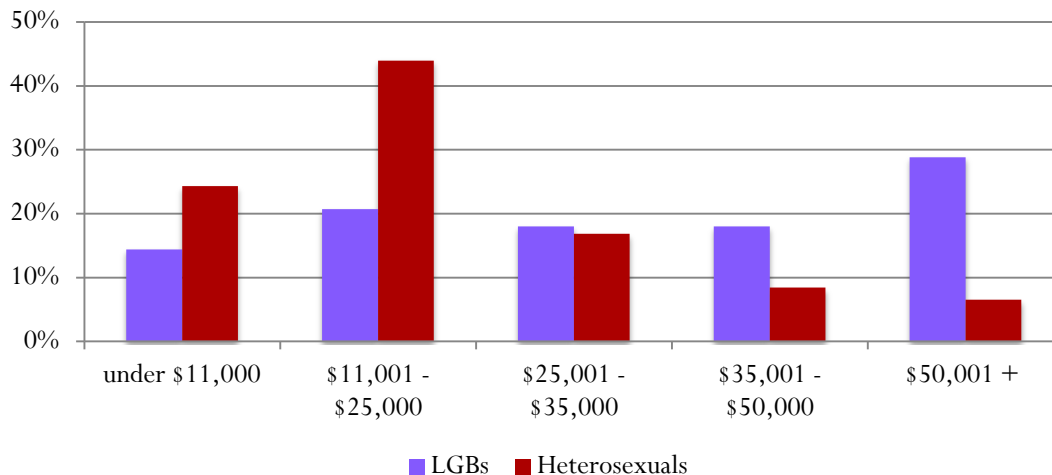


DEMOGRAPHICS

<i>Education</i>	<i>LGBs</i>			<i>Heterosexuals</i>		
	<i>Total</i>	<i>Men</i>	<i>Women</i>	<i>Total</i>	<i>Men</i>	<i>Women</i>
<i>high school or less</i>	12 (10%)	10 (17%)	2 (3%)	68 (49%)	9 (33%)	59 (53%)
<i>college (at least some)</i>	55 (45%)	30 (50%)	25 (41%)	57 (41%)	16 (59%)	41 (37%)
<i>graduate school</i>	54 (45%)	20 (33%)	34 (56%)	13 (9%)	2 (7%)	11 (10%)

INCOME

- Greater proportions of sexual minorities had middle and upper household income levels compared to heterosexual older adults. The difference in income levels was statistically significant (chi square =30.85, $p>.001$).
- About 46% of LGBs had household incomes over \$35,000 per year, compared to 15% of heterosexuals. This pattern may be explained because greater proportions of LGBs have advanced degrees and are still working at least part time.
- It is also important to note that large proportions of LGBs had low income levels, including the 36% of all LGBs and 45% of gay and bisexual men who had household incomes of \$25,000 or less.
- At least 15% of LGBs and 25% of heterosexuals met federal guidelines for poverty⁶.



<i>Household Income</i>	<i>LGBs</i>			<i>Heterosexuals</i>		
	<i>Total</i>	<i>Men</i>	<i>Women</i>	<i>Total</i>	<i>Men</i>	<i>Women</i>
<i>under \$11,000</i>	16 (15%)	6 (12%)	10 (17%)	25 (24%)	4 (17%)	21 (26%)
<i>\$11,001 - \$25,000</i>	23 (21%)	17 (33%)	6 (10%)	47 (44%)	7 (29%)	40 (49%)
<i>\$25,001 - \$35,000</i>	20 (18%)	12 (23%)	8 (14%)	18 (17%)	5 (21%)	13 (16%)
<i>\$35,001 - \$50,000</i>	19 (17%)	8 (15%)	12 (20%)	9 (8%)	4 (17%)	5 (6%)
<i>\$50,001 +</i>	32 (29%)	9 (17%)	23 (39%)	7 (7%)	4 (17%)	3 (4%)

⁶ Precise poverty levels cannot be calculated because household size and exact income was not measured in this study. The figures here indicate that respondents met the lowest threshold for poverty (income below 11,170 for household size of 1).

DEMOGRAPHICS

CHILDREN

- A much smaller proportion of sexual minorities reported having children compared with heterosexual respondents. The difference was statistically significant (chi square=35.05, $p>.001$).
- This was particularly true for gay and bisexual men (about 15%) compared to heterosexual men (about 71%).

	LGBs			Heterosexuals		
	Total	Men	Women	Total	Men	Women
Children who are living yes	37 (31%)	9 (15%)	28 (47%)	94 (69%)	20 (71%)	74 (68%)

RELATIONSHIP STATUS

- Fewer gay and bisexual men (20%) were in a relationship than were heterosexual men (38%). This difference was not statistically significant.
- A greater proportion of lesbian and bisexual women (52%) were in a relationship compared to heterosexual women (12%). This difference was statistically significant (chi square =31.63, $P>.001$).
- This pattern in women may be partially explained by the older age of heterosexuals in the study, as it is likely that many of the older heterosexual women in the study have outlived their husbands.

Relationship status	LGBs			Heterosexuals		
	Total	Men	Women	Total	Men	Women
married/in a relationship	43 (36%)	12 (20%)	31 (52%)	23 (17%)	10 (38%)	13 (12%)
single/widowed/divorced	77 (64%)	47 (80%)	30 (48%)	114 (83%)	16 (62%)	98 (88%)

HOUSING

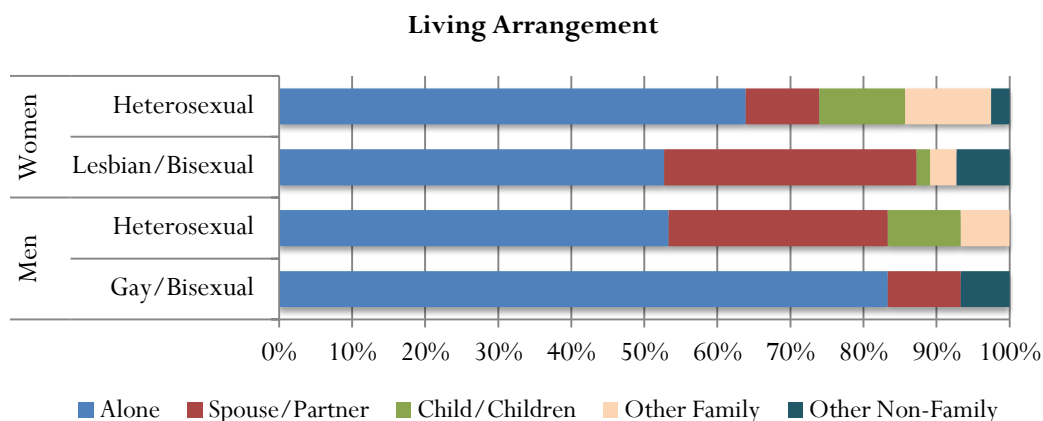
- Most respondents live in an apartment, condominium, or single family house not designated for older adults.
- A substantial minority reside in senior housing (about 20% of LGBs and about 22% of heterosexuals).

Housing type	LGBs			Heterosexuals		
	Total	Men	Women	Total	Men	Women
apartment/condo	55 (45%)	28 (47%)	27 (44%)	41 (30%)	7 (30%)	34 (31%)
senior housing	24 (20%)	14 (23%)	10 (16%)	30 (22%)	3 (11%)	27 (25%)
single family house	41 (34%)	18 (30%)	23 (38%)	63 (46%)	15 (56%)	48 (44%)
assisted living/nursing	0 (0%)	0 (0%)	0 (0%)	2 (1%)	2 (7%)	0 (0%)
no permanent residence	1 (1%)	0 (0%)	1 (2%)	0 (0%)	0 (0%)	0 (0%)

DEMOGRAPHICS

LIVING ARRANGEMENT

- A greater proportion of gay and bisexual men (about 83%) live alone compared to heterosexual men (53%). This difference was statistically significant (chi square = 5.89, $p > .05$).
- The inverse pattern is observed among women; fewer lesbian and bisexual women (53%) live alone compared to heterosexual women (about 64%). This difference was statistically significant (chi square = 7.25, $p > .01$).
- The pattern among women may be partially explained by the older age of heterosexuals in the study, as it is likely that many of the older heterosexual women in the study have outlived their husbands.
- Also notable is the substantial proportion of heterosexual women who live with family other than their partners (children, grandchildren, or other family). Very few LGB respondents live with such family.
- 83% of heterosexuals who are partnered or married live with their partner. Only 58% of LGBs who are partnered live with their partner (not shown in table).



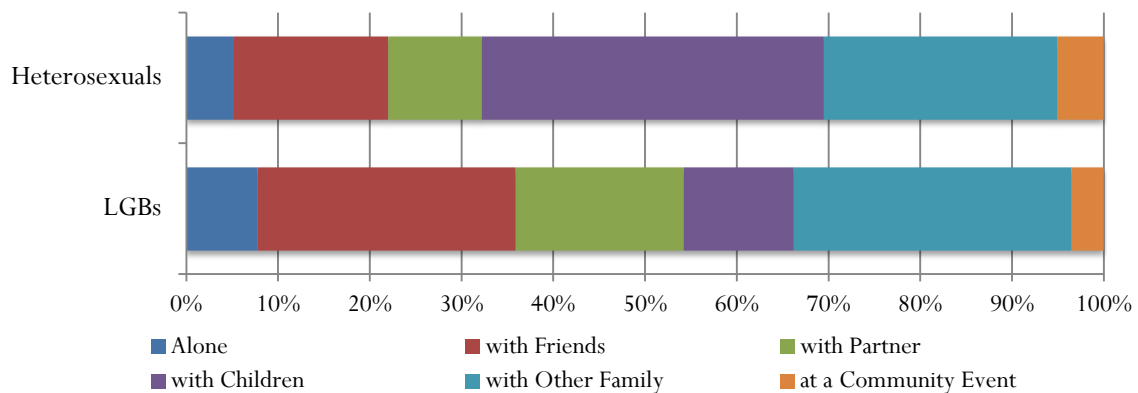
Living arrangement	LGBs			Heterosexuals		
	Total	Men	Women	Total	Men	Women
alone	79 (69%)	50 (83%)	29 (53%)	92 (62%)	16 (53%)	76 (64%)
spouse/partner	25 (22%)	6 (10%)	19 (35%)	21 (14%)	9 (30%)	12 (10%)
child/children	1 (1%)	0 (0%)	1 (2%)	17 (11%)	3 (10%)	14 (14%)
grandchild/grandchildren	1 (1%)	0 (0%)	1 (2%)	8 (5%)	2 (7%)	6 (5%)
other family	1 (1%)	0 (0%)	1 (2%)	8 (5%)	0 (0%)	8 (7%)
other non-family	8 (7%)	4 (7%)	4 (7%)	3 (2%)	0 (0%)	3 (3%)

SOCIAL CONNECTEDNESS/SOCIAL ISOLATION

SPENT THANKSGIVING

- Sexual minorities were more likely to have spent Thanksgiving with friends (33%), compared with heterosexuals (21%). This difference was statistically significant (chi square=4.62, $p>.05$).
- Almost half of heterosexual respondents spent Thanksgiving with their children; in contrast only 14% of LGB respondents spent the holiday with children. This difference was statistically significant (chi square=32.29, $p>.001$).
- A small but significant number of LGBs (9%) and heterosexuals (6%) spent Thanksgiving alone. (Difference not statistically significant.)

With whom did you spend last Thanksgiving?



Spent Thanksgiving	LGBs			Heterosexuals		
	Total	Men	Women	Total	Men	Women
alone	11 (9%)	6 (10%)	5 (8%)	9 (6%)	2 (7%)	7 (6%)
friends	40 (33%)	22 (37%)	18 (30%)	30 (21%)	8 (29%)	21 (19%)
partner	26 (22%)	7 (12%)	19 (31%)	18 (13%)	8 (29%)	10 (9%)
children	17 (14%)	3 (5%)	14 (23%)	66 (47%)	14 (50%)	52 (46%)
other family	43 (36%)	25 (42%)	18 (30%)	45 (32%)	10 (36%)	35 (31%)
community event	5 (4%)	2 (3%)	3 (5%)	9 (6%)	1 (4%)	8 (7%)

CLOSE PERSONS IN SOCIAL NETWORK

- Both LGBs and heterosexuals have approximately 7 people they talk with on a weekly basis. (Small observed difference not statistically significant.)

Talk at least 1x per week	LGBs			Heterosexuals		
	Total	Men	Women	Total	Men	Women
mean n of people	6.8	6.6	7	7.6	9.3	7.1
median n of people	5	5	5	6	7	6
mode n of people	5	3	5	3	20	3

SOCIAL CONNECTEDNESS/SOCIAL ISOLATION

INTERNET USAGE

- 76% of LGBs used the internet several times per week or more.
- LGBs reported more frequent internet use compared to heterosexuals. The difference in levels of internet use by sexual orientation was statistically significant (chi square=31.63, $p>.001$).
- LB women were particularly frequent internet users with 87% using the internet several times per week or more. Difference in levels of internet use among LGBs by gender was statistically significant (chi square=14.18, $p>.01$).
- Though most GB men use the internet with frequency, nearly a quarter of GB men do not use internet at all.
- A majority of heterosexuals never use the internet.

Internet usage	LGBs			Heterosexuals		
	Total	Men	Women	Total	Men	Women
never	16 (13%)	15 (25%)	1 (2%)	82 (60%)	15 (54%)	67 (62%)
once a week or less	13 (11%)	6 (10%)	7 (11%)	18 (13%)	2 (7%)	16 (15%)
several x week or more	91 (76%)	39 (65%)	52 (87%)	37 (27%)	11 (39%)	26 (24%)

FEELINGS OF BELONGING AMONG LGB RESPONDENTS

- Qualitative responses at LGBT meal sites to the question “Please say a little about what kinds of other places you go to feel like you belong and are welcomed as a member of the community?” shed light on feeling of social connectedness.

Many wrote that they feel comfortable at “any LGBT event,” specifically meal sites, continuing education classes, and other social events. Others feel comfortable “everywhere, the fact that I am gay is not an issue one way or the other with me, and doesn’t seem to be an issue with anyone else,” making it comfortable to connect with their communities at general community events. A substantial number of LGBT older adults wrote that they felt connected to their communities as members of religious congregations.

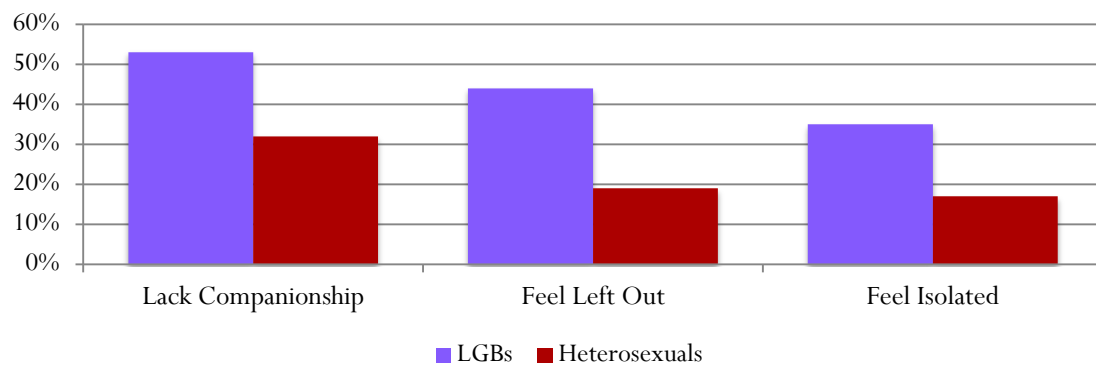
Several wrote about friendship networks providing a sense of community. As one respondent wrote, “I have a really large collection of friends. Some are LGBT, some are not. I have lived here all my life. I have been very involved in the LGBT community for over 40 years.” Social connections often included non-familial networks, such as neighborhoods and residential areas. A few LGBTs wrote about concerns regarding getting older and having to move out of established neighborhood communities: “Many condos do not have a diverse community. [I’m concerned about] buying [a] condo in [an] all straight community [where it would be] difficult to make friends with people who dislike [the] gay life style.”

SOCIAL ISOLATION/LONELINESS: FIXED CHOICE QUESTIONS

- Despite having strong friendship networks, similar number of people to talk to during the week, and much higher internet usage, more LGBs expressed feelings of social isolation at least some of the time across three questions about loneliness.
- Controlling for age, gender, education and income, LGBs had 2.77 times the odds of feeling they lacked companionship at least some of the time (95% CI: 1.21-6.31) and 3.31 times the odds of feeling left out at least some of the time (95% CI: 1.35-8.13). The odds ratio for feeling isolated at least some of the time was not significant.
- Additional, more detailed statistical analyses are required to explain this pattern. Preliminary analyses (not shown) indicate a complicated picture of predictors of loneliness (including outness and living alone) that may explain the observed sexual orientation differences.

SOCIAL CONNECTEDNESS/SOCIAL ISOLATION

I feel at least some of the time...



	LGBs			Heterosexuals		
	Total	Men	Women	Total	Men	Women
Lack companionship						
never or rarely	55 (47%)	25 (43%)	30 (50%)	90 (68%)	18 (67%)	72 (68%)
some of the time	45 (38%)	26 (45%)	19 (32%)	34 (25%)	6 (22%)	28 (26%)
often / most of the time	18 (15%)	7 (12%)	11 (18%)	9 (7%)	3 (11%)	6 (6%)
Feel left out						
never or rarely	63 (56%)	27 (48%)	36 (63%)	89 (80%)	16 (76%)	73 (81%)
some of the time	41 (36%)	22 (39%)	19 (33%)	15 (13%)	3 (14%)	12 (13%)
often / most of the time	9 (8%)	7 (13%)	2 (4%)	7 (6%)	2 (10%)	5 (6%)
Feel isolated						
never or rarely	74 (65%)	32 (57%)	42 (72%)	93 (83%)	16 (76%)	77 (85%)
some of the time	31 (27%)	18 (32%)	13 (22%)	12 (11%)	3 (14%)	9 (10%)
often / most of the time	9 (8%)	3 (5%)	6 (11%)	7 (6%)	2 (10%)	5 (5%)

SOCIAL ISOLATION/LONELINESS: Open-Ended Responses

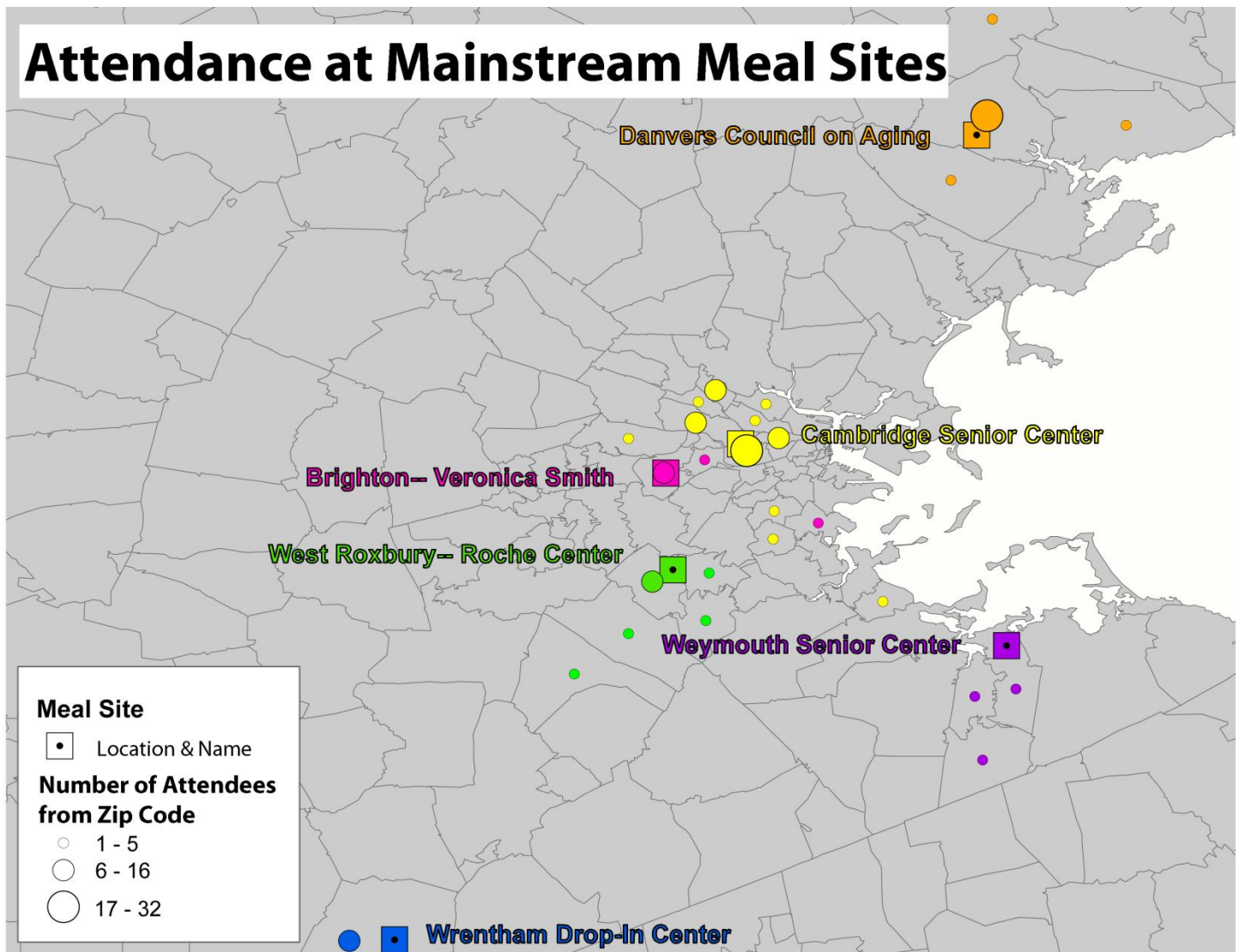
- In addition to current feelings of isolation, open-ended responses to the question that asked about fears about getting older included concerns about isolation from other LGBT people.

Responses included concerns about moving to a “nursing home that is gay friendly and where I’m not the only lesbian.” Some wrote about fears regarding losing connections to LGBT friends and communities, such as “being alone and isolated. Requiring a nursing home, where there would not exist any gay social interaction,” and fear that, “I’d be the only out or only lesbian in the place! Isolated!!! Terribly fearful about that.” Concerns expressed included “feeling disconnected” and potentially “having to come out “to a whole NEW group of people.”

MEAL SITE UTILIZATION

MAP OF DISTANCES TRAVELED: Mainstream Sites

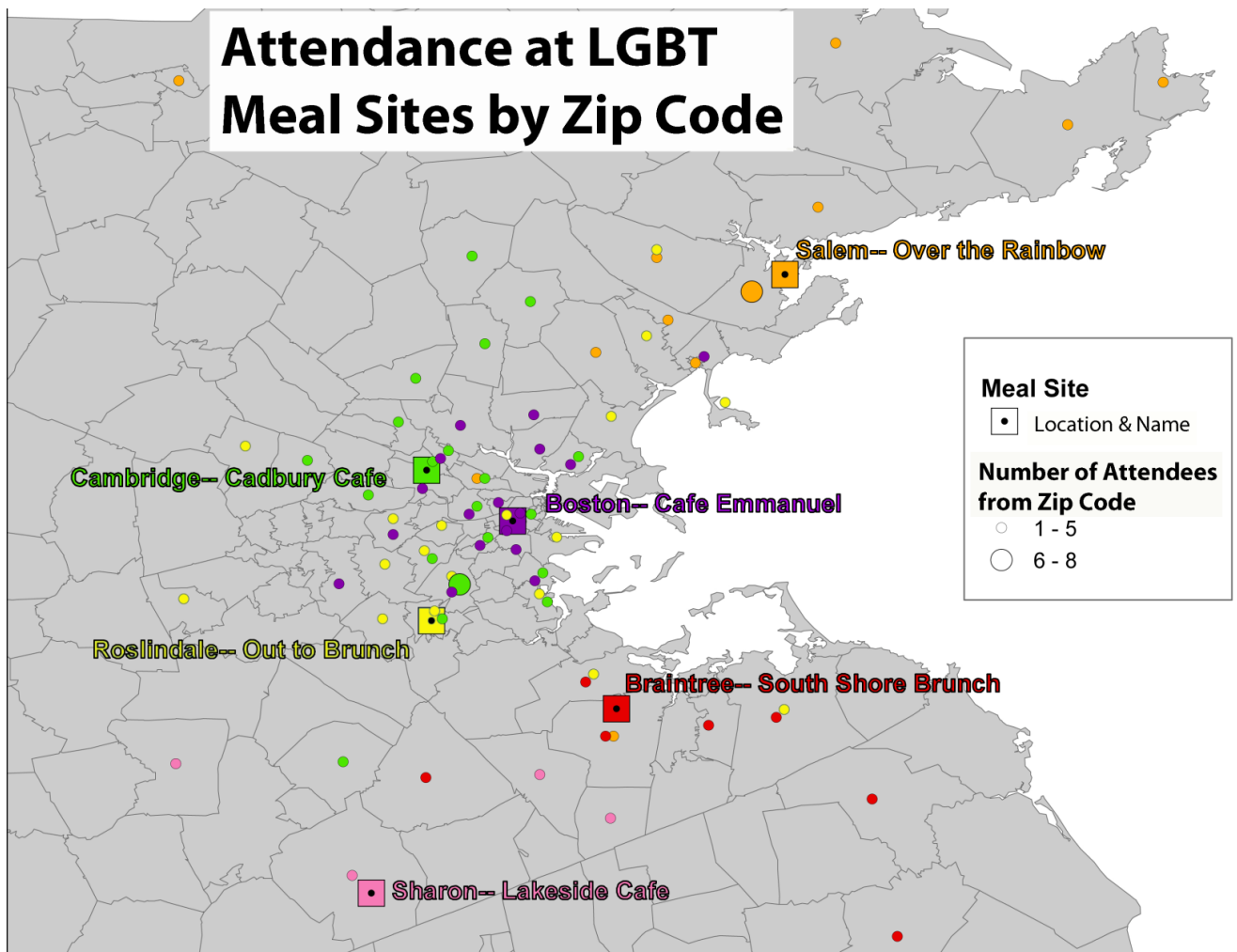
- Participants at mainstream cafés did not travel significant distances to attend cafés. Most attend cafés within or adjacent to their residential zip code.
- Short trips for participants at mainstream cafés are facilitated by the large number of cafés serving a general population that are offered throughout the Greater Boston area.



MEAL SITE UTILIZATION

MAP OF DISTANCES TRAVELED: LGBT Sites

- *LGBTs traveled much further than heterosexuals to attend meal sites.*
- *All 6 LGBT meal sites attracted participants from around the greater Boston area, and many traveled significant distances between their homes and cafés.*
- *LGBTs are likely willing to travel such distances because the cafés provide a social venue to connect with LGBT peers that does not exist elsewhere.*
- *LGBT cafés also meet less frequently than mainstream sites; where mainstream sites offer meals 3 to 5 times per week, LGBT meal sites meet once per month or once per week.⁷ The relative scarcity of opportunities to attend LGBT meal sites may serve as an incentive to travel long distances in order to attend.*
- *LGBT cafés also draw a younger population with many more who are working. Such populations may be more physically and financially able to commute long distances to meal sites, several of which are scheduled during dinner time or on Saturdays to accommodate working participants.*
- *As LGBT meal site attendees grow older, traveling long distances may become more difficult. Because LGBT meal sites are relatively quite new, it is difficult to predict how this might affect attendance.*



⁷ Mainstream sites were founded when resources were available to fund several meals per week. The newer LGBT sites were funded under a tighter federal budget, and funding is not available for sites to meet more frequently.

MEAL SITE UTILIZATION

SOCIAL VALUE OF MEAL SITES: FIXED CHOICE QUESTIONS

- For sexual minorities and heterosexuals, being with friends and connecting with community are important reasons for attending community cafés, though GB men seem to less strongly agree that these are reasons they come to the meal sites.
- A majority of all participants report feeling welcome at cafés.
- More heterosexuals report that cafés are one of few places where they feel they belong and where they socialize, which may be related to the fact that mainstream sites meet much more frequently than LGBT sites. (Differences are statistically significant at chi square=15.19, $p>.001$ and chi square=22.69, $p>.001$ ⁸).
- However, over half of sexual minority respondents agree that meal sites are one of the few places where they belong and where they socialize, indicating that some LGB participants enjoy the opportunity to socialize and feel welcomed into a community, even when many sites meet as seldom as once per month.

	LGBs			Heterosexuals		
	Total	Men	Women	Total	Men	Women
Come to be with friends						
strongly agree	77 (65%)	33 (56%)	44 (75%)	91 (71%)	19 (68%)	71 (72%)
agree	32 (27%)	22 (37%)	10 (17%)	27 (21%)	5 (18%)	22 (22%)
To connect with community						
strongly agree	76 (65%)	33 (56%)	43 (74%)	78 (62%)	16 (62%)	61 (62%)
agree	29 (25%)	19 (32%)	10 (17%)	32 (26%)	5 (19%)	27 (28%)
I feel welcome						
strongly agree	93 (79%)	45 (76%)	48 (81%)	87 (69%)	18 (67%)	68 (69%)
agree	21 (18%)	12 (20%)	9 (15%)	32 (25%)	8 (30%)	24 (24%)
I can be who I am⁹						
strongly agree	82 (73%)	37 (65%)	45 (82%)	N/A	N/A	N/A
agree	25 (22%)	17 (30%)	8 (15%)	N/A	N/A	N/A
Few places where I belong						
strongly agree	40 (35%)	19 (33%)	21 (36%)	61 (52%)	11 (46%)	49 (53%)
agree	26 (22%)	15 (26%)	11 (19%)	34 (29%)	7 (29%)	27 (29%)
Few places where I socialize						
strongly agree	34 (29%)	17 (29%)	17 (29%)	62 (52%)	12 (50%)	49 (52%)
agree	27 (23%)	14 (24%)	13 (22%)	36 (30%)	7 (29%)	29 (31%)
Enjoy the programs						
strongly agree	48 (41%)	28 (48%)	20 (35%)	67 (54%)	13 (50%)	53 (55%)
agree	35 (30%)	19 (33%)	16 (28%)	41 (33%)	9 (35%)	32 (33%)

⁸ Tested difference between 1) those who agree or strongly agree and 2) those who are neutral, disagree or strongly disagree by sexual orientation.

⁹ Question not included on surveys administered at mainstream sites.

MEAL SITE UTILIZATION

SOCIAL VALUE OF MEAL SITES: Open-Ended Responses

- In qualitative responses to the question “When you come here, do you feel like you are a part of a community or that you belong? Please explain – tell us what makes you feel this way,” attendees of LGBT meal sites further explained the social value of the cafés.*

Almost all reflected positively on their experiences at LGBT meal sites. Noted themes in responses include: 1) meal sites are welcoming, connect people, and make respondents feel like a part of a community; and 2) at meal sites, respondents feel accepted for who they are, and comfortable in the company of other LGBT people. One respondent wrote: “I need to socialize with LGBTs to feel ‘whole’, feel great, relax completely.” Some indicated that being with peer lesbian women or gay men was particularly important to them. “[These meal sites] are for us older lesbians! Of course I feel welcome and that this is MY community!” For those who also found community outside of the meal sites, there was still a sense that, “being at an LGBT community event gives me special pleasure. I do feel that I belong.” For many, the reason for these feelings of strong community connection is that meal sites connect old friends and enable the building of new friendships. For some, engaging with friends at the meal sites feels like “a family reunion.”

In addition to being a social place for friends, meal sites are good places to learn about services and “hear about community activities.” There is the opportunity to “announce activities I’m involved in, get others involved. I feel totally accepted and included.” Meal sites also provide connections between staff and older adults, and good entertainment.

Though for many the “café is welcoming and encourages connections with the community,” some said that they found the meal sites’ social circles hard to break into, particularly when they first attended a meal site. Though another respondent assured that after attending the meal site for years, “it just keeps getting better as we get to know each other better.”

NUTRITIONAL AND ECONOMIC VALUE OF MEAL SITES

- When considering the value of community cafés for participants, nutritional and economic considerations seem to be less important than social aspects for both sexual minorities and heterosexuals. Fewer study participants agree or strongly agree that nutrition-related benefits are reasons they attend when compared to the social reasons above.¹⁰*
- Nutritional and economic considerations seemed to be more important to heterosexuals compared to sexual minorities; a larger number of heterosexuals agreed or strongly agreed that they enjoyed the food, the meals were nutritious, and that meals were helpful because it was hard to prepare food themselves. (Differences statistically significant at chi square=9.89, $p>.01$, chi square=7.01, $p>.01$, and chi square=10.55, $p>.01$.)*

	LGBs			Heterosexuals		
<i>Enjoy the food</i>	<i>Total</i>	<i>Men</i>	<i>Women</i>	<i>Total</i>	<i>Men</i>	<i>Women</i>
<i>strongly agree</i>	45 (39%)	25 (43%)	20 (35%)	52 (42%)	13 (48%)	38 (40%)
<i>agree</i>	22 (19%)	13 (22%)	9 (16%)	39 (32%)	8 (30%)	31 (33%)
<i>Helpful because low cost</i>						
<i>strongly agree</i>	56 (51%)	30 (54%)	26 (47%)	61 (56%)	14 (56%)	46 (55%)
<i>agree</i>	25 (23%)	14 (25%)	11 (20%)	29 (27%)	6 (24%)	23 (28%)
<i>Helpful because nutritious</i>						
<i>strongly agree</i>	44 (39%)	27 (47%)	17 (30%)	56 (50%)	12 (46%)	43 (50%)
<i>agree</i>	26 (23%)	14 (25%)	12 (21%)	36 (2%)	10 (39%)	26 (30%)
<i>Hard to prep food myself</i>						
<i>strongly agree</i>	10 (9%)	5 (9%)	5 (9%)	22 (21%)	7 (30%)	15 (19%)
<i>agree</i>	8 (7%)	7 (12%)	1 (2%)	14 (14%)	6 (26%)	8 (10%)

¹⁰ Study staff also observed that at mainstream sites, a small number of participants brought their own food to eat during the meal, but presumably attended the meal sites in order to see their friends.

MEAL SITE UTILIZATION

OTHER INDICATORS OF UTILIZATION

- Half of all LGB participants wish the cafés met more often.
- This is true for LGBs who attend meal sites which meet as frequently as once per week, as well as those that meet once per month.¹¹
- Similarly, participants at mainstream sites wish that cafés met more frequently despite the fact that most sites met at least three times per week.
- A small number (14%) of LGBs attend mainstream cafés; about a third of heterosexuals attend other mainstream cafés besides the one in which they were surveyed.
- A majority of LGBs attend more than one LGBT café; GB men attend an average of 2.3 LGBT cafés and LB women attend an average of 1.6. The gender difference in attendance is statistically significant ($t=4.00$; $p>.001$).

		<i>LGBs</i>			<i>Heterosexuals</i>		
<i>Wish met more often</i>	<i>strongly agree</i>	<i>Total</i>	<i>Men</i>	<i>Women</i>	<i>Total</i>	<i>Men</i>	<i>Women</i>
		38 (33%)	17 (29%)	21 (38%)	39 (35%)	12 (46%)	27 (32%)
	<i>agree</i>	20 (18%)	12 (21%)	8 (14%)	24 (22%)	4 (15%)	20 (24%)

		<i>LGBs</i>			<i>Heterosexuals</i>		
<i>Go to any (other) mainstream cafés¹²</i>	<i>yes</i>	<i>Total</i>	<i>Men</i>	<i>Women</i>	<i>Total</i>	<i>Men</i>	<i>Women</i>
		15 (14%)	11 (21%)	4 (7%)	35 (27%)	8 (29%)	26 (26%)
	<i>Number of LGBT cafés attend¹³</i>						
	1	38 (31%)	18 (30%)	20 (33%)	N/A	N/A	N/A
	2	36 (30%)	23 (38%)	13 (21%)	N/A	N/A	N/A
	3	13 (11%)	6 (10%)	7 (12%)	N/A	N/A	N/A
	4	15 (12%)	6 (10%)	9 (15%)	N/A	N/A	N/A
	5	5 (4%)	1 (2%)	4 (7%)	N/A	N/A	N/A
	6	1 (1%)	1 (2%)	0 (0%)	N/A	N/A	N/A

¹¹ Of those who attend Café Emmanuel, the LGBT café that meets once per week, 36% “strongly agree” that they wish the café met more often and 16% “agree”.

¹² For heterosexuals at mainstream cafés, this question refers to attending any mainstream café other than the one at which the survey was completed.

¹³ Question not included in surveys administered at mainstream sites.

CAREGIVING AND HEALTH

CAREGIVING

- A minority of respondents, among both LGBs and heterosexual, reported caring for an adult.

	LGBs			Heterosexuals		
	Total	Men	Women	Total	Men	Women
Caring for an adult	10 (8%)	4 (7%)	6 (10%)	14 (10%)	2 (7%)	12 (11%)

HEALTH

- A substantial minority of LGBs (21%) and heterosexuals (34%) indicated that they use special health-related equipment.
- Over 75% of LGBs who use such equipment are in the 'younger-old' age cohort (under 75); less than 40% of heterosexuals in this category are young-old.
- Slightly more LGBs say their health is better compared to their peers. The difference was not statistically significant.
- Slightly more LB women reported days in the last 6 months when they needed help because they were too sick to get around. The difference was not statistically significant.
- With the exception of the question, "has anyone insulted or put you down," very few respondents reported elder abuse. While we observed that slightly more LB women reported being insulted or put down compared to heterosexual women (a pattern which is reversed for men), none of the differences by gender or sexual orientation were statistically significant.

	LGBs			Heterosexuals		
	Total	Men	Women	Total	Men	Women
Require cane or other equipment	25 (21%)	10 (17%)	15 (25%)	48 (34%)	8 (29%)	40 (36%)

	LGBs			Heterosexuals		
	Total	Men	Women	Total	Men	Women
Compared to same age						
health is better	67 (55%)	32 (53%)	35 (57%)	64 (46%)	15 (54%)	48 (43%)
about the same	45 (37%)	26 (43%)	19 (31%)	68 (49%)	12 (43%)	56 (51%)
health is worse	9 (7%)	2 (3%)	7 (12%)	8 (6%)	1 (4%)	7 (6%)

	LGBs			Heterosexuals		
	Total	Men	Women	Total	Men	Women
Too sick to get around (past 6 months)						
0 days	86 (75%)	51 (88%)	35 (61%)	98 (75%)	20 (71%)	77 (75%)
7 days or less	20 (17%)	6 (10%)	14 (25%)	23 (18%)	7 (25%)	16 (16%)
8 days or more	9 (8%)	1 (2%)	8 (14%)	10 (8%)	1 (4%)	9 (9%)

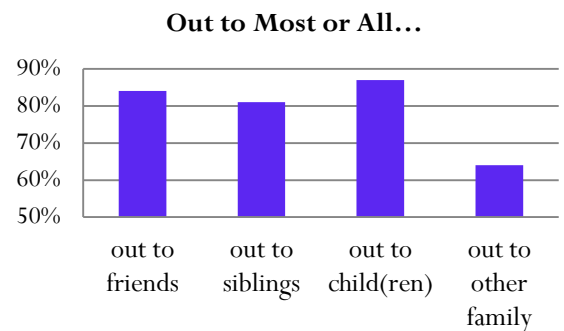
	LGBs			Heterosexuals		
	Total	Men	Women	Total	Men	Women
Victim of elder abuse						
insulted or put down	31 (27%)	10 (17%)	21 (36%)	24 (19%)	7 (28%)	16 (16%)
controlled daily life	7 (6%)	3 (5%)	4 (7%)	10 (8%)	4 (15%)	6 (6%)
took money or belongings	5 (4%)	0 (0%)	5 (9%)	5 (4%)	2 (8%)	3 (3%)
hit, kicked, slapped, etc.	5 (4%)	1 (2%)	4 (7%)	3 (2%)	1 (4%)	2 (2%)

OUTNESS AND EXPERIENCES OF LGBT DISCRIMINATION AND VIOLENCE

OUTNESS TO FAMILY, FRIENDS AND NEIGHBORS

- A majority of LGBs report being out to most or all of their family members and friends; fewer LGBs are out to “other family” compared to closer family like siblings and parents.
- About 50% of LGBs report being out to most or all of their neighbors.

LGBs			
Out to siblings	Total	Men	Women
not out to any	12 (13%)	9 (19%)	3 (7%)
out to some	6 (7%)	6 (13%)	0 (0%)
out to most	11 (12%)	8 (17%)	3 (7%)
out to all	63 (69%)	24 (51%)	39 (87%)
Out to friends			
not out to any	3 (3%)	3 (6%)	0 (0%)
out to some	11 (11%)	9 (17%)	2 (4%)
out to most	28 (27%)	13 (25%)	15 (29%)
out to all	62 (60%)	28 (53%)	34 (67%)
Out to child(ren)			
not out to any	6 (12%)	5 (28%)	1 (3%)
out to some	1 (2%)	1 (6%)	0 (0%)
out to most	3 (6%)	3 (17%)	0 (0%)
out to all	42 (81%)	9 (50%)	33 (97%)
Out to mother			
not out to any	11 (20%)	5 (21%)	6 (20%)
out to some	0 (0%)	0 (0%)	0 (0%)
out to most	3 (6%)	2 (8%)	1 (3%)
out to all	40 (74%)	17 (71%)	23 (77%)
Out to father			
not out to any	11 (28%)	5 (26%)	6 (29%)
out to some	0 (0%)	0 (0%)	0 (0%)
out to most	3 (8%)	2 (11%)	1 (5%)
out to all	26 (65%)	12 (63%)	14 (67%)
Out to other family			
not out to any	14 (15%)	9 (18%)	5 (11%)
out to some	19 (20%)	12 (25%)	7 (16%)
out to most	19 (20%)	12 (25%)	7 (16%)
out to all	41 (44%)	16 (33%)	25 (57%)
Out to neighbors			
not out to any	22 (21%)	15 (29%)	7 (14%)
out to some	29 (28%)	12 (23%)	17 (33%)
out to most	21 (20%)	13 (25%)	8 (16%)
out to all	31 (30%)	12 (23%)	19 (37%)



OUTNESS AND EXPERIENCES OF LGBT DISCRIMINATION AND VIOLENCE

OUTNESS TO PROVIDERS

- 85% of LGBs report being out to all or most of their aging service providers and 88% out to all or most of their healthcare providers.

Out to healthcare providers

not out to any	13 (12%)	8 (15%)	5 (10%)
out to some	16 (15%)	11 (20%)	5 (10%)
out to most	16 (15%)	8 (15%)	8 (16%)
out to all	60 (57%)	27 (50%)	33 (65%)

Out to aging service providers¹⁴

not out to any	10 (15%)	8 (21%)	2 (7%)
out to some	11 (16%)	5 (13%)	6 (21%)
out to most	10 (15%)	7 (18%)	3 (11%)
out to all	36 (54%)	19 (49%)	17 (61%)

EXPERIENCES OF LGBT DISCRIMINATION

- More than half of sexual minorities report believing that they were a victim of LGBT violence or discrimination in middle adulthood; smaller proportions report victimization after age 50 or before age 18.

LGBT Violence Or Discrimination

Before age 18

	Total	Men	Women
yes, I'm sure of it	26 (26%)	19 (36%)	7 (15%)
I think or believe I have	16 (16%)	10 (19%)	6 (13%)
no, I have not	58 (58%)	24 (45%)	34 (72%)

Age 18-49

yes, I'm sure of it	35 (33%)	19 (35%)	16 (31%)
I think or believe I have	26 (25%)	14 (26%)	12 (24%)
no, I have not	45 (43%)	22 (40%)	23 (45%)

After age 50

yes, I'm sure of it	22 (21%)	12 (23%)	10 (20%)
I think or believe I have	12 (12%)	8 (15%)	4 (8%)
no, I have not	70 (67%)	33 (62%)	37 (73%)

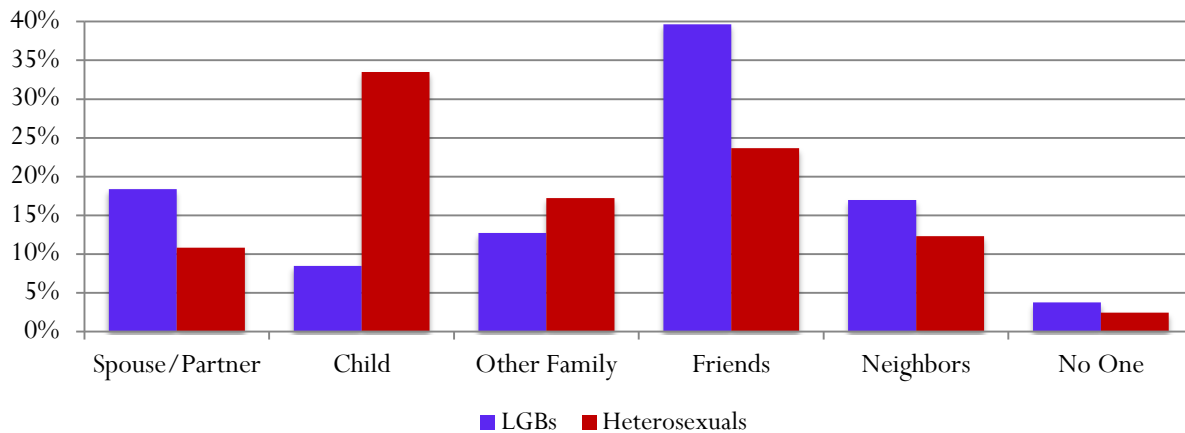
¹⁴ All surveys were completed at meal sites hosted by aging service agencies and staffed by aging service providers, making it difficult to definitively interpret responses to this question. Some participants may have answered this question thinking about the site staff as their aging service providers, and thus by virtue of attending an LGBT meal site feel comfortable being out to providers. Others may not consider site staff to be providers, and instead answered this question by considering relationships with providers other than those at the meal site.

CARE RECEIVING

INFORMAL RESOURCES: Who

- When asked if they needed it, who they would feel comfortable calling for help with things like groceries or picking up a prescription, a greater number of LGBs listed friends and neighbors and fewer listed children compared to heterosexuals.
- Controlling for age, gender, education, and income, LGBs had 4.23 times the odds of naming friends (95% CI: 1.84-9.72) as people who could be called for help.
- Controlling for the same factors, heterosexuals had 6.41 times the odds of naming children as a source of help (95% CI: 2.34-17.56).

Who can you call for help?



Who can you call on for help?	LGBs			Heterosexuals		
	Total	Men	Women	Total	Men	Women
spouse/partner	39 (33%)	9 (16%)	30 (49%)	22 (17%)	9 (33%)	13 (13%)
child	18 (15%)	2 (3%)	16 (26%)	68 (52%)	12 (44%)	56 (54%)
other family	27 (23%)	13 (22%)	14 (23%)	35 (27%)	7 (26%)	28 (27%)
friends	84 (71%)	37 (64%)	47 (77%)	48 (37%)	8 (30%)	39 (38%)
neighbors	36 (30%)	17 (29%)	19 (31%)	25 (19%)	6 (22%)	18 (18%)
no one	8 (7%)	6 (10%)	2 (3%)	5 (4%)	1 (4%)	4 (4%)

INFORMAL RESOURCES: How Many

- About 15% of both LGBs and heterosexuals have one or fewer people they could ask for help if they were too sick to get around.
- LGBs and heterosexuals have a comparable number of persons who they are able to call for help.

How many ask for help?	LGBs			Heterosexuals		
	Total	Men	Women	Total	Men	Women
no one	6 (5%)	4 (7%)	2 (3%)	4 (3%)	1 (4%)	3 (3%)
1 person	11 (10%)	2 (4%)	9 (15%)	17 (13%)	3 (11%)	14 (14%)
2 people	18 (16%)	11 (19%)	7 (12%)	25 (19%)	4 (14%)	20 (20%)
3 people	22 (19%)	17 (30%)	5 (9%)	28 (21%)	5 (18%)	23 (23%)
4 people	15 (13%)	5 (9%)	10 (17%)	16 (12%)	4 (14%)	12 (12%)
5 or more people	44 (38%)	18 (32%)	26 (44%)	41 (31%)	11 (39%)	30 (29%)

CARE RECEIVING

FORMAL SERVICES

- Compared to heterosexuals, fewer sexual minorities reported using a range of services for older adults.
- Controlling for age, gender, education and income, heterosexuals had 5.64 times the odds of using protective services (95% CI: 1.37-23.17), and 4.81 times the odds of using a volunteer helper (95% CI: 1.94-11.96) compared to LGBs.
- A greater number of sexual minorities reported using mental health counseling services.
- LGBs and heterosexuals indicated no major differences in likelihood of contacting an agency or senior center in the future.

	LGBs			Heterosexuals		
	Total	Men	Women	Total	Men	Women
Have experience with services						
senior center	61 (53%)	32 (55%)	29 (50%)	121 (92%)	26 (93%)	94 (92%)
senior center age 70+	28 (61%)	15 (58%)	13 (65%)	85 (93%)	17 (90%)	68 (94%)
in home assistance	20 (18%)	11 (20%)	9 (16%)	28 (27%)	5 (23%)	23 (28%)
volunteer helper	27 (24%)	15 (26%)	12 (21%)	49 (44%)	12 (50%)	37 (43%)
meals on wheels	14 (12%)	7 (12%)	7 (12%)	31 (28%)	9 (40%)	22 (26%)
senior housing	29 (25%)	17 (29%)	12 (20%)	43 (39%)	9 (40%)	34 (40%)
assisted living	11 (10%)	9 (16%)	2 (3.5%)	17 (16%)	5 (24%)	12 (14%)
nursing home	22 (20%)	16 (29%)	6 (11%)	26 (24%)	5 (23%)	21 (24%)
protective services	6 (5%)	1 (2%)	5 (9%)	15 (14%)	5 (23%)	10 (12%)
veterans administration*	12 (50%)	9 (47%)	3 (60%)	15 (71%)	14 (78%)	1 (33%)
mental health counseling	45 (40%)	19 (35%)	26 (45%)	23 (21%)	8 (35%)	15 (17%)

*Of those who reported military service.

	LGBs			Heterosexuals		
	Total	Men	Women	Total	Men	Women
Will you contact agency or senior center in the future?						
likely	56 (48%)	29 (49%)	27 (46%)	72 (56%)	13 (48%)	58 (58%)
somewhat likely	44 (37%)	25 (42%)	19 (32%)	36 (28%)	9 (33%)	27 (27%)
unlikely	18 (15%)	5 (9%)	13 (22%)	20 (16%)	5 (19%)	15 (15%)

CARE RECEIVING

LGB CONCERNS IN ACCESSING CARE: Fixed Choice Questions

- A minority of sexual minorities reported not getting help due to concerns about being LGBT (16% ever in lifetime and 13% from a place that serves older adults).
- By in large, LGBs are not concerned about being out to elder service providers. Almost 70% of LGBs report being relatively unconcerned about being out (3 or less on a scale of 1-10).

LGBs			
Didn't get help due to concerns about being LGBT ever in lifetime from place that serves older adults	Total	Men	Women
	17 (16%)	6 (11%)	11 (20%)
	14 (13%)	6 (11%)	8 (15%)

LGBs			
Concerned being out to elder service providers	Total	Men	Women
	48 (44%)	25 (45%)	23 (43%)
1 (not at all)	15 (14%)	7 (13%)	8 (15%)
2	11 (10%)	6 (11%)	5 (9%)
3	5 (5%)	4 (7%)	1 (2%)
4	8 (7%)	6 (11%)	2 (4%)
5	7 (6%)	2 (4%)	5 (9%)
6	3 (3%)	2 (4%)	1 (2%)
7	6 (6%)	2 (4%)	4 (7%)
8	2 (2%)	0 (0%)	2 (4%)
9	5 (5%)	2 (4%)	3 (5%)
10 (very)			

LGB CONCERNS IN ACCESSING CARE: Open-Ended Responses

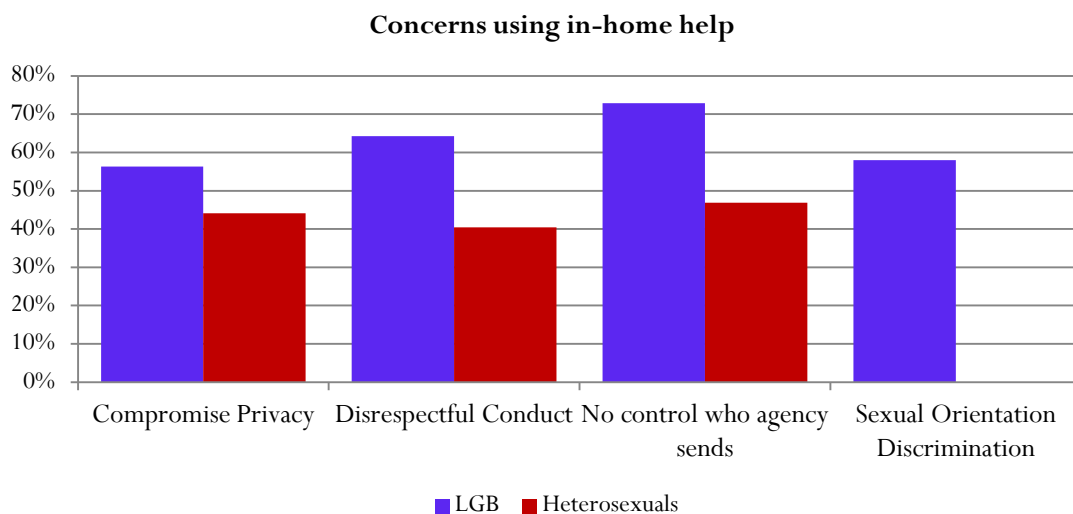
- Responses to the open-ended question about concerns about growing older as an LGBT person included worry about LGBT discrimination in care. Concerns included the role of family in making care decisions, discrimination from other older adults, and discrimination from providers.

“Even though I am out to my family, I am single. That means that any serious medical problem I have, the treatment will be decided by them. They say they accept my being gay but will they make end of life decisions sooner than if I wasn't gay?” Several wrote about concern regarding “discrimination and/or abuse in a nursing home.” As well as, “requiring a nursing home, where there would not exist any gay social interaction,” and wanting to be accepted as LGBT. One respondent wrote about the “possibility of discrimination from older people my own age who are not as tolerant as young people.” One respondent wrote about potentially needing to “leave this area and not being able to find good services and acceptance.” A small number of respondents wrote about losing sexual identity and activity, including opportunity to meet partners.

CARE RECEIVING

CONCERNS ABOUT USING IN-HOME HELP

- Despite relatively little concern from LGBs about being out to aging service providers, more LGBs are concerned about all aspects of utilizing in-home help, especially who the agency will send and disrespectful conduct.
- Controlling for age, gender, education and income, LGBs were more concerned about disrespectful conduct (OR 2.52; CI: 1.09-5.82) and having no control over who the agency would send (OR 3.70; CI: 1.49-9.21.)
- Nearly 60% of LGBs reported specific concern about sexual orientation discrimination with in-home help. This stands in contrast to the 70% of LGBs who are relatively unconcerned about being out to elder service providers.



	LGBs			Heterosexuals		
	Total	Men	Women	Total	Men	Women
Loss of independence						
at least somewhat concerned	65 (59%)	33 (59%)	32 (58%)	48 (45%)	9 (39%)	38 (46%)
not concerned	46 (41%)	23 (41%)	23 (42%)	58 (55%)	14 (61%)	44 (54%)
Compromise privacy						
at least somewhat concerned	63 (56%)	30 (54%)	33 (59%)	45 (44%)	9 (41%)	35 (44%)
not concerned	49 (44%)	26 (46%)	23 (41%)	57 (56%)	13 (59%)	44 (56%)
No control who agency sends						
at least somewhat concerned	78 (73%)	39 (71%)	39 (75%)	45 (47%)	9 (41%)	36 (49%)
not concerned	29 (27%)	16 (29%)	13 (25%)	51 (53%)	13 (59%)	37 (51%)
Disrespectful conduct						
at least somewhat concerned	70 (64%)	36 (67%)	34 (62%)	40 (40%)	7 (32%)	33 (43%)
not concerned	39 (36%)	18 (33%)	21 (38%)	59 (60%)	15 (68%)	43 (57%)
High cost						
at least somewhat concerned	77 (70%)	41 (75%)	36 (65%)	59 (58%)	12 (55%)	47 (59%)
not concerned	33 (30%)	14 (26%)	19 (35%)	43 (42%)	10 (45%)	32 (41%)

CARE RECEIVING

Unable to provide what I need

<i>at least somewhat concerned</i>	55 (52%)	33 (61%)	22 (42%)	42 (43%)	10 (45%)	32 (43%)
<i>not concerned</i>	51 (48%)	21 (39%)	30 (58%)	56 (57%)	12 (55%)	43 (57%)

No control over schedule

<i>at least somewhat concerned</i>	70 (66%)	36 (67%)	34 (65%)	44 (46%)	9 (40%)	35 (47%)
<i>not concerned</i>	36 (34%)	18 (33%)	18 (35%)	51 (54%)	11 (55%)	39 (53%)

LGBs

Concern with in home help (continued) Sexual orientation discrimination

	<i>Total</i>	<i>Men</i>	<i>Women</i>
<i>not concerned</i>	46 (42%)	26 (47%)	20 (36%)
<i>somewhat concerned</i>	42 (38%)	21 (38%)	21 (38%)
<i>concerned</i>	22 (20%)	8 (15%)	14 (26%)

AGING WITH PRIDE

Many are aging with pride. An open-ended question about what you like about getting older as an LGBT person elicited responses such as: “[I feel] more confident and content with myself and how I have lived my life.” This self-assurance was a theme that many older adults repeated. Many indicated that they “finally feel comfortable with who I am,” and that as an older adult “I accept myself, I have more courage. I have a voice and beginning to use it.” For some, this comfort comes from “the new perspective that comes from being old.” For others, the increased comfort is due in part to a sense that the “general population is more accepting now.” As one respondent said, “I finally feel comfortable with my sexual orientation and as a child of the 50’s I never thought I would get there.”

Others responded to this question by citing enjoyment from setting an example for younger generations. One respondent enjoys the opportunity “to be a mentor and use my experience to support LGBT... youth.” And in turn, older adults deservedly enjoy the “appreciation of young LGBTs [for] our contributions to gay rights.”

Support from LGBT peers also enables LGBT older adults to age with pride. One respondent wrote that they enjoy aging as an LGBT person because it means, “Getting old with others.” Another woman wrote that what she likes most about getting older as an LGBT person are, “My marvelously supportive lesbian friends who are in my age cohort! My lesbian friends live the meaning of friendship!”

APPENDIX: Questionnaire

Please answer the following questions. You may skip any you do not wish to answer.¹⁵

1) Where do you live?

City/Neighborhood: _____

Zipcode: _____

2) What year were you born? _____

3) What is your gender?

☐ Male

☐ Female

4) Are you transgender or transsexual?

☐ Yes

☐ No

☐ I don't understand the question

5) In a typical week, how many hours do you work for pay?

☐ None

☐ Less than 10 hours

☐ 10-19 hours

☐ 20-29 hours

☐ 30-39 hours

☐ 40 hours or more

6) What is the highest level of education you completed? (Check one):

☐ Some high school/elementary

☐ Graduated high school or GED

☐ Some college

☐ Graduated college

☐ Any graduate or professional school

7) What type of housing is your primary permanent residence?

☐ Apartment, condominium, or room in a building open to people of all ages

☐ Apartment, condominium, or room in senior housing

☐ Single family house

☐ Assisted living facility

☐ Nursing home facility

☐ No permanent residence/homeless

¹⁵ Note that the LGBT module of questions beginning with question 33 were not included on the questionnaires distributed at mainstream sites.

APPENDIX: Questionnaire

8) With whom do you live at your primary residence? (Check all that apply):

- ☐ No one else -- I live alone
- ☐ Spouse or partner
- ☐ Child or children
- ☐ Grandchild or grandchildren
- ☐ Other family members
- ☐ Other non-family members or roommates
- ☐ Pets: _____

9) Which best describes your current relationship status?

- ☐ Married
- ☐ In a relationship, but not currently married
- ☐ Single, widowed, or divorced/separated

10) Do you have any children who are living?

- ☐ Yes
- ☐ No

11) Which of the following do you consider yourself? (Check all that apply):

- ☐ White
- ☐ Black or African American
- ☐ Asian
- ☐ Native Hawaiian or other Pacific Islander
- ☐ American Indian or Alaskan Native
- ☐ Hispanic or Latino

12) Which of the following best describes you?

- ☐ Heterosexual or straight
- ☐ Homosexual, gay or lesbian
- ☐ Bisexual

13) What is your annual household income from all sources?

- ☐ Under \$11,000
- ☐ \$11,001 - \$25,000
- ☐ \$25,001 - \$35,000
- ☐ \$35,001 - \$50,000
- ☐ \$50,001 - \$75,000
- ☐ \$75,001 or more

APPENDIX: Questionnaire

14) Have you ever served in the active military of the United States?

- ☐ Yes
☐ No

15) Do you currently have any health problem that requires you to use special equipment, such as a cane, a walker, a wheelchair, a special bed, or a special telephone?

- ☐ Yes
☐ No

16) Compared with other people your age, would you say your health is...

- ☐ Better
☐ About the same
☐ Worse

17) Are you currently caring for or assisting an adult who needs help with day-to-day activities because of age or disability?

- ☐ Yes
☐ No

18) With whom did you spend the past Thanksgiving? (Check all that apply)

- ☐ No one -- I spent it alone
☐ Friends
☐ Partner or spouse
☐ Child or children
☐ Other family
☐ Attended a community gathering

19) (Check one for each statement.) How often do you feel...

	Never	Rarely	Some of the time	Often	Most of the time
...that you lack companionship?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...left out?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...isolated from others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

20) Think about the people in your life who are important to you, such as your partner or spouse, your friends, family, or neighbors you know well. How many people like this do you talk to in person or by phone at least once a week?

Write in # of people	<input type="text"/>
-------------------------	----------------------

APPENDIX: Questionnaire

21) In the past 12 months, how often have you used the internet?

- ☐ Never
- ☐ Less than once a month
- ☐ Once or twice a month
- ☐ Once a week
- ☐ Several times a week
- ☐ More than once a day

22) How would you characterize your overall experiences using the following services for yourself? Select one answer for each statement.

	No experience	Positive	Neutral	Negative
Senior center	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In-home assistance for older adults	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volunteer helper for older adults	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meals-on-wheels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Congregate meals/ community cafés (including this community cafe)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Senior housing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Assisted living	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nursing home care, including rehab	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental health counseling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Protective/elder abuse services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Veterans Administration/ VA services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

APPENDIX: Questionnaire

23) What concerns you when you think about using aging services like in-home help with meals, housekeeping, or personal care? (Select one answer for each statement.)

	Not Concerned	Somewhat concerned	Concerned
Feels like a loss of independence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Compromises my privacy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No control over who agency sends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fear disrespectful or unprofessional conduct	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cost will be too high	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Don't think they can provide services I need	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No control over schedule for help	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fear discrimination or bias due to my...			
...race/ethnicity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...religion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...sexual orientation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...disability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...gender	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...age	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

24) If you wanted to learn more about aging services for older adults, where or who would you go to for information? (Please write in your answer.)

25) Have you ever contacted an elder services agency or senior center?

- ☐ Yes
☐ No

APPENDIX: Questionnaire

26) How likely are you to contact an elder services agency or senior center for aging services in the future?

- ☐ Likely
- ☐ Somewhat likely
- ☐ Unlikely

27) If you are sick or not able to get around, who would you feel comfortable asking for help with an activity such as picking up a prescription, grocery shopping, or getting to an appointment? (Check all that apply):

- ☐ Spouse or partner
- ☐ Children
- ☐ Other family members
- ☐ Friends
- ☐ Neighbors
- ☐ Aging services providers or volunteer helpers
- ☐ I don't have anyone I feel comfortable asking for help

28) How many people in total can you think of who you would feel comfortable calling for help?

- ☐ None
- ☐ 1 person
- ☐ 2 people
- ☐ 3 people
- ☐ 4 people
- ☐ 5 or more people

29) In the past 6 months, for how many days have you needed help because you were sick or not able to get around?

- ☐ 0 days
- ☐ 7 days or less
- ☐ 8-14 days
- ☐ More than 14 days

APPENDIX: Questionnaire

30) (Check one for each statement.) In the past 12 months, did someone in your life...

	Yes	No
...insult you and put you down	<input type="checkbox"/>	<input type="checkbox"/>
...control your daily life or decisions too much	<input type="checkbox"/>	<input type="checkbox"/>
...take your money or belongings without your permission or keep them from you	<input type="checkbox"/>	<input type="checkbox"/>
...hit, kick, slap, push or throw things at you	<input type="checkbox"/>	<input type="checkbox"/>

31) Do you agree or disagree with the following statements about this meal site/community cafe? Select one answer for each statement.

	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
One reason I come here is to be with friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
One reason I come to here is to feel connected to my community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel welcome here	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can be who I am here	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
This is one of the few places where I feel I belong	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
This is one of the few places I socialize with others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy the food offered here	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy the programs/entertainment offered here	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would prefer this meal site meet more frequently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The meal offered here is helpful for me because...					
...it is low cost	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...it is nutritious	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...I have a hard time buying or preparing food for myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

APPENDIX: Questionnaire

32) Do you get help with food from any of the following sources? (Check all that apply):

- ☐ Meals-on-wheels
- ☐ Food pantry/food bank
- ☐ Soup kitchen
- ☐ Family sometimes helps me out
- ☐ Friends sometimes help me out

33) How frequently do you go to LGBT congregate meal sites/community cafés?

	Regularly	Sometimes	Never been
Cafe Emmanuel (Back Bay/Boston)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Out to Brunch for Older LBT Women (Roslindale)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Monthly Brunch for LGBT Seniors (South Shore)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cadbury Cafe LGBT Monthly (Cambridge/Somerville)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Over The Rainbow Supper Club (North Shore)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lakeside Café (Metro East)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

34) Do you go to any other community cafés/congregate meal sites for elders?

- ☐ Yes
(Please name) _____
- ☐ No

APPENDIX: Questionnaire

35) Please tell us about how open or “out” you are or were about your sexuality or gender identity with your...

	Not out to any	Out to some	Out to most	Out to all	Not applicable
Sibling(s)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Child or children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mother	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Father	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other relatives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Neighbors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Health care providers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Aging service providers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

36) On a scale of 1 to 10, how concerned are you about coming or being out and accessing services for older adults? (Check one.)

Not at all concerned	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9	<input type="checkbox"/> 10	Very concerned
----------------------	----------------------------	----------------------------	----------------------------	----------------------------	----------------------------	----------------------------	----------------------------	----------------------------	----------------------------	-----------------------------	----------------

37) Have you ever decided against asking for help from a place that serves older adults because you were concerned about coming out or being out?

- ☐ Yes
☐ No

38) Besides the community cafés/meal sites, have you ever contacted an elder service agency or attended one of their events because you knew the agency was LGBT-friendly?

- ☐ Yes
☐ No

APPENDIX: Questionnaire

39) Have you experienced discrimination or violence because you are LGBT...

	Yes, I'm sure of it	I think or believe I have	No, I have not
Before the age of 18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Between the ages of 18 and 49	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After age 50	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

40) At any time in your life, has an experience of discrimination or fear of discrimination ever kept you from seeking or getting the help that you needed?

- ☐ Yes
☐ No

If yes, please describe:

41) When you come here, do you feel like you are a part of a community or that you belong? Please explain – tell us what makes you feel that way.

APPENDIX: Questionnaire

42) Please say a little about what kinds of other places you go to feel like you belong and are welcomed as a member of the community?

43) What do you like most about the experience of getting older as an LGBT person?

44) What are your greatest concerns about getting older as an LGBT person?

45) Have you taken this exact same survey before at another meal site?

- ☐ Yes
- ☐ No

THANK YOU FOR COMPLETING OUR SURVEY!