



SILVER RAINBOW

LGBTI-inclusive ageing & aged care

Acknowledgement of Country



Image credit: Murri Watch, 2011



Over the Silver Rainbow (LGBTI Inclusion in Palliative Care)

Samantha Edmonds – Manager,
Ageing and Aged Care

With thanks to Dr Gávi Ansara and Ollie
Hand



SILVER RAINBOW



National LGBTI Health Alliance

- Founded in 2007; now 11+ staff at Sydney headquarters
- National peak health body with over 90 organisational and 129 individual members from all states/territories (and counting!)
- Focused on improving the health and wellbeing of people of lesbian, gay, bisexual, transgender, and intersex ('LGBTI') experience, including people beyond these letters



SILVER RAINBOW



Aims

- To provide a basic understanding of 'LGBTI'
- To identify specific LGBTI palliative care needs
- To introduce relevant legislation and policy
- To provide examples of 'best practice' delivery through the LGBTI Palliative Care Position Statement



Decades of Discrimination Activity

- In which decade were aversion therapies in the form of electric shocks used to ‘cure’ people of ‘homosexuality’?
- In which decade did the American Psychiatric Association remove ‘homosexuality’ from its manual of mental disorders?
- In which decade was same-gender sexual activity finally decriminalised across the whole of Australia?

Decades of Discrimination

- In which decade did Australian legal reforms recognise LGBTI people and their family structures?
- In what year was the first national LGBTI Ageing and Aged Care Strategy introduced in Australia?
- In which decade did the American Psychiatric Association remove gender diagnoses from its manual of mental disorders?
- In which decade did doctors stop performing medically unnecessary genital surgeries to 'normalise' young people with intersex characteristics?



Kai Clancy and Crystal Johnson



How many 'LGBTI' people?

- No firm figures; an estimated 1.7% of people are Intersex (Blackless et al., 2000; Fausto-Sterling), though some estimate 4%
- Nationally representative NZ high school students: 1.2% identified as “transgender” + 2.5% unsure = 3.7% trans or questioning (Clark et al., 2014). May underestimate (school leavers, non-identified)

How many 'LGBTI' people?

- Although over 95% identified as heterosexual, 19% women, 9% men had prior same-gender attraction and/or experience (Richters et al., 2014)
- 53% of gay men, 76% lesbians had prior mixed-gender (woman/man) sexual experience (Richters et al., 2014)



Image Credit: Braden Summers, Couples in Love,
www.upworthy.com



SILVER RAINBOW



Who are 'LGBTI' people?

- Distinct but sometimes overlapping populations
- May or may not be 'identity'
- May or may not be 'members of community'
- Might be heterosexual
- Often cannot be identified by 'clues'
- People often don't use LGBTI labels to describe themselves

Who are 'LGBTI' people?

- Sexuality – Attractions and/or expressions
- Relationships – Marriage /other relating styles
- Gender – Experience, identity, expression, and/or characteristics
- Bodies – Physical characteristics and/or variations; present at birth and/or develop during the lifespan

People with intersex characteristics...

- Intersex is an umbrella term for physical characteristics not typically 'female' or 'male' by modern medical standards
- These characteristics could be:
 - Chromosomal
 - Hormonal
 - Gonadal (testes and/or ovaries)
 - Genital

Short Video



How might the experiences of the young people in the video impact on them if they are faced with having to make a decision on palliative care?



What's it like to be Intersex?



Questions – Short Video

How might these experience inform:

- Thoughts and feelings about palliative care?
- Needs and concerns when seeking palliative care?
- Interactions with palliative care staff?
- How would you ensure you are inclusive?



SILVER RAINBOW



Starlady Nungari & Crystal Love



Genders can be...

CATEGORY	OPTION A	OPTION B	OPTION C
HOW MANY?	NO GENDER	ONE GENDER	MORE THAN ONE
WHEN?	SAME ALWAYS	FLUID/ VARIES OVER TIME	FLUID/ VARIES BY CONTEXT
KNOWN?	AS A CHILD	DURING ADOLESCENCE	AS AN ADULT/WHEN AGEING
AFFIRMED?	SOCIALLY	ADMIN	MEDICALLY

REMEMBER OPTIONS D, E, F, AS WELL! ☺

“So how many genders are there?”

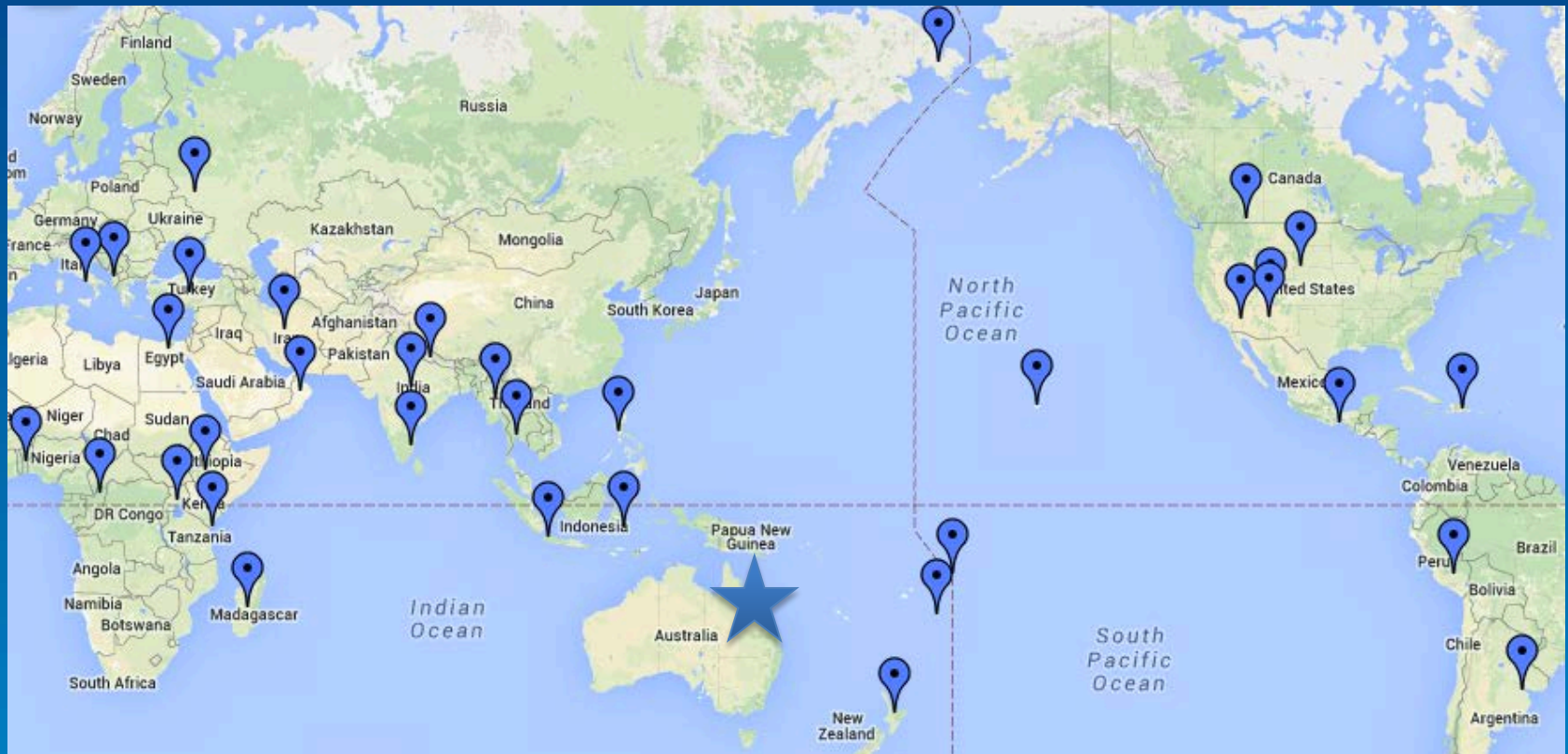


Image credit: PBS



- Do you find people often feel free to ask intrusive and personal questions about your body and past medical history?
- Do you worry that you could lose your job, your relationship with your partner and parents, or custody of your children if you express your gender openly in public?
- If you were injured in an accident and hospitalised would your gender identity be classified incorrectly on documentation?
- Is it difficult, if not impossible, to go to a bank, for example, and produce 100 points of ID documents which all have matching names and sex markers?
- Do you fear being laughed at, treated rudely or even asked to leave when you go clothes shopping and want to use the change rooms?



Vivian Boyack 91 & Alice 'Nonie' Dubes 90



Sexualities & Relationships

- Women with attractions and/or relationships partly or entirely for other women
- Men with attractions and/or relationships partly or entirely for other men
- People of any gender whose attractions and/or relationships involve more than one gender
- People whose partners started living in another gender
- And many more... 😊



SILVER RAINBOW



Sexualities & Relationships

- Most Australians who fit 'LGB' do not self-identify with these terms
- May have attractions without relationships; relationships without attractions
- People might use the same words differently
- Cannot be determined using external 'clues'

The Heterosexuality Questionnaire

- When did you choose to become heterosexual?
- What do you think caused your heterosexuality?
- Is it possible that your heterosexuality is just a phase that you will grow out of?
- Why do heterosexual people try to convince other people to be heterosexual?
- Why are heterosexual people so promiscuous?
- Why don't heterosexuals appear to be able to have long lasting monogamous relationships?



SILVER RAINBOW



Aboriginal and Torres Strait Islander

- Brotherboys and Sistergirls – how a person feels, their “heart and spirit”
- Have roles and responsibilities within community



Aboriginal and Torres Strait Islander

- Know cultural protocols
 - Who is the right person to introduce you to community?
 - Involves Elders, tribal groups and skin groups
 - Kinship system
 - Cultural laws and responsibilities – men's business, women's business, sorry business
- Language
- Multiple diversities and discrimination



Structural violence in LGBTI lives

- Definitions of 'family' that privilege biological relatives and devalue non-biological kin
- Gender-specific service assumptions
- Assumptions about 'domestic' cohabitation
- LGBTI-specific experiences of palliative care excluded

What do we mean by “structural”?

“When admitting my partner’s mother into aged care, the forms all assumed heterosexuality. There was no spot for me on those forms. The message received from this was that only heterosexuals were welcome.”

Image credit: Anneke Deutsch/Aged Care Complaints Scheme



SILVER RAINBOW



Homophobia vs. Heterosexism

Homophobia

- Intentional, hostile
- Slurs like “lesbo” or “homo”
- Banning people
- Emphasis on individual beliefs and attitudes

Heterosexism

- May be unintended, well-intentioned
- Assuming people are heterosexual
- Forgetting people exist
- Emphasis on structural issues and function



SILVER RAINBOW



Transphobia vs. Cisgenderism

Transphobia

- Intentional, hostile
- Slurs like “tranny”
- Banning people
- Emphasis on individual beliefs and attitudes

Cisgenderism

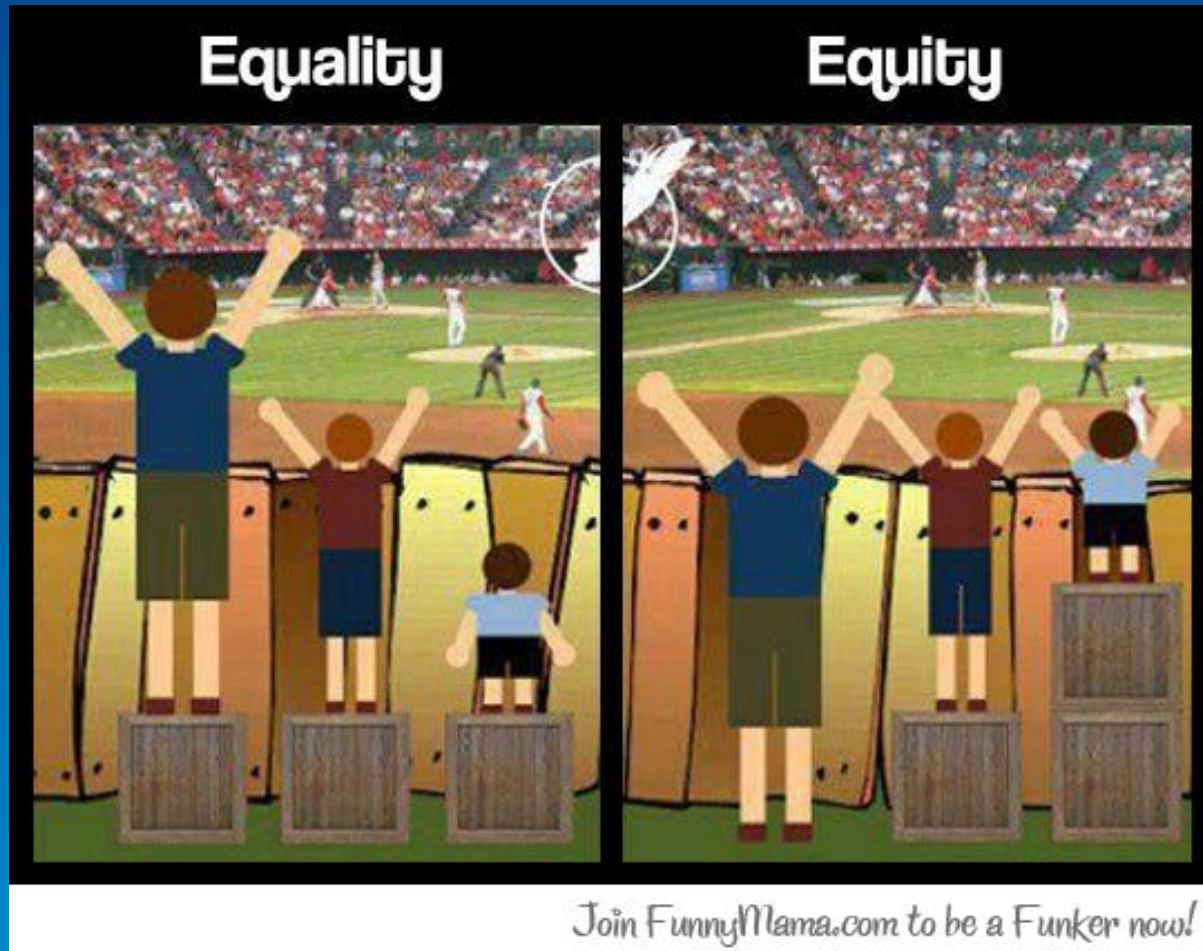
- May be unintended, well-intentioned
- Using wrong pronoun
- Forgetting people exist
- Emphasis on structural issues and function



SILVER RAINBOW



But we treat everyone the same



Legislation

- Mid-2012: Aged Care Principles ACT 1997 amended to include people in the LGBTI communities as a special needs group
- November 2012 – National LGBTI Ageing and Aged Care Strategy
- 2013 the *Sex Discrimination Amendment (Sexual Orientation, Gender Identity and Intersex Status) Act 2013 (Cth)* was implemented.



SILVER RAINBOW



Palliative Care – the Issues

- Protection for and respectful treatment of LGBTI people's relationships and families and sometimes protection from biological families
- Policies that allow respect for LGBTI people's relationships, gender identities and intersex status without requiring them to identify openly as LGBTI
- Clear guidelines and policies for staff regarding how to respect the health and privacy needs of intersex people, trans people and gender diverse people

Palliative Care Position Statement

- Recognition of partner(s) regardless of sexual orientation, gender identity or intersex status as the legal next of kin.
- Acknowledgment that family includes biological family as well as self-designated family. This recognises that many LGBTI people have been ostracised or abandoned by their biological relatives, and that strong networks of friends and loved ones are as intrinsic and equally valid in the life of an LGBTI person with life-limiting conditions.



SILVER RAINBOW



- Palliative care providers to be supported to deliver LGBTI-inclusive services and have the opportunities for appropriate accreditation and training for whole of service approaches to LGBTI people. There are many approaches to achieving this across Australia and information can be found at Silver Rainbow, the national LGBTI Ageing and Aged Care Project of the Alliance at www.lgbtihealth.org.au



SILVER RAINBOW



- Efficient case management through the collaboration of health professionals, the person with the life-limiting condition, their partner (if any), their designated family (those whom the person designates as “family”), and carer/s using a person-directed approach.
- Effective procedures are in place to address discrimination and breaches of confidentiality from staff and other service users.

- Increased palliative care research in addressing the diverse needs of the community, in particular for each population within L,G,B,T,I.
- Protection from medical abuse, such as denial or cessation of hormones, unnecessary physical examinations or coerced 'normalising' interventions.
- Nationally consistent and inclusive advance care planning legislation to reduce jurisdictional confusion and provide greater certainty for health professionals, patients, carers, designated family and loved ones.



Being Inclusive

- Use language that reflects how people describe their own gender/s or body
- Have policies, procedures and practices that reflect the diversity of people's relationships, sexualities, genders and bodies (LGBTI and beyond)
- Visual cues and cultural practices – celebration of diversity
- Training and Staff Development



SILVER RAINBOW



What is the Passport?

- A5 sized booklet; electronic and hard copy
- Multiple topics (e.g., personal care, end of life)
- Some multiple choice checkboxes
- Some open text fields
- Branded and masked versions



SILVER RAINBOW



Who is the Passport For?

- Anyone can use it; use always optional
- Designed specifically in response to needs of:
 - Women and men of trans experience
 - People with non-binary genders
 - People with intersex characteristics



SILVER RAINBOW



The Passport can be used ...

- In reception areas or community spaces
- During intake meetings or history taking
- To create dialogue and reduce awkwardness
- When transferring to a new service provider
- Like a Medic Alert bracelet, “just in case”



Palliative Care for LGBTI People Forum

September 30

Speakers:

- **Dr Richard Chye**
Palliative Care Specialist
- **Kelly Morgan**
Senior Solicitor
- **Dr Gavi Ansara**
LGBTI Health Alliance
- **Palliative Care Consumer Speaker**
- **When:** Wednesday, 30 September
- **Time:** 11am – 2pm
- **Venue:** NSW Teachers Federation Conference Centre, Sydney

RSVP: heidi@palliativecare.org.au



SILVER RAINBOW



There's a moment when a person decides to share their life or hide it ... this will determine the rest of their life



Our Contact Details

Dr. Gávi Ansara – Manager, Research & Policy
gavi.ansara@lgbtihealth.org.au

Samantha Edmonds – Manager, Ageing and
Aged Care
samantha.Edmonds@lgbtihealth.org.au



SILVER RAINBOW



Thank you!



**Brenda Appleton,
Transgender Victoria**



SILVER RAINBOW

