

EXPECT MORE

Everyone Deserves Good Health

7th Annual National LGBT Health Awareness Week

LGBT AGING

Everyone has the right to a rewarding, long, and healthy life. As you get older, you may face a number of barriers that are unique to LGBT seniors as well as concerns that are typical of all seniors.

There are resources that can help assist you in your search for culturally competent healthcare and LGBT-friendly communities. Additionally, there are lots of fun, simple things you can do to keep yourself happy and healthy.

What can you do?

- Make new friends in your community in order to strengthen your support network and make your aging process easier.
- Look into advance health care directives, which are essential if you want your partners, friends or other non-family members to participate in health care decisions on your behalf.
- Research LGBT-friendly assisted living facilities—the majority of American LGBT senior communities cluster in states such as Arizona, New Mexico and Florida.
- Connect with your local community center and check out what classes and activities they have there.
- Get some exercise! Yoga, dancing and walking are fun and easy ways to get moving.
- Stimulate your intellect through visual art, music or literature.

EXPECT MORE: LGBT Health Is A Lifelong Issue

For more information, please see:

American Psychological Association (<http://www.apa.org/>)

Mental Health Information Center (<http://mentalhealth.samhsa.gov/>)

National Association of LGBT Community Centers (<http://www.lgbtcenters.org/>)