LGBTQ Older Adults’ Resiliency Can Equate to Healthy Aging

The study finds those who are more resilient are significantly more likely to feel they are aging well. This finding is crucial because one can learn how to build resiliency which in turn suggests building a more positive attitude regarding aging which is a key determinant for healthy aging.

Most LGBTQ older adults ages 50+ rate their emotional and mental well-being high.

1 in 2 rate emotional health high

1 in 3 rate physical health high

1 in 2 rate mental health high

But many say it has been hard to manage negative emotions over the past year.

52%

“It’s been difficult to manage my negative feelings”

Issues causing anxiety: COVID, Domestic policies/Political issues, Family relations, Finances/Cost of living/Economy, Personal health, Russia/Ukraine War

However, LGBTQ older adults are resilient.

High resiliency = Better attitude about aging = Healthy aging!

Percent strongly agree by resiliency level.

“I have a lot to look forward to as I age”

“I am aging well”

“I feel confident about aging”

Source: 2022 AARP Healthy Living Survey

Contacts: Cheryl L. Lampkin | clamkin@aarp.org

Media inquiries: media@aarp.org

© 2022 AARP ALL RIGHTS RESERVED