LGBTQ Dignity: Caregiving, Health and Housing Experiences of Adults 45+

- 54% are parents or grandparents
- 82% are concerned about having adequate family and/or social supports to rely on as they age

Most LGBTQ adults are in good health, but take medication

- 54% have a disability that keeps them from participating fully in work, school, household, or other activities
- 75% in good health
- 87% take at least one prescription medication on a regular basis

Social isolation is a risk for a majority of LGBTQ

- 52% feel left out, feel they lack companionship, and feel isolated as caregivers

Many LGBTQ adults age 45 and older are providing care or are likely to provide care to a loved one in the future

- 63% have provided caregiving to an adult loved one such as a relative, friend, spouse or partner
- 61% think it is likely they will be a caregiver to a loved one in the future
- 23% have received caregiving as an adult from a loved one such as a relative, friend, spouse or partner
- 66% think it is likely they will need caregiving from a loved one in the future

The three most common concerns for LGBTQ caregivers are:

- 64% feeling emotionally stressed
- 60% finding it difficult to exercise
- 57% finding it difficult to get enough rest

Fears in the home buying process because of

- 72% sexual orientation
- 55% age
- 32% gender or gender identity

41% of LGBTQ people are concerned about hiding their identity to access suitable housing as they age

LGBTQ adults fear discrimination in the rental or home buying process

- 36% African American/Black
- 48% Hispanic/Latino
- 37% Asian American Pacific Islander
- 20% White
- 31% feeling emotionally stressed
- 34% finding it difficult to exercise
- 25% finding it difficult to get enough rest

Things LGBTQ adults say companies can do to reach their communities:

- 71% Listen and attempt to truly understand LGBTQ communities
- 88% Support the Equality Act
- 72% Conduct diversity and sensitivity trainings at workplaces