

# GENERATION PLUS

A Program for LGBTQ+ Elders by:



blue ridge pride

COMMUNITY GROWING TOGETHER

ADVOCATE | CELEBRATE | EDUCATE | SERVE

# OVERVIEW

- Blue Ridge Pride has run this program for ~2 years
- Previously, several groups addressed the needs of LGBTQ+ elders, including WNC Elder Advocates, Land of Sky, Sister Care, and other meetup type groups like Stella's Place and Asheville Prime Timers (both still in existence)
- Land of Sky, Council on Aging, Buncombe County, AARP, Meals on Wheels and representatives from Givens LGBTQ group and Asheville Prime Timers all sit on our current "GenPlus" committee





# WHY LGBTQ+ ELDERS?

- LGBTQ+ Elders make up between 4,000-8,000 Buncombe County residents. It is estimated that the number of LGBTQ+ elders will nearly double by 2030.
- LGBT elders are twice as likely to be living alone than other elders (~50%)
- About 1/3<sup>rd</sup> of LGBT elders report worrying they will have to re-closet themselves once in congregate care.
- LGBTQ+ elders are at an increased risk of dementia
- 1/3<sup>rd</sup> of LGBT elders live at or below the federal poverty level.
- LGBTQ+ individuals have higher rates of several physical health conditions that worsen or onset with age, including heart disease, lung disease, depression, and alcoholism.



# GEN PLUS SOLUTIONS

## Reducing Social Isolation

- GenPlus hosts a monthly social gathering called “Connections”. The group meets for hikes, movies, drinks, ice cream, crafts, etc. They help to choose their activities via the Committee
- GenPlus is gearing up to provide 1:1 social visits via trained volunteers to those who are isolated. Through this new initiative, willing volunteers will also be able to transport elders to GenPlus events and other social opportunities
- In addition to carving out separate events for GenPlus members, in 2024, we will also be facilitating gatherings at community events in order to assist with integration/re-integration
- Each year, GenPlus hosts a large Winter party and June Stonewall picnic

## Education

- GenPlus provides an “Eldercare with Pride” presentation to Long-Term Care facilities, retirement communities and to aging service providers. The training addresses history of the LGBTQ+ elder population, CMS regulations, and some basic information on the LGBTQ+ community
- Inservice educational opportunities for our GenPlus members are brought in quarterly. Past topics have included Living Wills, Tai Chi, Nutrition and others.
- Through our Oral History Project, local elders can be interviewed to have their story featured in our digital collection, and at events. “CLOSER”
- GenPlus shares relevant stories and research via social media and at events (ex: RISE Registry, NC Brain Health)

# ADVOCACY



- GenPlus is a voice for the often voiceless
- By educating aging service providers and participating in events like the Elder Abuse Awareness Walk, Older Americans Awareness Month, the Pride Festival and upcoming Aging Summit, we raise awareness of specific issues affecting the LGBTQ+ elder community
- Stay tuned for more developments as we increase our support for this community



# THANK YOU

For more information please visit:

<https://www.blueridgepride.org/generation-plus>

To book a training or become a member of GenPlus Committee, please contact Luna Britt:

[lbritt@blueridgepride.org](mailto:lbritt@blueridgepride.org)