Resource Guide for LGBT & Aging in the Austin Area

Researched and Compiled by Lindsy Robertson
MSSW Intern at Family Eldercare
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We all know that the baby boomer generation began turning age 65 in 2011.

AARP estimates that 8,000 people are turning age 65 per day.

MetLife conducted a national survey in 2010 and estimated there are 1.5 million older adults (65 years of age or older) who identify as lesbian, gay, or bi, and hundreds of older adults are estimated who identify as transgender.

According to the Institute of Medicine, by 2030, the population of lesbian, gay, and bisexual older adults is estimated to grow to 3 million, and the number of transgender older adults will also continue to grow, although the Institute does not have an exact number of how large the number will become.

These numbers are bringing visibility to the unique needs, challenges, services, and training needs with LGBT and Aging.

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This project began with the purpose of providing a more complete informational guide for Family Eldercare staff. We discovered many people and organizations have interest in the information so have decided to share this resource guide with our local Austin community.

Any omissions of organizations, programs, services, and other references is not intentional (NOTE: Some organizations we contacted did not give their permission to be included in this guide). This Resource Guide for LGBT and Aging in the Austin Area is by no means exhaustive. Please note that additional groups and organizations that serve LGBT older adults may exist and may also only be available by word of mouth.

The intention for this resource guide is to provide support to our local LGBT older adults and to spread awareness of LGBT and Aging needs and services throughout the Austin community.
Behavioral Health

The behavioral health professionals listed in this guide have been located word of mouth by LGBT community members, as well as the GLMA directory.

GLMA: Health Professionals Advancing LGBT Equality
Healthcare professionals may register with the GLMA as an LGBT-friendly provider at no cost. Healthcare professionals may become a member for a fee to provide additional information.

Constance George, M.D.
Neuropsychiatric Associates of Austin
1600 W. 38th Street, Suite 321
Austin, TX 78731
512-454-5716
Psychotherapy, Psychiatry
GLMA Member

Heather Davies
3400 Kerbey Lane, Box 55
Austin, TX 78703
512-560-7294
Therapy, Transgender/Transition Counseling

Monrovia Van Hoose, LMSW
Transformations Psychotherapy
909 East 49-1/2 Street
Austin, TX 78751
512-529-3318
Counseling, Support Groups, Transgender/Transition Counseling

Rachel Springfield, LCSW
1004 31st Street
Austin, TX 78705
512-293-6167
Psychotherapy

GLMA
http://www.glma.org
Nationwide search for LGBT-friendly providers by city or zip code
Mary Mattis, LCSW
2312 Western Trails Blvd, Building D, Suite 404
Austin, TX 78745
512-701-7378
director@sococounseling.com
http://www.marymattis.com
Private therapy for LGBT issues

Rachel Cayton Barden, LCSW
9501 Capital of Texas Hwy, Suite 104
Austin, TX 78759
512-587-8076
http://www.rachaelcbarden.com
LGBT-friendly private therapy

Waterloo Counseling Center
314 E. Highland Mall Blvd
Austin, TX 78752
512-444-9922
info@waterloocounseling.org
http://www.waterloocounseling.org
Counseling, Support Groups, Transgender/Transition Support, HIV Support Counseling, and more. Many insurers accepted, including traditional Medicaid and Medicare; sliding scale fee for uninsured.

Recommended Reading:

Services and Advocacy for GLBT Elders (SAGE): Mental Health
https://www.sageusa.org/issues/mental.cfm

Administration on Aging: Older Americans Behavioral Health Issue Brief 11
http://www.aoa.gov/AoARoot/AoA_Programs/HPW/Behavioral/docs2/Issue%20Brief%2011\%20Reaching%20and%20Engaging.PDF

National Resource Center on LGBT Aging: Health and Psychosocial Needs of LGBT Older Adults
https://www.lgbtagingcenter.org/resources/resource.cfm?r=558
Caregiving Resources and Support

Austin Gay and Lesbian Senior Service (AGLSS)
1700 Rutherford Lane
Austin, TX 78754
512-628-1694
http://www.aglss.org
AGLSS is part of Family Eldercare, a non-profit organization providing a variety of services to seniors, including subsidized Homemaker and Personal Care Services. Our Care Attendants are trained on a variety of issues related to client care including HIV/AIDS awareness, Mental Health awareness, Dementia and Alzheimer’s awareness, the Aging Process, and the LGBT community. The Bettie Naylor Foundation provides additional funds for subsidized in-home care services to LGBT individuals.

Family Caregiver Alliance
785 Market Street, Suite 750
San Francisco, CA 94103
800-445-8106
Over 35 years advocating for policies and delivering programs nationwide to support and sustain the quality work of family caregivers and caregiving professionals. Leads quality education, provides compassionate caregiver planning services and works to bridge research and practice to benefit all caregivers.

http://caregiver.org/special-concerns-lgbt-caregivers
http://caregiver.org/lgbt-caregiving-frequently-asked-questions
Education on Special Topics in LGBT Caregiving

http://caregiver.org/lgbt-caring-community-online-support-group
Free online support group for LGBT caregivers

Recommended Reading:
National Resource Center on LGBT Aging: Four Conversations Caregivers Need to Have Now http://www.lgbtagingcenter.org/resources/resource.cfm?r=5

National Resource Center on LGBT Aging: LGBT Caregiver Concerns (Alzheimer’s) http://www.lgbtagingcenter.org/resources/resource.cfm?r=560

National Resource Center on LGBT Aging: Demystifying Medicare for the Elder LGBT Community http://www.lgbtagingcenter.org/resources/resource.cfm?r=600
Healthcare professionals listed in this guide have been located word of mouth by LGBT community members, as well as the GLMA directory.

**GLMA: Health Professionals Advancing LGBT Equality**
Healthcare professionals may register with the GLMA as an LGBT-friendly provider at no cost. Healthcare professionals may become a member for a fee to provide additional information.

Terrance Hines, MD  
Scott & White  
Cedar Park West Clinic  
12129 FM 620  
Suite 600-E  
Austin, TX 78750  
512-336-3400  
Family Practice  
GLMA Member

Renee Lockey, MD  
Austin Regional Clinic  
OB/GYN  
11111 Research Blvd., Suite 475  
Austin, TX 78759  
512-338-8181  
Obstetrics and Gynecology  
Eva Montes, PA-C  
Jefferson Street Family Practice  
1101 W 40th St.  
Austin, TX 78756  
512-459-4147  
Endocrinology, Family Practice

James Uyeki, M.D.  
Texas Oncology  
Medical Oncology and Hematology  
4101 James Casey Street  
Suite 250  
Austin, TX 78745  
512-396-5199  
Hematology-Oncology

Todd Canon, M.D.  
South Austin Medical Clinic  
2555 Western Trails Blvd, Suite 101  
Austin, TX 78745  
512-892-6600  
Family Practice

Nathan Pope, Pharm. D.  
Live Oak Pharmacy  
1611 W. 5th Street, Suite 160  
Austin, TX 78703  
512-476-8969  
Pharmacy, Homeopathy

Kathy Samaniego, AuD  
360 Balance Audiology  
7900 Shoal Creek Blvd, Suite 200  
Austin, TX 78757  
512-345-4664  
Audiology

Benjamin Fiedler, M.D.  
Lone Star Circle of Care  
2423 Williams Drive  
Georgetown, TX 78628  
512-863-9208  
Family Practice
**allgo**
701 Tillery Street, Suite A-1
Austin, TX 78702
512-472-2001
[http://allgo.org/allgo](http://allgo.org/allgo)
A statewide queer people of color organization. Services include:
- Wellness Program (Health, Education, Advocacy)
  - Breast Care
  - HIV/AIDS prevention and safer sex education
- Cultural Arts Program (artistic workshops, performances, events, exhibits)
- Social Events (monthly movie nights, dances, annual statewide summit)
- Multi-Level Action Teams (network of LGBT activists of color across Texas)

**CommUnityCare/David Powell Health Center**
4614 N. IH 35
Austin, TX 78751
512-978-9100
[http://communitycaretx.org/locations/davidpowell.html](http://communitycaretx.org/locations/davidpowell.html)
LGBT-friendly provider, specializing in HIV/AIDS treatment

**GLMA**
[http://www.glma.org](http://www.glma.org)
Nationwide search for LGBT-friendly providers by city or zip code

**Healthcare Equality Index (HEI)**
[http://www.hrc.org/hei/about-the-healthcare-equality-index#.Uvpp02IdUud](http://www.hrc.org/hei/about-the-healthcare-equality-index#.Uvpp02IdUud)
Report that examines healthcare organizations (i.e. hospitals and inpatient facilities) are providing respectful and inclusive care to LGBT populations. These organizations in this report voluntarily took the survey.

**National LGBT Cancer Network**
[http://www.cancer-network.org/support_groups_for_survivors](http://www.cancer-network.org/support_groups_for_survivors)
Online support group for LGBT breast cancer survivors. Provided at no cost.

**Texas HEI Participating Healthcare Facilities**
Locate information on specific facilities and how they meet the core values of HEI standards. There are 38 healthcare facilities that completed the survey and can be located; however, there are currently no facilities in Austin and the surrounding area.
Recommended Reading:

Caring and Aging with Pride: *The Aging and Health Report*

Services and Advocacy for GLBT Elders (SAGE): *LGBT Health, Racial Disparities, and Aging by the Numbers*
http://www.sageusa.org/resources/publications.cfm?ID=206

Human Rights Campaign: *Protecting Your Visitation & Decision-Making Rights*
http://www.hrc.org/resources/entry/protecting-your-visitation-decision-making-rights

Human Rights Campaign: *Legal Documents to Protect Your Family*
http://www.hrc.org/resources/entry/legal-documents-to-protect-your-family

Human Rights Campaign: *Coming Out to Your Doctor*
http://www.hrc.org/resources/entry/coming-out-to-your-doctor

GLMA: *Ten Things Transgender Persons Should Discuss with Their Healthcare Care Provider*
Equality Texas
P. O. Box 2340
Austin, TX 78768-2340
512-474-5475
Info@EqualityTexas.org
http://www.equalitytexas.org
Equality Texas works to secure full equality for lesbian, gay, bisexual, and transgender Texans though political action, education, community organizing, and collaboration.

Lambda Legal
120 Wall Street, 19th Floor
New York, NY 10005
212-809-8585
http://www.lambdalegal.org/issues/seniors
2500 Oak Lawn Ave, Suite 500
Dallas, TX 75219
214-219-8585
http://www.lambdalegal.org/states-regions/texas
A national non-profit legal organization with a mission to achieve full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people and those with HIV. This organization provides education, public policy, and selects cases for impact litigation on a variety of special interest areas, including seniors. State-specific information is provided. Legal questions can be submitted online or via phone at 866-542-8336.

Recommended Reading:

National Resource Center on LGBT Aging: The Legal Documents that Every LGBT Older Adult Needs
http://www.lgbtagingcenter.org/resources/resource.cfm?r=3

National Resource Center on LGBT Aging: Key Legal Issues Faced by Older LGBT Adults
http://www.lgbtagingcenter.org/resources/resource.cfm?r=423

American Society on Aging: LGBT Older Adults and Guardianship Issues
http://www.asaging.org/blog/lgbt-older-adults-and-guardianship-issues

Family Caregiver Alliance: Legal Issues for LGBT Caregivers
http://www.caregiver.org/legal-issues-lgbt-caregivers

Lambda Legal: Tools for Life and Financial Planning
http://www.lambdalegal.org/publications/take-the-power
Some areas related to LGBT and Aging are very important but have few resources in our local area. Below are resources and links to review and consider.

**Austin Gay and Lesbian Chamber of Commerce (AGLCC)**
P.O. Box 49216  
Austin, TX 78765  
512-761-5428  
info@aglcc.org  
http://www.aglcc.org  
A resource of all gay-friendly businesses, including where to shop, things to do, arts and entertainment, and organizations to support.  
Services include:  
- LGBT Business Networking and Educational Events (Happy Hour, Luncheons)  
- Directory of LGBT Businesses  
- Schedule of Events with directory members  

**Nationally Recognized Training**
National Resource Center on LGBT Aging  
https://www.lgbtagingcenter.org/training/index.cfm  
2014 Winner of the Gloria Cavanaugh Award for Excellence in Training and Education Winner for their culturally competency training program. In-person and webinar training are available for organizations.

**Search Trained Agencies**
http://www.lgbtagingcenter.org/training/agencies.cfm  
Locate organizations that are trained by the National Resource Center on LGBT Aging (you can search by type, including social services, skilled nursing/nursing homes, AAA, APS, Veteran’s Administration). Please note that this does not include agencies who use other LGBT training materials for their staff.

**Volunteer Education Ambassador**
http://www.lgbtagingcenter.org/training/ambassadors.cfm  
These ambassadors can be requested to speak (for free) to community about LGBT aging issues. There are currently only two ambassadors in Texas and they are both located in Houston.
**HIV/AIDS**

*AIDS Services of Austin (ASA)*
P.O. Box 4874
Austin, TX 78765
512-458-2437
asa.mail@asaustin.org
http://www.asaustin.org

Provides services to people living with HIV/AIDS, including counseling, case management, social support, food supplementation, oral healthcare, and more. Also does prevention outreach and has a LGBTQ-friendly space at the Q Austin that provides peer support, education, and a safe space for young adults.

*allgo*
701 Tillery Street, Suite A-1
Austin, TX 78702
512-472-2001
http://allgo.org/allgo

A statewide queer people of color organization. Services include:
- Wellness Program (Health, Education, Advocacy)
  - Breast Care
  - HIV/AIDS prevention and safer sex education
- Cultural Arts Program (artistic workshops, performances, events, exhibits)
- Social Events (monthly movie nights, dances, annual statewide summit)
- Multi-Level Action Teams (network of LGBT activists of color across Texas)

*Project Transitions*
P.O. Box 4826
Austin, TX 78765
512-454-8646
info@projecttransitions.org
http://www.projecttransitions.org

Provides residential hospice, transitional housing, and support services to individuals experiencing HIV/AIDS. Support services range from housing case management to group counseling to financial education to coaching to social activities and more.

*The Care Communities*
314 East Highland Mall Blvd, Suite 495
Austin, TX 78752
512-459-5883
info@thecarecommunities.org
http://www.thecarecommunities.org

Provides care teams of volunteers to support individuals and families experiencing HIV/AIDS or cancer. We also provide emotional support to individuals newly diagnosed with cancer, matching them with a peer who has experience with the same type of cancer.
**The Wright House Wellness Center**
4301-B North I-35
Austin, TX 78722
512-467-0088
info@thewrighthouse.org
http://www.thewrighthouse.org

Works to improve the lives of Central Texans living with, at risk for, and affected by HIV, AIDS, and Hepatitis C through outreach, education, health and holistic services, and care coordination.

**Recommended Reading:**

HIV/AIDS and Aging Symposium
http://hivandaging.wordpress.com

Administration on Aging: *Older Adults and HIV*
http://www.aoa.gov/AoARoot/Press_Room/Products_Materials/fact/pdf/Seniors_and_HIV_AIDS.pdf

http://blog.sageusa.org/blog/hiv-aging
Bisexual Specific

In the LGBT older adult population, bisexual older adults are the minority in terms of research and awareness. Bisexual older adults experience almost complete invisibility, so additional bisexual-specific information is provided below.

National Resource Center on LGBT Aging: Aging Bisexuals – What’s Your BiQ?
http://www.lgbtagingcenter.org/resources/resource.cfm?r=526

Bisexual Resource Center: Way Behind the Binary
http://www.biresource.net/waybeyondthebinary.shtml

Sexuality and Aging Blog: Being Bisexual
http://www.sexualityandaging.com/being-bisexual
Religious Institutions

This list was compiled by LGBT community members for religious institutions that are welcoming to LGBT. This list was provided by the University of Texas Gender and Sexuality Center: LGBT Off Campus Resources.

**Austin Friends Society**
3701 East MLK Blvd
Austin, TX 78721
512-452-1842
[http://www.austinquakers.org](http://www.austinquakers.org)

**Austin Zen Center**
3014 Washington Square
Austin, TX 78705
512-452-5777
[http://www.austinzencenter.org](http://www.austinzencenter.org)

**Congregation Beth Israel**
3901 Shoal Creek Blvd
Austin, TX 78756
512-454-6806
[http://www.bethisrael.org](http://www.bethisrael.org)

**First English Lutheran Church**
3001 Whitis Ave
Austin, TX 78705
512-478-1933
info@felcaustin.org
[http://www.felcaustin.org](http://www.felcaustin.org)

**First Spiritualist Church of Austin**
4200 Avenue D
Austin, TX 78751
512-458-3987
[http://www.firstspiritualistchurchofaustin.com](http://www.firstspiritualistchurchofaustin.com)

**First Unitarian Universalist Church of Austin**
4700 Grover Ave
Austin, TX 78756
512-452-6168
info@austinuu.org
[http://austinuu.org](http://austinuu.org)

**St. Andrew’s Presbyterian Church**
14311 Wells Port Drive
Austin, TX 78728
512-251-0698
[http://www.staopen.org](http://www.staopen.org)

**St. David’s Episcopal Church**
301 E. 8th Street
Austin, TX 78701
512-610-3500
GLEE (Gay, Lesbian, and Everyone Else) Group
sarah.kapostasy@gmail.com
[http://www.stdave.org](http://www.stdave.org)

**St. James Episcopal Church**
1941 Webberville Road
Austin, TX 78721
512-926-6339
info@stjamesaustin.org
[http://www.stjamesaustin.org](http://www.stjamesaustin.org)

**Texas Hillel**
The Topfer Center for Jewish Life
The Abe & Annie Seibel Building
2105 San Antonio Street
Austin, TX 78705
512-476-0128
info@texashillel.org
[http://www.texashillel.org](http://www.texashillel.org)

**Trinity United Methodist Church**
4001 Speedway
Austin, TX 78751
512-459-5835
mail@tumc.org
[http://www.tumc.org](http://www.tumc.org)
**Grace United Methodist Church**
205 East Monroe Street  
Austin, TX 78704  
512-442-5944  
graceumcaustin@sbcglobal.net  
http://gracemethodistaustin.org

**MCC Austin at Freedom Oaks**
8601 South 1st Street  
Austin, TX 78748  
512-291-8601  
office@mccaustin.com  
http://www.mccaustin.com

**University Baptist Church**
2130 Guadalupe Street  
Austin, TX 78705  
512-478-8559  
staff@ubcaustin.org  
http://www.ubcaustin.org

**Gay Church**
http://www.gaychurch.org
An online resource to locate LGBT friendly churches worldwide based on zip code, address, state, or country. Christian institutions on this website confirm that they are affirming, or welcoming, to LGBT individuals in order to be listed.
Socialization and Engagement

allgo
701 Tillery Street, Suite A-1
Austin, TX 78702
512-472-2001
http://allgo.org/allgo
A statewide queer people of color organization. Services include:

- Wellness Program (Health, Education, Advocacy)
  - Breast Care
  - HIV/AIDS prevention and safer sex education
- Cultural Arts Program (artistic workshops, performances, events, exhibits)
- Social Events (monthly movie nights, dances, annual statewide summit)
- Multi-Level Action Teams (network of LGBT activists of color across Texas)

Austin American Statesman
http://www.austinchronicle.com/calendar/the-gay-place
Listing of events of interest to the LGBT community

Austin Galano Club
6809 Guadalupe St
Austin, TX 78752
http://www.austingalano.org
Serves GLBTQ & Allies in Recovery
- 12-step programs
- Socialization opportunities, including education and volunteer experiences
The LGBTQ Aging Group is a meeting of persons concerned with the housing crisis for members of the community who have limited income and who want to be included in a community of their peers. It meets when there is a request for information or networking to bring aging LGBTQ persons together. Please refer to the calendar for schedule of all meetings and conversations.

Austin Prime Timers
P.O. Box 142303
Austin, TX 78714
info@austinptww.org
http://www.austinptww.org
A social organization for mature gay and bi-sexual men for food, conversation, friendship, and other activities. Please refer to the calendar for schedule of all activities.
Equality Texas
P O Box 2340
Austin, TX 78768-2340
512-474-5475
Info@EqualityTexas.org
http://www.equalitytexas.org
Equality Texas works to secure full equality for lesbian, gay, bisexual, and transgender Texans though political action, education, community organizing, and collaboration.

Old Lesbians Organizing for Change (OLOC)
P. O. Box 5853
Athens, OH 45701
888-706-7506
info@oloc.org
http://www.oloc.org
A national organization for lesbians age 60 and older providing education and support surrounding ageism. Opportunities for national gatherings and online resources are available.
Substance Abuse/Recovery

Austin Galano Club
6809 Guadalupe St
Austin, TX 78752
http://www.austingalano.org
Serves GLBTQ & Allies in Recovery
- 12-step programs
- Socialization opportunities, including education and volunteer experiences

The LGBTQ Aging Group is a meeting of persons concerned with the housing crisis for members of the community who have limited income and who want to be included in a community of their peers. It meets when there is a request for information or networking to bring aging LGBTQ persons together. Please refer to the calendar for schedule of all meetings and conversations.
Transgender Specific Resources

In the LGBT older adult population, transgender older adults are the minority in terms of research and programs. Transgender older adults experience aging differently and with higher rates of disparities than lesbian and gay older adults, so additional transgender-specific information is provided below.

**Transgender Education Network of Texas (TENT)**
3515B Longmire Drive # 299  
College Station, TX 77845  
877-532-6789  
[http://www.transtexas.org](http://www.transtexas.org)

Promotes gender diverse equity through education, empowerment, and advocacy. TENT provides cultural competence presentations to organizations and businesses, one-on-one mentorship for transgender individuals, and other resources.

**Recommended Reading:**

National Center for Transgender Equality: *Improving the Lives of Transgender Older Adults*  

Services and Advocacy for GLBT Elders (SAGE): *Transgender Aging*  
[https://www.sageusa.org/issues/transgender.cfm](https://www.sageusa.org/issues/transgender.cfm)
Travel

**Austin Gay and Lesbian Chamber of Commerce (AGLCC)**
P.O. Box 49216
Austin, TX 78765
512-761-5428
info@aglcc.org
http://www.aglcc.org
http://www.aglcc.org/directory/list/1284/Travel---Lodging

A resource of all gay-friendly businesses, including where to shop, things to do, arts and entertainment, and organizations to support. AGLCC has a specific section on travel and lodging.

**Community Marketing Inc.**
584 Castro Street # 834
San Francisco, CA 94114
415-437-3800
info@CommunityMarketingInc.com

Provides an annual LGBT Tourism Survey online. This organization is a National Gay and Lesbian Chamber of Commerce (NGLCC) certified LGBT owned business enterprise.

**Recommended Reading:**

British Broadcasting Corporation: *US Officials Put a Focus on LGBT Travellers*
http://www.bbc.com/travel/blog/20130220-us-officials-put-a-focus-on-lgbt-travellers

National Center for Transgender Equality: *Travel*
http://transequality.org/Issues/travel.html

USA Today: *Gay Travel Advice*
http://traveltips.usatoday.com/gay-travel-advice-17208.html
References for More Information

American Psychological Association
Guidelines to Working with LGBT individuals

American Medical Association
Guidelines to Working with LGBT individuals

NASW: National Committee on Lesbian, Gay, Bisexual, and Transgender Issues
http://www.socialworkers.org/governance/cmtes/nclgbi.asp
Guidelines to Working with LGBT individuals
Organizations to Follow for Continuing Education on LGBT and Aging Issues

*American Society on Aging*
http://www.asaging.org/education/5
http://www.asaging.org/lain

*Forge Forward*
http://forge-forward.org/aging

*Human Rights Campaign*
http://www.hrc.org/resources/category/health-and-aging

*National Gay and Lesbian Task Force*
http://www.thetaskforce.org

*National Resource Center on LGBT Aging*
http://www.lgbtagingcenter.org

*Services and Advocacy for Gay, Lesbian, Bisexual, and Transgender Elders (SAGE)*
http://www.sageusa.org
Websites that list Local and State LGBTQ resources and organizations

*Gay in Austin*
Local resources

*Gay Texas*
http://www.gaytexas.org/directory.htm
Statewide resource

*University of Texas*
http://www.utexas.edu/law/orgs/outlaw/links.html
Local, State, Nationwide resources
I would like to thank Family Eldercare for allowing me the opportunity to create this resource guide for them and the greater community. A special thanks goes to Family Eldercare staff Joyce Hefner, Andrew Rivera, Cheryl Young, and Emily Habermehl for reviewing this resource guide. I would also like to thank Lisa Daly, former Family Eldercare AGLSS Coordinator, and Shane Whalley, Education Coordinator of the Gender and Sexuality Center at the University of Texas in Austin, for speaking with me about LGBT and aging issues and assisting with resources.

Thank you to all organizations, agencies, and individuals who will use this resource guide to support our local LGBT older adult population.

Lindsy Robertson