



Lesbian, Gay, Bisexual and Transgender and Queer (LGBTQ) and Disability Resources



The Christopher & Dana Reeve Foundation is committed to nondiscrimination for all persons, regardless of race, color, religion, sex, age, sexual orientation, gender identity or gender expression, marital status, national origin, or disability.

The LGBT community faces many challenges due to lack of social, legal, and community support. These challenges may be compounded when disabilities and aging issues are introduced. Life care planning becomes very important to this community as same-sex partners may not have any rights to financial, medical, or end-of-life decision making for their loved one without wills, advance directives, etc. The LGBT community may face a hard time finding health care practitioners who are open to working with them. Recent studies have found that LGBT older adults experience higher rates of disability as compared to their heterosexual peers. The entries below offer some resources to help.

Source: SAGE <http://www.sageusa.org/issues/disability.cfm>

General Resources

CenterLink

<http://www.lgbtcenters.org/Centers/find-a-center.aspx>

P.O. Box 24490,

Fort Lauderdale, FL 33307

Phone: 954-765-6024

Email: CenterLink@lgbtcenters.org

CenterLink is an umbrella organization of all LGBT centers across the country. The website has a directory of LGBT centers that you can use to find the center closest to you.

Gay and Lesbian Medical Association (GLMA)

<http://www.glma.org/>

1629 K St., NW, Suite 300

Washington, DC 20006

Phone: 202-600-8037

Email: info@glma.org

GLMA works to ensure equality in healthcare for LGBT individuals and health care providers. They offer a searchable healthcare provider directory so that LGBT individuals can find health care professionals who are open to their needs. Originally open only to physicians, residents and medical students, in 2002, GLMA expanded its mission and now represents the interests of tens of thousands of LGBT health professionals of all kinds, as well as millions of LGBT patients and families. GLMA's membership includes approximately 1,000 member physicians, nurses, advanced practice nurses, physician assistants, researchers and academics, behavioral health specialists, health profession students and other health professionals.

Happy Hippie Foundation

<https://www.happyhippies.org>

Founded in 2014 by Miley Cyrus, this non-profit organization supports homeless youth, LGBTQ youth, and other vulnerable populations.

Lambda Legal

<http://www.lambdalegal.org/>

120 Wall Street, 19th Floor

New York, NY 10005-3919

Phone: 212-809-8585

Lambda Legal provides legal assistance for LGBT people who have experience discrimination. They provide resources by state, a legal help desk, publication, and advocacy.

Modern Military Association of America

<https://modernmilitary.org/>

1725 I Street NW, Suite 300

Phone: 202-328-3244

Email: info@modernmilitary.org

Formed through the merger of the American Military Partner Association and OutServe-SLDN, the Modern Military Association of America is the nation's largest non-profit organization dedicated to advancing fairness and equality for the LGBTQ military and veteran community.

National Resource Center on LGBT Aging

<https://www.lgbtagingcenter.org/>

c/o SAGE

305 7th Ave., 15th Floor

New York, NY 10001

Phone: 212-741-2247

Email: info@lgbtagingcenter.org

The National Resource Center on LGBT Aging is the country's first and only technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults.

Parents and Friends of Lesbians and Gays (PFLAG)

www.pflag.org

1625 K Street, NW, Suite 700

Washington, DC 20006

Phone: 202-467-8180

Email: info@pflag.org

PFLAG National's largest program is supporting its network of more than 400 chapters, which crosses nearly all 50 states, the District of Columbia, and Puerto Rico. From publications to online learning programs, to advocacy support and media training, these are just a small sample of the many ways in which PFLAG National reinforces the efforts of this massive grassroots movement of passionate volunteers in communities across the United States.

Project Visibility

<https://www.bouldercounty.org/families/seniors/services/project-visibility/>

Boulder County Area Agency on Aging

Sundquist Building

3482 Broadway Street

Boulder, CO 80304

Phone: 303-441-3570

The goal of Project Visibility is to co-create an aging services community that is informed, sensitive to, and supportive of Lesbian, Gay, Bisexual, and Transgender elders in Boulder County (Colorado). The training is designed for administrators and staff of nursing homes, assisted living residences, home care agencies, and other senior service providers, as well as the friends and families of LGBT elders.

Respectability: LGBTQ People with Disabilities

www.respectability.org/resources/lgbtq

Services and Advocacy for Gay, Lesbian Bisexual & Transgender Elders (SAGE): The Issues—Disability

<http://www.sageusa.org/programs/nrc.cfm>

<http://www.sageusa.org/issues/disability.cfm>

305 Seventh Ave., 15th Floor

New York, NY 1001

Phone: 212-741-2247

Email: info@sageusa.org

Led by SAGE, the **National Resource Center on LGBT Aging** is the country's first and only technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults. Established in 2010 through a federal grant from the U.S. Department of Health and Human Services, the National Resource Center on LGBT Aging provides training, technical assistance and educational resources to aging providers, LGBT organizations and LGBT older adults. The center is led in collaboration with 18 leading organizations from around the country. SAGE provides a free, anonymous hotline 24/7: **SAGE's National LGBTQ+ Elder Hotline is available at 877-360-LGBT (5428).**

Transgender Law Center

<https://transgenderlawcenter.org/>

P.O. Box 70976

Oakland, CA 90074

Phone: 510-587-9696

Transgender Law Center is the largest national trans-led organization which promotes self-determination for all people.

TransLife Line

www.translifeline.org

Phone: 877-565-8860 (U.S.)

Phone: 877-330-6366 (Canada)

Trans Lifeline is a 501(c)3 non-profit dedicated to the well-being of transgender people. They run a hotline staffed by transgender people for transgender people in crisis.

Trevor Project

www.thetrevorproject.org

Phone: 866-488-7386

The Trevor Project offers a suicide hotline for LGBTQ youth between the ages of 13 to 24.

Williams Institute – UCLA School of Law

<https://williamsinstitute.law.ucla.edu>

The Williams Institute is a research center on sexual orientation and gender identity law and public policy. They disseminate their research to policymakers, judges, the media and other stakeholders to ensure that decisions impacting the lives of LGBT people are based on data and facts.

Affordable Care Act

Human Rights Campaign: What the Affordable Care Act Means for LGBT People and Their Families

<http://www.hrc.org/resources/entry/what-the-affordable-care-act-means-for-lgbt-people-and-their-families>

Human Rights Campaign: Affordable Care Act Resources for the LGBT Community

<http://www.hrc.org/resources/entry/get-insured-affordable-care-act-resources-for-the-lgbt-community>

Benefits

Human Rights Campaign: Domestic Partner Benefits: Hardship Withdrawal Option for Retirement Plans

<http://www.hrc.org/resources/entry/domestic-partner-benefits-hardship-withdrawal-option-for-retirement-plans>

Human Rights Campaign: Family and Medical Leave Act: FMLA--Equivalent Benefit for LGBT Workers

<http://www.hrc.org/resources/entry/family-and-medical-leave-act-fmla-equivalent-benefit-for-lgbt-workers>

(See also [Family and Medical Leave Inclusion Act](#))

Health

Gay and Lesbian Medical Association (GLMA)

<https://glma.org/>

https://glma.org/10_things_transgender_people_s.php

https://glma.org/10_things_gay_men_should_discu.php

https://glma.org/10_things_lesbians_should_disc.php

GLMA is a national organization committed to ensuring health equity for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) communities and equality for LGBTQ+ health professionals in their work and learning environments. Lists the 10 things lesbian, gay, and transgender persons should discuss with their health care provider.

Gay and Lesbian Medical Association (GLMA): Provider Directory

https://glmainpak.networkats.com/members_online_new/members/dir_provider.asp

An online directory of LGBT-friendly/specific/competent medical providers, including dentists, mental health specialists, general practitioners, and OB-GYNs. Other searchable areas include specialties (orthopedics, oncology) and alternative medicine (aromatherapy, yoga, herbal medicine, acupuncture, etc.).

Human Rights Campaign: Assigning a Health Care Proxy

<http://www.hrc.org/resources/entry/health-care-proxy>

Human Rights Campaign: The Healthcare Equality Index (HEI)

<http://www.hrc.org/campaigns/healthcare-equality-index>

The HEI is the national LGBT benchmarking tool that evaluates healthcare facilities' policies and practices related to the equity and inclusion of their LGBT patients, visitors and employees. The HEI 2014 evaluates a total of 1504 healthcare facilities nationwide.

Human Rights Campaign: Transgender-Inclusive Health Coverage

<http://www.hrc.org/resources/entry/transgender-inclusive-benefits-for-employees-and-dependents>

Out2Enroll

<https://out2enroll.org/>

Answers health insurance questions related to the LGBTQ community especially ones related to the Affordable Care Act (“Obamacare”).

Trans Lifeline

<http://www.translifeline.org/>

Phone: 877-565-8860

Trans Lifeline is a non-profit dedicated to the well-being of transgender people. They run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of the trans community might have. This is a FREE helpline run by volunteers and supported by the community.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

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