



# 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

## 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

## 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

## 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

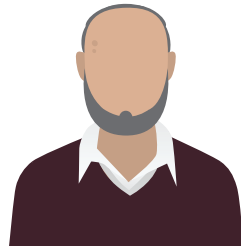


## LGBTQ adults fear discrimination in the rental or home buying process

■ Rental ■ Home buying



**36%** **48%**  
African American/Black



**37%** **31%**  
Hispanic/Latino



**20%** **34%**  
Asian American Pacific Islander



**25%** **20%**  
White

## 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