



Supports for 2SLGBTQIA+ Older Adults



AGING WITH PRIDE

SOCIAL, HEALTH, & PLANNING
RESOURCES FOR 2SLGBTQIA+
OLDER ADULTS IN ONTARIO

Key Challenges for 2SLGBTQIA+ Seniors

- **Social Isolation:** Many 2SLGBTQIA+ seniors have smaller or estranged family networks.
- **Healthcare Discrimination:** Fear of being “outed” or judged by care providers.
- **Economic Barriers:** Impact of historical discrimination on career and pension security.
- **Lack of Affirming Care Facilities:** Few long-term care homes recognize queer identities.
- **Mental Health Concerns:** Higher rates of anxiety, depression, and trauma.

You have always been a vital part of our community. You deserve to age in safety, joy, and pride. Your story matters, and your identity is valid at every stage of life.

Out on the Shelf

Programming, events, resources
www.outontheshelf.com

Spectrum Waterloo

Older Adults Aging with Pride Programme
kita@ourspectrum.com

Compass LGBTQ+ Support Line

Mental Health Support
226-669-3760

Seniors Pride Network

Advocacy and education
www.seniorpridenetwork.ca
spntoronto@gmail.com

Rainbow Health Ontario

Health Related Support
www.rainbowhealthontario.ca

Advocacy Centre for the Elderly (ACE)

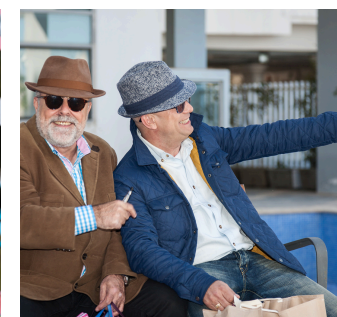
Legal Support
acelaw.ca
1-855-598-2656

Talk 4 Healing

Support Line for Indigenous 2SLGBTQ+ women
1-855-554-HEAL

Trans Lifeline Canada

Support Line
877-330-6366



As a 2SLGBTQIA+ senior, you've lived through decades of change, resistance, and resilience. You may also face unique challenges in aging. This brochure offers trusted, Ontario-specific resources to help you age with dignity, pride, and connection.



www.outontheshelf.com

Safe and Affirming Housing

Your rights are protected. Your Rights in Long-Term Care:

- The Ontario Human Rights Code prohibits discrimination based on sexual orientation, gender identity, or gender expression in care facilities.
- Advocacy Centre for the Elderly (ACE) offers legal support for elder rights.
(www.advocacycentreelderly.org)

Questions to Ask Care Providers:

- Do staff receive 2SLGBTQ+ inclusion training?
- Are chosen family members respected in visitation and decision-making?
- Are gender identity and pronouns recorded and respected?



Health & Wellness

- Ask your care providers if they have 2SLGBTQ+ cultural competency training. Training can be provided through Out on the Shelf or Rainbow Health Ontario.
- HIVE Health Services offer HIV specific care and gender affirming care in Guelph
 - Phone: (519)-780-5298
 - Fax: (519)-780-5060
 - E-mail: clientservices@guelphchc.ca

"Health care services **must** be **inclusive** of people's **gender identity, sexuality, and experiences of trauma.**"

— Rainbow Health Ontario, 2023



Legal and Financial Planning

Documents to Consider:

- **Will:** Ensures your belongings go to the people you choose.
- **Power of Attorney for Personal Care:** Chooses who makes health decisions for you.
- **Power of Attorney for Property:** Assigns someone to manage finances if you can't.
- **Advance Care Directive:** States your medical wishes in case of incapacity.



Finding Community & Belonging

- Attend intergenerational programs through local Pride centers or queer libraries.
- Join storytelling circles or online discussion groups.
- Stay connected through virtual or in person social cafes for queer seniors.
- Share your story! Visibility Matters!