



Resource Navigation HIV and Aging Summit

Jennifer Scott

Director of Aging Services

Area Agency on Aging of the Capital
Area

512-916-6062

jscott@capcog.org

www.aaacap.org

Resource Navigation HIV and Aging Summit

- Estimated 3 million people over age 50 and over identify as LGBTQ+ in the United States. Expected to rise to 7 million as the aging population grows.
- LGBTQ+ people face unique challenges:
 - 2x as likely to live alone
 - 5x less likely to have been married
 - 2x less likely to have children
 - More likely to face poverty and homelessness and to have poor physical and mental health.

(reference **SAGE-Facts-on-LGBTQ-Aging-2025**)



Unique Challenges

- **Caregiving** – Older LGBTQ+ people rely on families of choice – Care networks are structured differently than non-LGBTQ+ peers.
- **Cultural Competency** - 64% of LGBTQ+ older people are concerned about their ability to access needed services as they age, and 87% are concerned about finding LGBTQ+ inclusive long-term care.
- **Discrimination** - LGBTQ+ older people came of age at a time when simply being openly LGBTQ+ could get them arrested, fired, or worse. This leads to fear of asking for help, being open and honest about health issues with medical personnel, and fear of seeking long term care assistance.

(reference **SAGE-Facts-on-LGBTQ-Aging-2025**)

Unique Challenges Continued

- **Healthcare** - 1 in 3 LGBTQ+ individuals with a serious illness reported that they received insensitive treatment from their health care providers due to their LGBTQ+ identity
- **HIV/AIDS** – 54% of all Americans living with HIV are over 50 years old and Researchers estimate up to 50% of patients with HIV have an HIV associated neurocognitive disorder, which can impact memory, motor skills, and other aspects of cognitive function, as well as cause depression or psychological distress.
- **Social Isolation** - 45% of LGBTQ+ elders report feeling a lack of companionship and 48% report feeling socially isolated. Rates are higher among transgender elders for lack of companionship (56%) and social isolation (63%)

(reference **SAGE-Facts-on-LGBTQ-Aging-2025**)

Unique Challenges Continued

- **Housing** - Appropriate housing is a cornerstone of wellness, and a major concern for many older people.
 - In a matched-pair test across 10 states, 48% of same-sex couples experienced adverse treatment when seeking senior housing
 - Nearly one-quarter (23%) of transgender individuals report having experienced some form of housing discrimination in the past year
 - 18 states and 4 territories have no explicit laws prohibiting housing discrimination on the basis of sexual orientation and/or gender identity

(reference *SAGE-Facts-on-LGBTQ-Aging-2025*)

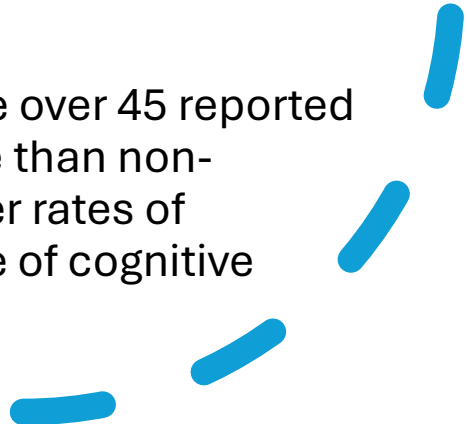


Unique Challenges Continued

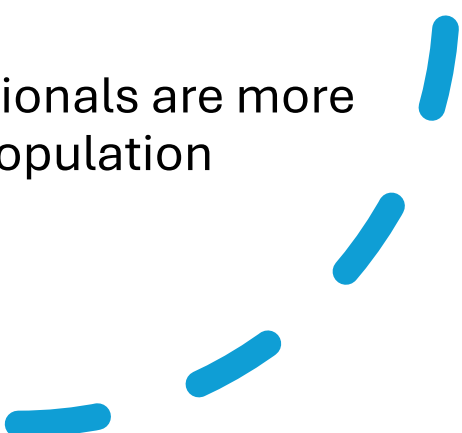
- **Financial Security** - Discrimination negatively impacts an individual's opportunities in education, employment, housing stability and much more. This leads to decreased financial stability
 - 71% of LGBTQ+ older people reported experiencing some form of discrimination in employment at least once in their lifetime, likely impacting overall earnings and social security payments
 - Over one third (36%) of LGBTQ+ elders live below 200% of the federal poverty level.
 - LGBTQ+ older people are more likely to rely on SNAP benefits than non-LGBTQ+ older people, making them more vulnerable to financial and food insecurity with federal cuts to these programs
- (reference *SAGE-Facts-on-LGBTQ-Aging-2025*)



Unique Challenges Continued

- **Overall Wellness-** Mental and emotional wellbeing are critical aspects of wellness and healthy aging. LGBTQ+ elders face disparities in psychological, emotional, and cognitive wellbeing, likely due to experiences of discrimination across the lifespan
 - Despite higher rates of anxiety and depression than non-LGBTQ+ older people, LGBTQ+ older people are nearly three times more likely to forego needed mental healthcare, including mental health services and medication likely due to an experience of discrimination in their lifetime
 - 4 out of 5 LGBTQ+ elders report that anti-LGBTQ+ policies somewhat or greatly diminish their sense of safety and security. Transgender participants indicated a greater degree of disturbance caused by anti-LGBTQ+ policies.
 - A national survey found that LGBTQ+ people over 45 reported subjective cognitive decline, at a higher rate than non-LGBTQ+ people. Findings suggest that higher rates of depression contribute to greater prevalence of cognitive decline.
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There is good news!

- In a recent survey, nearly half of LGBTQ+ elders said they have very good or excellent quality of life, life satisfaction, and happiness
 - **Despite all of these challenges, LGBTQ+ older people are living vibrant, full lives throughout every part of the country**
 - (reference *SAGE-Facts-on-LGBTQ-Aging-2025*)
 - The long-term care industry – assisted livings, independent living, and rehab facilities, hospitals, and skilled nursing facility company's have had an increased focus on inclusion, providing safe spaces, and educating their staff on the needs of LGTBQ+ people
 - Younger generation(s) of healthcare professionals are more welcoming and understanding of LGTBQ+ population
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Regional Demographics

- **CAPCOG/AAA Region Aging Demographics**
 - CAPCOG serves more than 2 million residents.
 - Approximately 458,235 residents are age 60 and older.
 - The older adult population increased by approximately 62.7% over the past decade.
 - Growth among older adults is significantly outpacing growth in the general population.



Why this matters

- Growing numbers of Texans are aging with HIV.
- Demand will increase for integrated medical, behavioral health, caregiver, nutrition, transportation, and housing supports.
- Stronger coordination between HIV systems, the Ryan White network, and aging services is increasingly important.

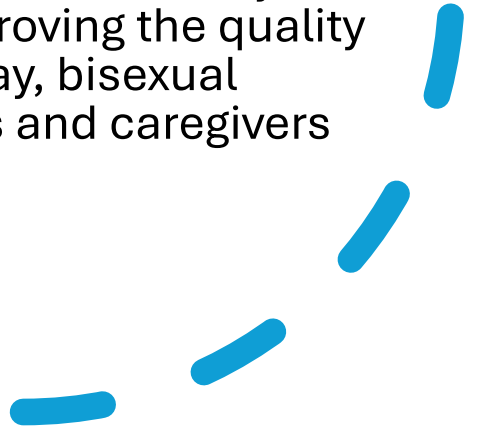


Resources

- **Area Agency on Aging and the Aging and Disability Resource Center of the Capital Area**
- Information, Referral & Assistance
- Benefits counseling and Medicare support
 - Benefit Enrollment Center (BEC)
- Caregiver support programs
- Evidence-based health promotion programs
 - Fall Prevention and Living with a Chronic Disease
- Connections to transportation, nutrition, and community services
- Respite Programs
 - In home respite and Life Span Respite
- Educational Opportunities
- Volunteer Opportunities – We need you!



Resources

- **Vivent Health (Previously Aids Services of Austin)** – Provides Case Management, Food and Nutrition Programs, Housing Assistance, and Legal Assistance, plus clinical care.
 - **Age of Central Texas**– Thrive Center, education opportunities, information and referral, plethora of resources
 - **Family Eldercare** – Many programs and Rainbow Connections
 - **Alzheimer's Association**– Support groups and dementia education
 - **City of Austin** – Austin Senior Services Hub - [Austin Senior Services Hub | AustinTexas.gov](#)
 - **SAGE** – Advocacy & Services for LGBTQ+Elders
 - **National Resource Center on LGBTQ+Aging** - the country's first and only resource center focused on improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults, their families and caregivers
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What can you do?

- **Stay Active** - Despite disparities in wellness, LGBTQ+ elders report engaging in activities that bolster emotional and social wellbeing, with 43% reporting **participation in advocacy**, 62% volunteering for religious organizations, and 56% engaging in at least one physical activity a week
- **Don't get stuck in your house** – get out, join an exercise group, a dance group, a book club, hiking group, cycling group, do yoga, go on vacation, go to museums, use your body and brain to do new things
- **Ask for help when you need it** – don't wait for an emergency
- **Get your legal affairs in order** – **Power of Attorney, Medical Directives, etc.**
- **Do your best to not live in fear** - don't let fear drive you into seclusion in your house
- **Play** and find things that bring you joy, pick up old hobbies, learn a musical instrument, learn a non-contact sport 😊





**Thank you and happy Pride!
Jennifer Scott**



**Director of Area Agency on Aging
and ADRC of the Capital Area**

jscott@capcog.org

