

GRAI Matters

October 2014

Right To Belong heads to Albany

City of Vincent Documentary

Roundtable Reports

Catherine Barrett visits (twice)

Trans Ageing



Letter from the Chair

GRAI's Right To Belong free training program has been taken up with enthusiasm by a number of Aged Care providers in Perth, including Brightwater, Rise Network and St Ives, with Bethanie, Southerncross Care and Baptistcare soon to follow. We have been impressed by the keen reception we have received, with participants entering whole heartedly into the work of the day, and invariably finding themselves surprised and moved by the material. Every session is unique, responding to the concerns in the room – however, we see patterns emerge in participants' responses, especially as they learn about LGBTI history and gain an insider's view of the fears and difficulties faced by older LGBTI clients. The experience of conducting training has been very rewarding, and the maxim that 'carers care' has been strongly proven, as trainees express resolve and motivation to put their learning into action to provide truly inclusive care. Project Co-ordinator Susan Harwood writes more about the project on page 2.

Although the training sessions have been a major focus of our energies this quarter, it has by no means been our only activity. Since our July/August newsletter, I have spoken to the Ecumenical Social Justice Roundtable (see page 6), we have submitted 3 grant applications for different social outreach projects, and reviewed our Strategic Plan followed by a day-long operational planning session facilitated by Christina Kadmos. Together with Susan Harwood, I have attended the final two Val's Cafe workshops in Melbourne and the National LGBTI Health Alliance Roundtable in Sydney (see pages 4 and 13 respectively.) Also, GRAI Board member, Wendy Bennett, spoke at Advocare's Elder Abuse Conference on 30 August, and I attended a Trans Ageing seminar in Manchester (see page 7).

Dr Catherine Barrett from La Trobe University Melbourne, generously paid 2 visits to Perth to support the work of GRAI, with both trips involving full itineraries

of meetings and workshops (see page 3). It was great to see a good number of GRAI members enjoying our Sundowner with Catherine on 4 September, a memorable culmination of her successful tour.

Board members have been active in helping in the organisation of GRAI events well as planning future activities and social media strategies. Coming up, we have a number of events that will give us a chance to get together again. Please support our AGM on 19 October and celebrate the year's achievements with other GRAI members (see page 6 for more details). Also, on 22 October, from 10 to 11.30am, we are running a forum at the City of Vincent, Safe Space for LGBTI Elders. Please come along to discuss initiatives that could make Perth a safer, more welcoming space for older LGBTI people. Your help in promoting this forum among your friends would be much appreciated.

Finally, Pridefest is in November, and we have a number of events planned (see page 12) including participation in Pride Parade on 22 November. We invite you to join the GRAI float in something classy and vintage – intrigued? Please contact me if you are interested in taking part! This year's Pride theme, 'Reflect, Renew, Rejoice' is perfect to celebrate the contribution of older LGBTI people.

With everything that is going on, there is no excuse not to see you in the next month or so! Your involvement is integral to our strength as a community-based organisation, and we look forward to seeing you soon.

- June Lowe, Chair



Right to Belong: LGBTI people and aged care

Since the official launch of the Right to Belong training project in May this year, we have delivered 7 programs in 5 locations involving over 100 people working across the aged care sector. Participants include CEOs, management, community care workers, nursing staff, and administrative support and have come from a range of organisations that include Rise Network, St Ives, Tuohy (Hall and Prior) and Brightwater. Those who have engaged in this comprehensive one day training course have largely been enthusiastic and effusive in their evaluation responses, many indicating that their prior knowledge was very limited with regard to the LGBTI community and the "special needs" status of the community that is now enshrined in legislation. Further courses are booked over the next few months and include a customised course for chaplains across the aged care sector and a course for ACAT assessors.

Baptistcare has booked a regional course for their Albany facility before the end of the year and we hope to book at least one more regional delivery. We have the capacity (and the funding) to provide more than 30 more courses over the next 12 months and members of the Project Management Group, together with GRAI Board members, are working hard to identify prospective client organisations. In the meantime we know from evaluation comments that participants recognise the value of this training to them as individuals and to their organisations.

- Dr Susan Harwood

Some feedback comments

"Yesterday's class started (our organisation) on the path down the road to equality"

"the GRAI team has made an impression on (our organisation)"

"The real life scenarios made a big impression. I didn't know about the level of vulnerability and sensitivity"

"To know people are afraid like that was a real eye opener"

"We had a gay man in our facility and staff didn't know what to do. I now know how to look out for these residents".



Training course participants at Rise Network on 19 August 2014, with CEO Justine Collyer and trainers Susan Harwood and Genevieve Major.

Understanding and meeting the needs of LGBTI Australians living with dementia

Researchers would like to speak with lesbian, gay, bisexual, transgender and intersex (LGBTI) Australians living with dementia – and their partners, carers and/or families.

They are conducting confidential interviews to document the needs of LGBTI Australians living with dementia – they will use this information to develop educational resources for service providers.

The aim of the project is to improve the services provided to LGBTI Australians with dementia.

The project is a collaboration between Val's Café at the Australian Research Centre in Sex, Health & Society, Latrobe University and Alzheimer's Australia and has been funded by the Commonwealth Department of Social Services.

For more information contact the project researchers:

Dr Catherine Barrett

Phone: 03 9479 8702 or Email:

c.barrett@latrobe.edu.au

Pauline Crameri

Phone: 03 9479 8740 Email: p.crameri@latrobe.edu.au

Dr Catherine Barrett comes to town (twice)

Dr Catherine Barrett is a Senior Research Fellow and the Chief Investigator and Coordinator of La Trobe University's Sexual Health and Ageing Program. Catherine is one of Australia's leading lights in promoting LGBTI inclusive aged care, establishing 'Val's Cafe' in 2009 to improve the health of LGBTI elders. We are very fortunate that Catherine has generously made two recent trips to Perth to support GRAI's work in WA.

The first, from 30 July to 1 August had a full itinerary, with a networking dinner; a packed seminar, Sexuality, Diversity Ageing and Dementia; media interviews with Out in Perth and RTR FM's All Things Queer; and meetings with the Health Department and Margaret Quirk MLC's Committee.

Catherine's second visit, from 1 – 5 September, incorporated our workshop on Sexuality, Gender and Elder Abuse, which was linked to Advocare's conference on Elder Abuse.

Our final event with Catherine was a Sundowner at The Brisbane Hotel on 4 September, which had a real buzz and attracted a good cross-section of our community as well as a few aged care providers. Thanks to Board member Dave Nicholson for organising the logistics at The Brisbane, too bad you missed the party, Dave!

We are indebted to Catherine for her extraordinary generosity of time, energy and spirit in supporting the work of GRAI.

Two Great Workshops

>> **Sexuality, Diversity Ageing and Dementia** workshop, 31 July at Northbridge Piazza Community Centre. This workshop was a collaboration between GRAI and Alzhiemers Australia, and featured presentations by Dr Catherine Barrett, Dr Dan Parker and Genevieve Major. With excellent material presented by such talented speakers, the 60-plus participants enjoyed a lively and informative workshop.

>> **Sexuality, Gender and Elder Abuse** workshop, 2 September at Southcare, Manning. This workshop explored the special risks of abuse faced by LGBTI elders as they navigate hostile or unsupportive situations. Papers were presented by Dr Catherine Barrett, June Lowe and Angela Hartwig, CEO of the Women's Council for Domestic and Family Violence Services, and explored practical strategies to improve services and prevent elder abuse.

Both workshops provided wonderful opportunities for some great collaborations, and we look forward to ongoing partnerships with LASA, Advocare, Alzheimers and the Women's Council.

Thanks too, to Genevieve Major, Dan Parker and Angela Hartwig for being excellent co-presenters in our seminars: we look forward to working with you again!



Val's Cafe - Final two sessions

On 29 July and 30 September, Val's Cafe (part of La Trobe University's

Sexual Health and Ageing Program) held the final two workshops in the series of five designed to help Aged Care providers deliver LGBTI inclusive practice in their organisation. June Lowe and Susan Harwood attended these sessions (funded by a La Trobe ACSI-HAG grant), as part of our preparation to deliver a similar program in WA in 2015. The fourth workshop focussed on the importance of LGBTI consumer consultation and explored a range of activities that would put organisations in a confident position regarding their relevance to the LGBTI community. The fifth session covered disclosure and documentation and access and intake processes – both essential to ensure the cultural safety of LGBTI clients.

Dr Catherine Barrett and her colleague at Val's Cafe, Pauline Crameri, have done an excellent job in delivering this highly professional 'How2' Aged Care training. We thank them most sincerely for the opportunity to audit this program, and look forward to being able to emulate their work here in WA.

LGBTI Elders creating a safe space in the community.

Presented by
Dr Jude Comfort.

When: 10 - 11:30am,
Wednesday 22 October

Where: City of Vincent
Function Room,
244 Vincent St, Leederville

Past experiences of discrimination have led many older LGBTI people to remain closeted and 'invisible' to the mainstream. This information session will discuss ideas to increase social inclusion for the older LGBTI community.

Morning tea will be provided at the conclusion of the session.
RSVP to Vincent's Community Development - 9273 6564

INFORMATION SESSIONS

Free event
Transport assistance may be available if assistance required

Working with lesbian, gay, bisexual and transgender people - older people and residential care: Roger's story

The Social Care institute for Excellence (SCIE) in the UK have produced a very good training video 'Working with lesbian gay, bisexual and transgender people – older people and residential care: Rogers Story'. It provides an empathetic approach to the fears that LGBTI people face in losing control of their lives as they move into a care setting.

In a real life scenario, Roger talks about his experiences of the care that was provided to a friend in residential care and later, to his partner in hospice care.

When David, a friend and former partner, was diagnosed with presenile dementia, Roger disclosed information about David and his relationship with him as 'more than a carer', but felt that the staff at the home lacked empathy. However, learning from their experiences, the facility made improvement so that gay residents and those connected to them, could feel safe to 'come out'.

Later, in 2002, Roger's partner Michael was diagnosed with cancer and he entered a hospice. They decided from the outset to be 'out' to the carers and health professionals. The staff made great efforts to understand the needs of the couple so that they could provide appropriate support. Consequently Roger felt involved in Michael's care provision and that their relationship was honoured and respected.

It is clear from the video that Roger is consciously prepared to play an educative role to the respective facilities. Of course, others in his position may be less confident, and it is hoped that this is not a role that is expected of people when they are already in a stressful position as a key support for a friend or loved one entering a care facility.

We can recommend this video to anyone interested in promoting LGBTI inclusive services.

<http://www.scie.org.uk/socialcaretv/video-player.asp?guid=CACAAEI2-7375-429A-9D9A-1D28E29E65BD>

GRAI Board News

GRAI Treasurer Dee O'Neill has recently resigned from the Board due to other commitments. Dee is a long-time member, almost since our inception. We thank Dee for her support and contributions to GRAI and wish her every success. Stepping into the important role of GRAI Treasurer is Cettina Raccuai – thanks Cettina!

Congratulations to Board Member Lisa Rynne on the birth of her daughter Lettie May on 5 September. Lisa has been a key person in organising the involvement of Brightwater in the Right to Belong program, but we are guessing she may be taking a bit of a back seat while she catches up on some essential sleep!

Several members have been able to promote GRAI along with their 'day jobs', and GRAI fliers have appeared as far afield as Esperance. Also, GRAI Board member Dave Nicholson will be spruiking GRAI at the Geraldton Pride 'GFest Family Fare Day' on Saturday 11 October. If you're in Gero, look out for him there!

Ecumenical Social Justice Roundtable

I was delighted to be asked to make a presentation to the Ecumenical Social Justice Roundtable on 22 July. This group of faith-based social justice advocates, meets monthly to discuss various social justice issues and ways that their leadership or congregations can respond.

In Western Australia, 33% of residential aged care providers are faith-based organisations, so it was significant to be having this conversation about inclusive care with this gathering.

We know that, as a result of their oppressive history, LGBTI elders have been extremely successful at maintaining anonymity – and this has led many care providers to erroneously believe that they ‘don’t have any of those people here’. Achieving the necessary cultural change to welcome LGBTI people will be most challenging for organisations which employ staff whose religious beliefs put them at odds with this goal. (Of course, this situation equally arises for secular providers).

The Ecumenical Roundtable included representatives from the Salvation Army, the Quakers and the Anglican, Uniting and Catholic Churches. They seemed unreservedly supportive of the need to provide inclusive care for older LGBTI people, although felt the churches no longer have direct influence over the running of the facilities.

The Roundtable also discussed strategies including the possibility of engaging in discussions with their congregations. This is an exciting proposition to raise awareness in the wider community about the needs of older LGBTI people and as a means to address potential discrimination more broadly.

We have also been invited to run a Right to Belong training course this month (October), for Chaplains at Bethanie, so we are very much looking forward to this opportunity to engage with people directly involved in aged care provision and coming from a religious perspective.

- June Lowe

Please join us for
GRAI's 2014 Annual General Meeting
Sunday 19 October | 2pm - 4pm
Southcare, 54 Bickley Crescent (Cnr Pether) Manning

- Reviewing GRAI events of 2013-2014,
 - Electing Office Bearers
- Report on *Right To Belong* training by Susan Harwood

Celebrate the year's achievements & enjoy the good company of GRAI members!
Refreshments provided

For catering purposes, please RSVP by 15 October to info@grai.org.au

Trans Ageing - a report from Manchester

The 'Trans Ageing' Seminar held in Manchester, 10 September, was the last seminar of a 5 part series on LGBTI ageing, 'Minding the Knowledge Gaps', collaboratively organised by researchers from three UK universities (Andrew King, Surrey University, Kate Almack, Nottingham University and Sue Westwood, Keele University).

Speakers at the seminar included Dr Louis Bailey, University of Hull, Ruth Rose, an energetic trans woman in her 80s, and a paper presented on behalf of Prof Stephen Whittle of Manchester Metropolitan University.

There is a dearth of knowledge on the complex issues surrounding trans ageing, so I welcomed the opportunity to join this seminar to fill in some of my own knowledge gaps on the subject.

It is commonly argued that the issues for trans men and trans women are so different that they should be considered quite separately. The journey to social acceptance and ability to 'pass' in one's chosen gender are key issues. Trans men may initially have an easier path in this regard, with testosterone therapy more successful at virulising the body than oestrogen's limitations in feminisation, and manhood attracting less social judgement on appearance. However as we age, our bodies tend to get shorter and softer: a 'feminising' direction perhaps more welcomed by trans women than trans men.

For ageing trans men and trans women, another fault line affecting a trans person's experience is whether people transitioned earlier or later in life. An older trans person who transitioned at young age may have been long ago socially accepted as a member of their preferred gender, but are likely to be experiencing the effects of a lifetime of taking hormone treatments. Whereas someone who has transitioned more recently

may still be 'fire fighting transition issues', but will not be facing the same physical health issues.

Trans related health risks

Lack of medical knowledge on the long-term effects of hormone treatments is a major concern, with insufficient research, as well as most GPs being poorly equipped to deal with the health concerns of older trans people. The poor knowledge exchange is compounded by many older trans people who transitioned 20 or 30 years ago tending not to discuss their trans status with GPs. Even gender identity clinics do not have the knowledge base on long term effects of treatments and many people are therefore not informed about the health risks in later life.

Trans men and trans women may take justifiable exception to being too frequently regarded through a (negative) medical lens. However, it is reasonable to be aware of increased risks presented by oestrogen and testosterone therapies and seek good quality health advice. Older trans women should know about thrombosis symptoms, signs of osteoporosis and how to do breast exams, as oestrogen therapy increases their risks in these areas. Trans men have increased risk of heart failure, are also at risk of breast cancer, and if they have not had a hysterectomy they still need regular smear tests. Standard health care advice such as maintaining good levels of exercise and not smoking is, predictably, important – with smoking and testosterone considered even more deadly than smoking and oestrogen.

Mental Health

Louis Bailey, University of Hull, discussed mental health issues, noting that the trans population not only experienced the minority stress of social stigma but also have unique experiences negotiating the trans journey. He mapped out 'multiple trans life courses', with a first gendered life course followed by a second gen-

dered life course (or ‘birth, first puberty, death, rebirth, second puberty, early adulthood, middle age, older age, death’).

Louis raised the question as to whether the experience of coping with such a complex life course builds resilience or stores up trouble for later life. Obviously, a great many social factors enter this equation, but as gender pioneers are now entering old age, we are able to start looking at the impact of gender reassignment in later life.

Importantly, even though trans people generally report very high rates of mental health problems, 74% reported improved mental health after transition.

Social issues and considerations for aged care services

In addition to medical issues associated with having complex bodies, minority stress and ongoing transphobia remain a key issue for older trans people, with domestic and public violence driving fear and even suicide attempts. In one survey, some respondents said they ‘would rather die than have someone help them in an old people’s home’, clearly reflecting complete lack of confidence in a care facility’s ability to provide a safe haven.

Care providers should also be aware that alienation from families is potentially a serious problem for older trans people, and the need for documentation outlining their end-of-life requests is highly desirable. Unfortunately, stories abound regarding estranged or disapproving families placing pressure on an older trans person to abandon their chosen gender, or, in the case of incapacity, not respecting their wishes.

Forty five percent of respondents in a Scottish Trans Mental Health Study (Jay McNeil, Louis Bailey et al, 2012) had lost contact with their families, and even those who were in contact were often excluded from family events. It was suggested that age-related charities and care establishments could provide mediation to support families to try and repair broken relationships. Financial support and advice was also identified

as important, as trans people are often financially disadvantaged by a disrupted life course.

Other recommendations included special training for care homes and health settings, so that medicos and service providers can understand an older trans’ persons needs and rights to personal appearance and personal expression – also their right to personal privacy and to ensuring non-humiliating care.

There is some irony that research and reports into trans issues (such as this one) while aiming to increase knowledge and thereby improve quality of services for trans people, also risk reinforcing problematic stereotypes. Although achieving gender reassignment is not easy, outcomes for trans people in terms of improved self esteem and well being, are demonstrated to be overwhelmingly positive. It is also worth reflecting that stigmatising social attitudes play a significant role as a source of distress for trans people.

Recent articles (Laurie Penny, New Statesman, June 2014, Laverne Cox, Time Magazine, June 2014) have noted that we are at a ‘transgender tipping point’ where ‘it is no longer acceptable to stigmatise trans people’. Of course it never was acceptable, but the world is increasingly waking up to that.

- June Lowe

Further information about trans issues

Trans Mental Health Study 2012,
http://www.glhv.org.au/files/Scottish%20trans_mental%20health_study%202012.pdf

U-tube clip by Stephen Whittle:
http://www.youtube.com/watch?v=nR-FR_sD_mo

Aged UK Fact Sheet 16, Transgender issues in later life,
www.ageuk.org.uk/Documents/EN-GB/Factsheets/FS16_Transgender_issues_in_later_life_fcs.pdf?dtrk=true

News from around the world...

Remembering Maya Angelou

Maya was such an inspiration. This video opens with the line "82 is hot . . . 82 is fabulous. I thought the 60s were hot . . ."

The link for this inspiring ageing advocate is <http://vimeo.com/81758503>

National LGBTI Ageing and Aged Care Conference



GRAI will be well represented at the National LGBTI Ageing and Aged Care Conference in Melbourne, 28 and 29 October. Both GRAI Chair June Lowe and GRAI (ex-Chair) Dr Jude Comfort will be giving presentations at the conference. It is great to see our voice being heard at this national event.

City of Vincent Documentary

FTI has been commissioned to make a documentary on the City of Vincent same sex relationship register where about 100 couples have registered to date.

While the documentary will focus primarily on the register the overarching theme will be equal rights for LGBTI people and will advocate for same-sex marriage. The type of stories they end up telling will largely depend on the documentary talent. At this stage the documentary is in the early stages of research and the producers are trying to find suitable screen subjects as well as get more background about individuals/couples experiences with the register.

If you would like to be involved, please contact lynda_douglas@fti.asn.au with your expression of interest.

Shh! Silence Helps Homophobia

This 7 minute film, produced by LGBT Youth Scotland, calls of viewers to stand up to prejudice and will melt even the most cynical heart.

<https://www.indiegogo.com/projects/shh-silence-helps-homophobia-stand-up-speak-out>

Blueprint for an Ageing Australia

Everald Compton gave a speech to the National Press Club where he launched the Blueprint for an Ageing Australia.

<http://everaldcompton.com/2014/09/03/blueprint-for-an-ageing-australia-launched-today-obtain-your-copy/>

The full report may be accessed at http://www.percapita.org.au/_dbase_upl/BlueprintForAnAgeingAustralia.pdf
As you may be aware, the report by Per Capita continues the work of the former government's Advisory Panel on Positive Ageing, for which funding was discontinued by the present government in November 2013.

SAND - Safe Ageing No Discrimination



Based in Shropshire, UK, SAND was formed to raise community awareness and help local authorities, care providers and carers to address the fears and discrimination that may be experienced by older LGBT people.

SAND was established by a group of individuals drawn together by a movie. As part of LGBT History Month, the Shropshire Rainbow Film Festival screened Gen Silent, a thought provoking, sometimes shocking film about the experience of older LGBT people and care services. The film consisted of a set of interviews with older LGBT people in Boston, USA and got them thinking about how things might be for older LGBT people in the UK, and particularly in Shropshire where they all live or work.

Their website pulls together information from all over the UK and beyond to inform better practice amongst care providers and lead to better experiences for LGBT people.

For more information on SAND, visit <http://lgbtsand.wordpress.com>

SAND has a couple of interesting galleries of resources on their site that you might like to visit.

Publications Gallery

A collection of resources about Ageing and LGBTI issues.

<http://lgbtsand.wordpress.com/publications-gallery/>

Film Gallery

A curation of news stories, short films and features on ageing, homophobia and LGBTI history

<http://lgbtsand.wordpress.com/film-gallery/>



Letters to GRAI

Hello June

I have recently done a 'catch up' reading of the GRAI website. It's great to see the progress that has been made since GRAI's formation and the new name will be very welcome I am sure. Like some other people I initially saw the organisation as only concerned with the needs of retirees and those who are close to needing residential care. These are certainly very important issues and GRAI is to be applauded for its hard work that has contributed to the awareness of, and changes to, services within the health and aged care sector. My partner works in this area and I have in the past so we are aware of the challenges that still lie ahead! However I am pleased also with the encouragement being given to the broader issues of connectedness and social inclusion which hopefully will inspire more older GLBTI people to become involved within their community.

We both agree that GLBTI Seniors (especially women) are 'invisible' within the gay community (as most Seniors are within mainstream society). In gay 'support' groups and publications the buzz words seem to be 'youth' and 'male'. Examples are PRIDE WA, GLCS, Out in Perth....etc. We share the sentiments expressed in GRAI's submission to PRIDE. Where can older gay women go to connect with others? Connections? Not really... The Court? Been there, done that... PRIDE WA? Keep dreaming... GLCS? Nothing doing there! (At least when Women Out West was being published we had some idea of what was happening around town.)

This lack of connection is a key issue for us. Not every older woman has an established friendship group. I'm

sure there must be many women like ourselves who have relocated to WA or lost partners and friends or come out later in life and/or were once married. (This one is a double whammy!) Many of us are buried in Suburbia and can't afford to live in inner city gay territory. For us as a couple it is even more difficult because one of us works permanent night duty on weekends which is when most social opportunities arise. We would love to be able to go out mid week and meet with other lesbians for any kind of day or evening activity. At present we both attend activities with a mature aged mainstream group but feel reluctant to 'reveal' ourselves. (I read with interest the range of activities available to Opening Doors London. Sounds great but I do understand the constraints with having a smaller population like Perth.)

You asked what does it mean to us to live fully as we age? Living fully to us means: to have meaningful friendships and relationships and social connectedness with people from all walks of life; to feel we can still make a useful and meaningful contribution to society and be valued for it; being able to encourage and care for others and when the time comes, to receive the same in return; to remain interested in the world around me and never stop wanting to learn new things; to pursue good health, learn to accept the ageing process and look to the future, not the past. (I guess that is a pretty large order!)

Thank you for giving me the opportunity to express our thoughts and needs.

Sincerely yours

Jan Phillips



LESBIANS WHO LUNCH

A Lunch Club for Older Lesbians

When : Third Thursday of the month

Venue : a moveable munch, a cafe (hopefully) near you

Info and bookings

June : 9383 7753 | june_lowe@hotmail.com

Transport may be available if required

Coming Events

- Sun 19 October, 2 – 4pm **GRAI AGM**, Southcare, 54 Bickely Cres, (cnr Pether), Manning
- Wed 22 October, Presentation to the **ACSWA Regional Forum**, Mandurah
- Wed 22 October, 10 – 11.30am, **Safe Space for LGBTI elders**, forum with GRAI's Dr Jude Comfort, City of Vincent Administration and Civic Centre - Upstairs Function Room. Spaces are limited, to reserve your place or for more information please contact the Community Development team on 9273 6564.
- 9 – 16 November, **Senior's Week**
- Wed 12 November, GRAI Stall at **City of Vincent's Active Ageing Expo** at Loftus Community Centre (10am – 3pm). This is a free event, with lunch and entertainment. However, places are limited to over 55's and pre-registration is necessary. If you want to attend, contact Erika on 9273 6030 or email events@vincent.wa.gov.au.
- 14 – 24 November, **PrideFest**
- Sat 15 November, **GRAI Community Breakfast**, Russell Square, 9am – 11.30am. Gold coin donation. A fun, mingling morning with entertainment, BYO picnic and BBQ facilities. Other LGBTI community groups' participation is welcomed.
- Thurs 20 November, **Lesbians Who Lunch** Contact June for more details... 9383 7753 june_lowe@hotmail.com
- Fri 21 November, Major GRAI Fundraiser, **Sundowner @ Urban Orchard** – mark the date in your diary... details TBC
- Sat 22 November, **Pride Parade ...** Join the GRAI float in something classy and vintage! Contact June for more details... 9383 7753 june_lowe@hotmail.com
- Tue 25 November, GRAI Fundraiser, **Grand Historic Tour of His Majesty's**. Details TBC



Global AgeWatch

How do countries around the world rate? HelpAge International's Global AgeWatch Index ranks countries by how well their ageing populations are faring. It is based on four domains that are key to older people's wellbeing: income, health, capability and enabling environment. Australia is ranked 13th in the world with high scores for education and health but is 61st in income security.

Find out more at <http://www.helpage.org/global-agewatch/>

LGBTI Health Alliance Roundtable, Sydney

On 12, 13 August 2014, the National LGBTI Health Alliance held its second Roundtable on LGBTI Ageing and Aged Care. This meeting followed a commitment from the first Roundtable discussion in October 2011. Much has been achieved since then, particularly our successful law reform campaign, and the second Roundtable focused on our next steps and ensuring that government the goals of the National LGBTI Ageing and Aged Care Strategy will be honoured.

Forty people from LGBTI NGOs around the country gathered to discuss Alliance priorities for next 2 years. Day one featured a series of workshops on topics including Housing, End of Life Decision-making, Community Visitors Scheme, and Mental Health. Dr Dan Parker and I ran a workshop on Healthy Ageing – more

than aged care, which scoped elements of a campaign to promote 'inclusive citizenship' for LGBTI elders and combat ageism in the LGBTI community.

Senator Dean Smith (assistant to Mitch Fifield, Federal Minister for Ageing) was invited to attend the second day's proceedings, and a series of presentations were made to him, distilling much of the essence of the previous day's workshops.

This 2-day event was most worthwhile, not only for its central purpose of setting action guidelines for the Alliance, but also for the inspiration and connections made between delegates which will be invaluable in our future activities.

- June Lowe

Changing Attitudes

Changing Attitudes is a group within the Anglican Church looking to promote full inclusion of Gay, Lesbian, Bisexual, Transgender and Intersex People in the life of the Anglican Church. They are committed to move forward the debate about human sexuality in the Anglican Church and beyond. To find out more visit

<http://www.changingattitude.org.au>

HIV and Ageing for Aged Care Workers.

A free online resource developed by Australasian Society for HIV Medicine (ASHM) that offers plain English advice for health workers http://www.ashm.org.au/images/Publications/Booklets/PBB_HIVandAgeing_V3_WEB.pdf Only 12 pages long but good succinct explanation of AIDS and how to manage it. Happy reading.

The National LGBTI Ageing and Aged Care Training Project



ENROL NOW FOR A FREE TRAINING COURSE

GRAI is offering training to aged care providers, which:

- Will increase awareness of LGBTI clients
- Will assist your organisation comply with new legal requirements
- Is in-house – we will come to your facility
- Is free (funded by the Commonwealth government).

CPD Certificate issued to course participants.

For bookings, further information, or to discuss your organisation's training needs, contact Project Coordinator, Dr Susan Harwood: training@grai.org.au or visit www.grai.org.au

Note, bookings are being taken for in-house courses throughout 2014

* LGBTI: Lesbian, gay, bisexual, trans and intersex (interchangeable with GLBTI).



Funded by the
Commonwealth Department
of Social Services



FREE TRAINING WITH GRAI

GLBTI Rights in Ageing Inc



RIGHT TO BELONG: LGBTI People and Aged Care

This free, essential and relevant one day training for all workers in the aged care sector will help promote a better understanding of the needs of LGBTI people and provide staff with more confidence to deliver an inclusive, best practice service.

Did you know?

- There are approximately 24,000 older LGBTI adults in WA: the largest special needs group eligible for aged care services.
- Lack of positive recognition for LGBTI elders can cause stress and poor care outcomes.

This course will help your organisation:

- Provide safe and inclusive services to LGBTI elders.
- Comply with new legal obligations to LGBTI clients under the Aged Care Act and the Equal Opportunities Act.

GRAI (GLBTI Rights in Ageing Inc) is offering free awareness training to the aged care sector in WA. This training will suit residential facilities, retirement villages, community care providers and all services engaging with older members of the community.

Most training sessions will be delivered 'in-house' to facilities or agencies, with a few 'open sessions', i.e. for participants from a number of organisations. Some training sessions will be available in regional WA.

BOOKINGS AND ENQUIRIES: training@grai.org.au

Understanding and meeting the needs of older intersex and trans* people

Researchers at Val's Cafe are conducting confidential interviews to document the needs of older intersex and trans people. The information will be used to develop educational resources for service providers – to improve services for older intersex and trans* people.

“We would like to speak with intersex and/or trans* people aged 65 years or more.”

“We are interested in people with wide range of identities including but not limited to: people who identify as men, women, sistagirl, transgender, transsexual, gender-queer, male-to-female, male-to-male, mtf, m2f, female-to-male, female-to-female, ftm, f2m, gender diverse people and people who identify beyond gender binary.”

The project is being conducted by Val's Cafe at the Australian Research Centre in Sex, Health and Society, La Trobe University in partnership with Organisation Intersex International, Transgender Victoria and The Gender Centre. This project is funded through an Aged Care Service Improvement & Healthy Ageing Grant from the Dept of Social Services.

For more information contact the project researchers:

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J.R. Latham Email: J.latham@latrobe.edu.au



Do you have some news that we should share with the rest of GRAI? Contact the Editor, Brett Tizard, at the address below.

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GRAI was established in August 2005 to explore the development of retirement and aged care services and facilities for older and ageing people of diverse sexualities and gender identities.

We want a world where older GLBTI will enjoy a rewarding quality of life. We want to create a responsive and inclusive mature age environment that promotes and supports a quality life for older people of diverse sexualities and gender identities.

GRAI is keen to explore opportunities to talk with current providers of retirement and aged care services, government agencies and industry groups to ensure the issues of GLBTI ageing and retirement are being taken seriously.

GRAI continues to work to establish successful partnerships with providers, services and agencies that acknowledge the needs of older GLBTI people and encouraging the GLBTI community to support these organisations when they need to access relevant services.