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Cultural Humility When Caring for LGBTQIA+ Older Adults: A Resource Guide for Occupational Therapy Practitioners and Students

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Website



References

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Michele Ramos, Deb Meyers, PT, and Mary Smith, PhD, OTR/L

Background

- LGBTQIA+ older adults continue to be affected by discrimination and its consequences; this need to be acknowledged and considered when planning care for a LGBTQIA+ older adult (Simon et al., 2021; Fredriksen-Goldsen et al., 2017; Rosenwohl-Mack et al., 2020; Swiatek et al., 2021; LeCompte et al., 2021).
- There is a need for increased training and education among occupational therapy practitioners (OTP) and students who treat LGBTQIA+ older adults (Leite & Lopes, 2022; Acker, 2017; Lim et al., 2014).
- OT has a role in addressing disparities of any marginalized group and can use cultural humility and trauma-informed practices when treating this specific population (AOTA, 2020; AOTA, 2021; Burton et al., 2019)

Problem

The problem is a lack of educational resources to support OTP treating LGBTQIA+ older adults.

Purpose

To create a website with resources for occupational therapy students and practitioners who wish to increase cultural humility in their practice toward LGBTQIA+ older adults.

Methods

Objectives

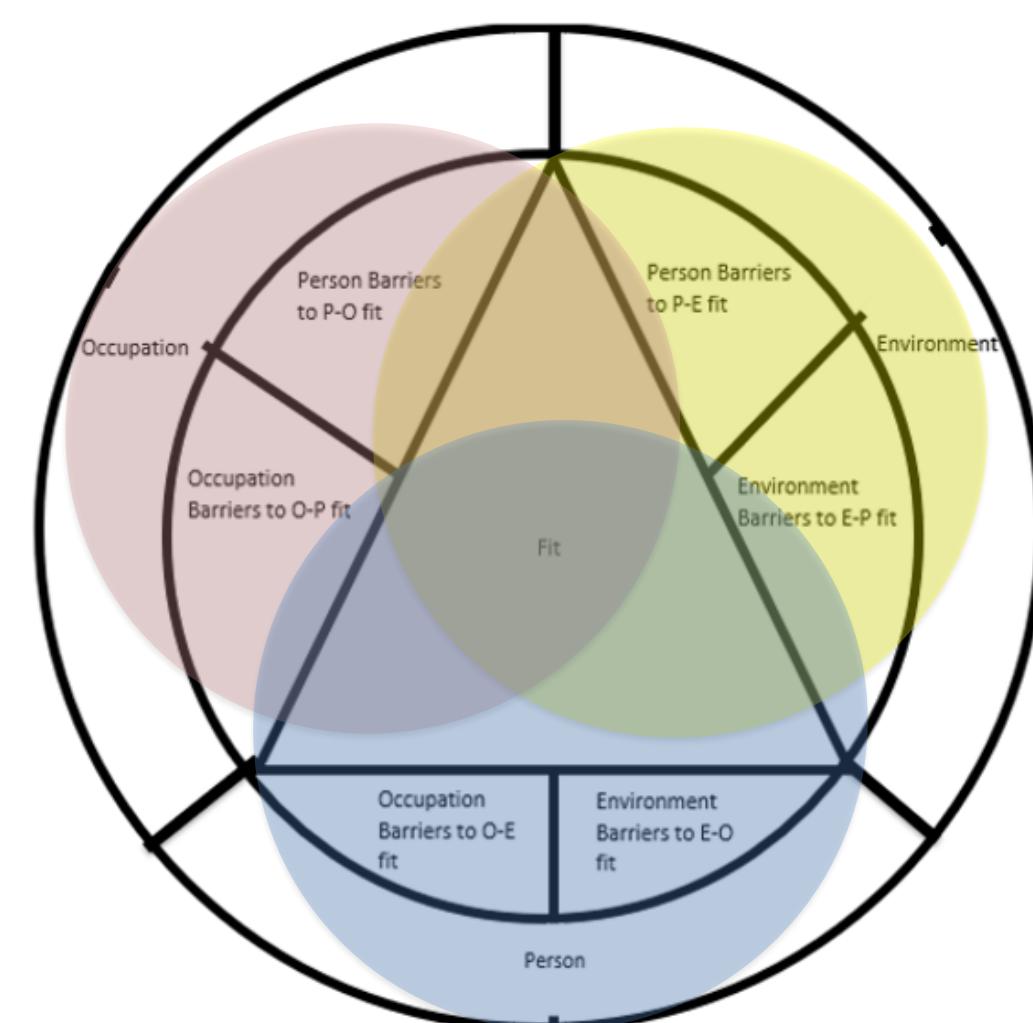
- Analyze sexual orientation and gender identity as a cultural aspect important to an individual's occupational performance
- Create an educational website, with a target audience of OTP or students on the topic of cultural humility with LGBTQIA+ older adults
- Facilitate cultural humility perspectives and strategies for OTP and students that may work with LGBTQIA+ older adults

Field Experience

- Rainbow Seniors
- Garden of Castle Hills
- Jena's Project

Needs Assessment

- Occupational Barriers-** older adults identified which occupations they need or will need assistance performing.
- Analyzed occupational performance-** Using the PEO concepts (Cole & Tufano, 2020)



Website Content

Barriers

- Internalized discrimination (Hoy-Ellis & Fredricksen-Goldsen, 2016)
- LGBTQIA+ specific housing options (Bloemen et al., 2019)
- Lack of support for caregiver role (Adams & Le, 2021)
- Intergenerational differences within the LGBTQIA+ community (Johnston, 2017)
- Coming out late in life (Wilson et al., 2018)

Community Needs

- Providing preventative health care
- Emphasizing the value of health promotion
- Implementing an inclusive environment

OTP-Specific Cultural Humility Practices

For practitioners:

- Using inclusive language
- Valuing "families of choice"
- Being knowledgeable and confident

For educational curricula and fieldwork experience:

- Adding queer health content and narrative
- Collaborating with LGBTQIA+ providers
- Partnering with allies (Simon et al., 2021)

Titles of Website Resources

Series 1	Series 2	Series 3	Supplemental
Introduction	Introduction	Introduction	Additional Resources
Sexual Orientation	Common Health Conditions	Theory and Cultural Safety	Vocabulary List
Gender Identity	Impact of Discrimination	Occupational Therapy and Cultural Humility	Video Notes
Intersex	Facilitators of Occupational Performance	Skills to Build	Model Example Case Studies
Socio-Historic Context	Barriers to Occupational Performance	LGBTQIA+-Specific Living/Engagement Options	About Author

Dissemination

- Presenting at Rainbow Seniors
- Speaking at Jena's Project's speaker series
- Submit to TOTA as a CEU

Strengths

Received feedback and influence from members of the LGBTQIA+ community

Limitations

Lack of IRB approval: informative data, pertinent to the LGBTQIA+ population, could not be disseminated.