

# IF YOU ARE AN LGBT ADULT WHO FEELS ISOLATED THIS HOLIDAY SEASON, YOU AREN'T ALONE!



THERE ARE MORE THAN 2.7 MILLION **LESBIAN, GAY, BISEXUAL AND TRANSGENDER (LGBT) ADULTS AGES 50 OR OLDER** LIVING IN COMMUNITIES ACROSS THE COUNTRY.

LGBT OLDER ADULTS ARE **TWICE AS LIKELY** TO LIVE ALONE AS NON-LGBT ADULTS AND OFTEN FACE SOCIAL ISOLATION AND VULNERABILITY.



**MANY LGBT ELDERS RELY ON CHOSEN FAMILY AND THEIR COMMUNITIES FOR SUPPORT. SUPPORT LGBT ELDERS RESILIENCE!**

## RESOURCES FOR LGBT ELDERS IN YOUR AREA

FOR SUPPORT RANGING FROM FINANCIAL ASSISTANCE, TO HOUSING AND IN-HOME SERVICES, TO TRANSPORTATION TO VOLUNTEER OPPORTUNITIES, YOU CAN CONTACT THE RESOURCES BELOW.

### IN PERSON



### ONLINE

Email the SAGE LGBT Elder Hotline for local resource information and peer-to-peer support specifically for LGBT elders at [sage@GLBThotline.org](mailto:sage@GLBThotline.org).

Visit [www.ElderCare.gov](http://www.ElderCare.gov) for a list of comprehensive resources in your local community.

### BY PHONE

The SAGE LGBT Elder Hotline is a safe place to call when you need to talk. 1-888-234-SAGE. They provide peer-to-peer support with no judgment.

National Eldercare Locator, a public service of the U.S. Administration on Aging connecting you to services for older adults and their families. Call 1-800.677.1116.