



## Creating Community among LGBTQIA Older Adults

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- The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health or the National Institute on Aging.

R01AG026526, R01AG055488 (Fredriksen-Goldsen, K.I., PI)

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to disclose

## Objectives

- Describe events in LGBTQIA histories, how they relate to the distrust of health care & government systems
- Discuss LGBTQIA health disparities using the Health Equity Promotion Model framework
- Identify strategies for creating welcoming communities for LGBTQIA older adults



# What It Means to Be Age-Friendly



## What Matters

Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.

## Medication

If medication is necessary, use Age-Friendly medication that does not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care.

## Mentation

Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.

## Mobility

Ensure that older adults move safely every day in order to maintain function and do What Matters.

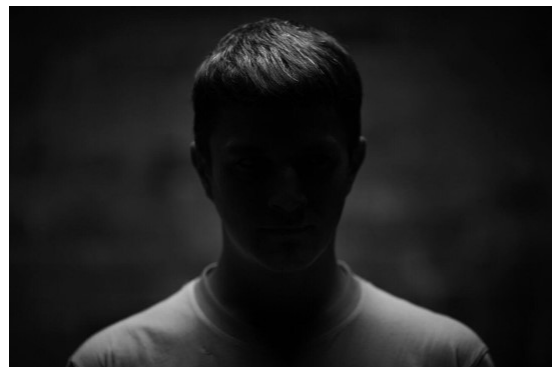
# What Matters – Person Centered Care

-  Empowering
-  Supporting independence
-  Honoring choice
-  Improving quality of life
-  Promoting well-being
-  Promoting respect





## Sociopathic Personality Disturbance Statutory Felon







## Seattle Counseling Service for Sexual Minorities

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**That moment...**



**... when everything that comes after is different  
from everything that came before...**

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## Ageism



“I’d rather be dead than old...”

## Moving Upstream

Cultural

$$F_g = \frac{Gm_1m_2}{r^2}$$



## Key Terms

- Lesbian
- Gay
- Bisexual
- Transgender
- Queer
- Questioning
- 2-Spirit
- Intersex
- Transsexual
- Transphobia
- Biphobia
- Non-binary
- Cisgender
- Gender non-conforming



## LGBTQIA → Sexual & Gender Minorities (SGM)

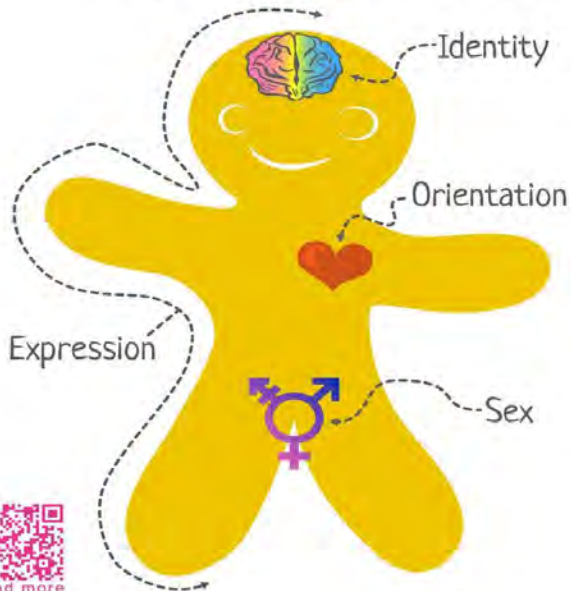
- “SGM populations include, but are not limited to, individuals who identify as lesbian, gay, bisexual, asexual, transgender, Two-Spirit, queer, and/or intersex. Individuals with same-sex or -gender attractions or behaviors and those with a difference in sex development are also included.
- These populations also encompass those who do not self-identify with one of these terms but whose sexual orientation, gender identity or expression, or reproductive development is characterized by non-binary constructs of sexual orientation, gender, and/or sex.”

National Institutes of Health. (2016). *Director's message: Sexual and gender minorities formally designated as a health disparity population for research purposes.*  
[https://www.nimhd.nih.gov/about/directors-corner/messages/message\\_10-06-16.html#:~:text=Sexual%20and%20Gender%20Minorities%20Formally,disparity%20population%20for%20NIH%20research.](https://www.nimhd.nih.gov/about/directors-corner/messages/message_10-06-16.html#:~:text=Sexual%20and%20Gender%20Minorities%20Formally,disparity%20population%20for%20NIH%20research.)



# The Genderbread Person

by [www.ItsPronouncedMetrosexual.com](http://www.ItsPronouncedMetrosexual.com)



**Gender Identity**  
 Woman Genderqueer Man

Gender identity is how you, in your head, think about yourself. It's the chemistry that composes you (e.g., hormonal levels) and how you interpret what that means.

**Gender Expression**  
 Feminine Androgynous Masculine

Gender expression is how you demonstrate your gender (based on traditional gender roles) through the ways you act, dress, behave, and interact.

**Biological Sex**  
 Female Intersex Male

Biological sex refers to the objectively measurable organs, hormones, and chromosomes. Female = vagina, ovaries, XX chromosomes; male = penis, testes, XY chromosomes; intersex = a combination of the two.

**Sexual Orientation**  
 Heterosexual Bisexual Homosexual

Sexual orientation is who you are physically, spiritually, and emotionally attracted to, based on their sex/gender in relation to your own.

## Activity – Case Studies

Selena, a transgender woman, is meeting with John, a male nurse, to complete a basic and brief physical exam as part of the admissions process.

John has never engaged in or performed an exam on a transgender person before. He finds himself very curious and repeatedly catches himself staring at her.

After completing Selena's physical exam, John states, "You know, at first, I thought you were a real woman. When do you plan to complete your gender reassignment surgery?"

Selena angrily responds, "I don't think that has anything to do with the admission process. Are we done here?"





# Aging with Pride

National Health, Aging, and Sexuality/Gender Study

- 2,450 SGM adults 50-102 years old
- 1st longitudinal national study of SGM midlife, older adults
- Funded by NIH/NIA – now in years 11 through 15
- 17 community agencies in all 9 U.S. census divisions
- Stratification: sex, gender, age, cohort, race/ethnicity, region
- Data collection: Survey, in-person interviews, biomarkers
- Demographically at risk and weighted to reduce bias

Fredriksen-Goldsen, K. I. & Kim, H.-J. (2017). The science of conducting research with LGBT older adults – An introduction to Aging with Pride: National Health, Aging, and Sexuality/Gender Study (NHAS). *The Gerontologist*, 57(S1), S1-S14.



**"Isolation, finding friend support, caregiving and health are the biggest issues older gay persons face. *Who will be there for us, who will help care for us without judgment?*"**

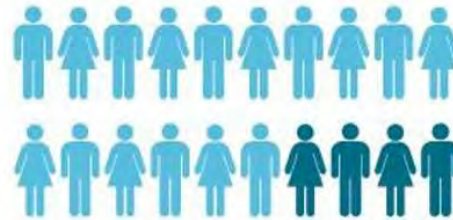
66-year old participant; italics added for emphasis

## 2.7 MILLION LGBT ADULTS AGED 50 AND OLDER

1.1 MILLION ARE 65 AND OLDER

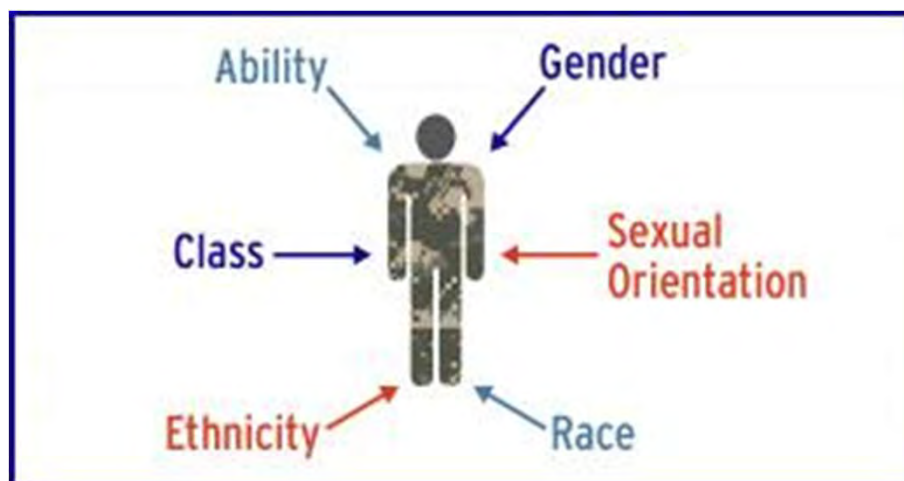


APPROXIMATELY **ONE IN FIVE** (20%) LGBT OLDER ADULTS ARE PEOPLE OF COLOR



Fredriksen-Goldsen, K. I., & Kim, H.-J. (2017). The science of conducting research with LGBT older adults—An introduction to Aging with Pride: National Health, Aging, and Sexuality/Gender Study (NHAS). *The Gerontologist*, 57(S1), S1–S14. <https://doi.org/10.1093/geront/gnw212>

## Intersectionality

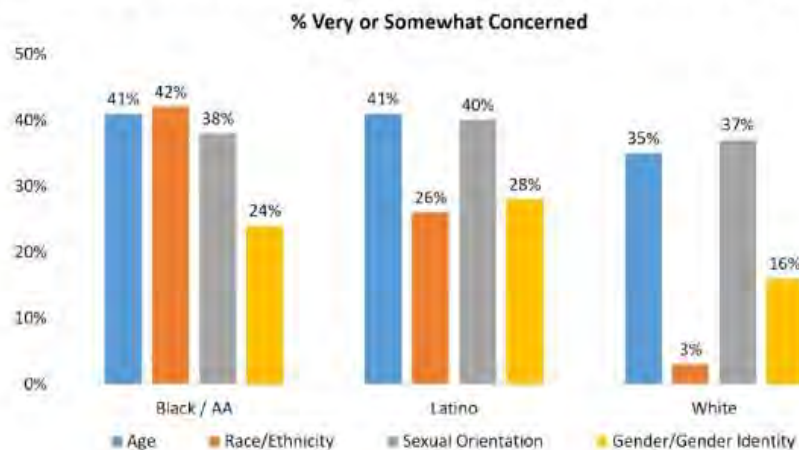


## What Matters

- Know and align care with each older adult's specific health outcome goals and care preferences, including, but not limited to end-of-life care, and across settings of care.



As you get older, how concerned are you that the quality of care you receive by healthcare professionals and staff will be adversely impacted based on your ...



Source: Maintaining Dignity: Insights on Concerns and Preferences of Mid-Life and Older LGBT Adults



80% feel more comfortable with providers who are trained to identify, address LGBTQ+ needs.

86% prefer providers who advertise, highlight LGBTQ+ friendly services.

85% prefer providers who hire LGBTQ+ people.

82% prefer providers who display LGBTQ+ welcoming signs throughout community, on their website.

60% fear being refused services or receive substandard care.



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Houghton, A. (2018). Maintaining dignity: Understanding and responding to the challenges facing older LGBT Americans. *AARP Research*, 10.

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About

At **NORTHWEST Geriatrics**, senior care is our passion—and that's what makes us unique. Our mission is to care for the elderly in the community – we care for you or your loved one at your home or facility. We establish a comprehensive care

Radio silence...

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## Bias in Healthcare Against LGBTQ+ Older Adults

21% do not disclose their sexual or gender identity to their physician

15% fear accessing healthcare outside the LGBT community

13% have been denied healthcare or provided with inferior healthcare

"I have had an overwhelmingly positive experience with my gender transition so far, but I would say that my primary concern about the future is with access to healthcare and potential discrimination as a senior transgender person, especially if the need arises for emergency or long-term care."

56-year-old transgender woman

Fredriksen-Goldsen, K. I., Kim, H.-J., Emlet, C. A., Muraco, A., Erosheva, E. A., Hoy-Ellis, C. P., Goldsen, J., & Petry, H. (2011). *The Aging and Health Report: Disparities and Resilience among Lesbian, Gay, Bisexual, and Transgender Older Adults*. Institute for Multigenerational Health.

## Bias in Healthcare Against Transgender Older Adults

> 25% experienced discrimination by physician, or denied health insurance due to gender identity

22% experienced financial barriers to health services

40% report fearing accessing health services

"As a trans person, I am afraid of services, so I avoid or refuse preventive care. I do not know what I will do if I am unable to care for myself."

-62-year-old trans bisexual woman

Fredriksen-Goldsen, K. I., Kim, H.-J., Emlet, C. A., Muraco, A., Erosheva, E. A., Hoy-Ellis, C. P., Goldsen, J., & Petry, H. (2011). *The Aging and Health Report: Disparities and Resilience among Lesbian, Gay, Bisexual, and Transgender Older Adults*. Institute for Multigenerational Health.



## History, Society, Culture Why the Hell Would We Trust You?

Frank, who identifies as gay, is a new resident at a skilled nursing facility. Scott, the Social Services Director, has a moral objection to same-sex relationships, but knows he has an obligation to treat all residents with respect and dignity.

During the evaluation, Scott is polite but not friendly, and he avoids eye contact by looking at his clipboard. He decides to not ask Frank anything related to his relationship or sexual history because it makes him uncomfortable.

After Scott leaves, Frank feels fearful about his care and wonders if he will be treated fairly. Scott, meanwhile, feels proud of himself for completing his assessment, and for not saying anything that could be considered offensive or judgmental.



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## Standpoint Theory



- Some features of “reality” prominent, others obscured
- SGM experience different “reality”

Smith, D. E. (1997). From the margins: Women’s standpoint as a method of inquiry in the social sciences. *Gender, Technology and Development*, 1(1), 113–135.

## Historical Context

- ✓ **Sickness**  
Involuntary commitment, “treatment”
- ✓ **Perversion**  
Criminal arrests, public knowledge
- ✓ **Loss of jobs, families**

### 13 Nabbed In Crackdown On Morals Offenders Here

By CHUCK HENDRICK  
Tribune Staff Writer

City vice squadmen, led by Captain Howell Rvax, last night fired what the officers termed the “opening shot” in a war against sex perverts in Tampa, arresting 13 women in two Grand Central Ave. taverns.

His first in the raid, employing some eight detectives and uniformed policemen, was Jimmie White’s Tavern, at 1725 Grand Central.

The tavern, crowded with

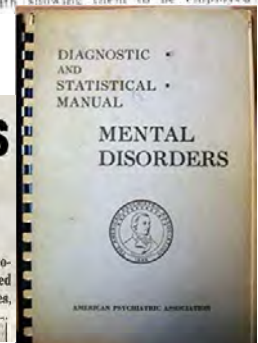
Rvax that “my orders came from the top,” and “we’re going to put a stop to this activity once and for all.”

During the raid, in which the detectives relied on the dress and appearance of the women in the bar in determining whom to arrest, the officers questioned two bartenders who were wearing men’s clothing and, to all appearances, were men. However, they were carrying police identification cards showing them to be employed

### 400 More Homosexuals Ousted from Gov’t Jobs

Washington, D. C., March 25.—A prompt drive to kick 400 known homosexuals off the Government payrolls may overshadow the showdown scheduled for next week in the Congressional probe of alleged State Department Commies, it was predicted here today.

The climax in the disloyalty investigation is set for Mon-





"Cured"



## Sexual Orientation

- *DSM I* (1952): Sociopathic personality disturbance
- *DSM II* (1974): Sexual orientation disturbance\*
- *DSM III* (1980): Ego-dystonic homosexuality\*
- *DSM-III-R* (1987): Sexual disorder not otherwise specified; persistent, marked distress about one's sexual orientation
- *DSM-IV* (1994); *DSM-IV-TR* (2000): same as it ever was...
- *DSM-V* (2015): Finally!!!



\* legitimized conversion therapies

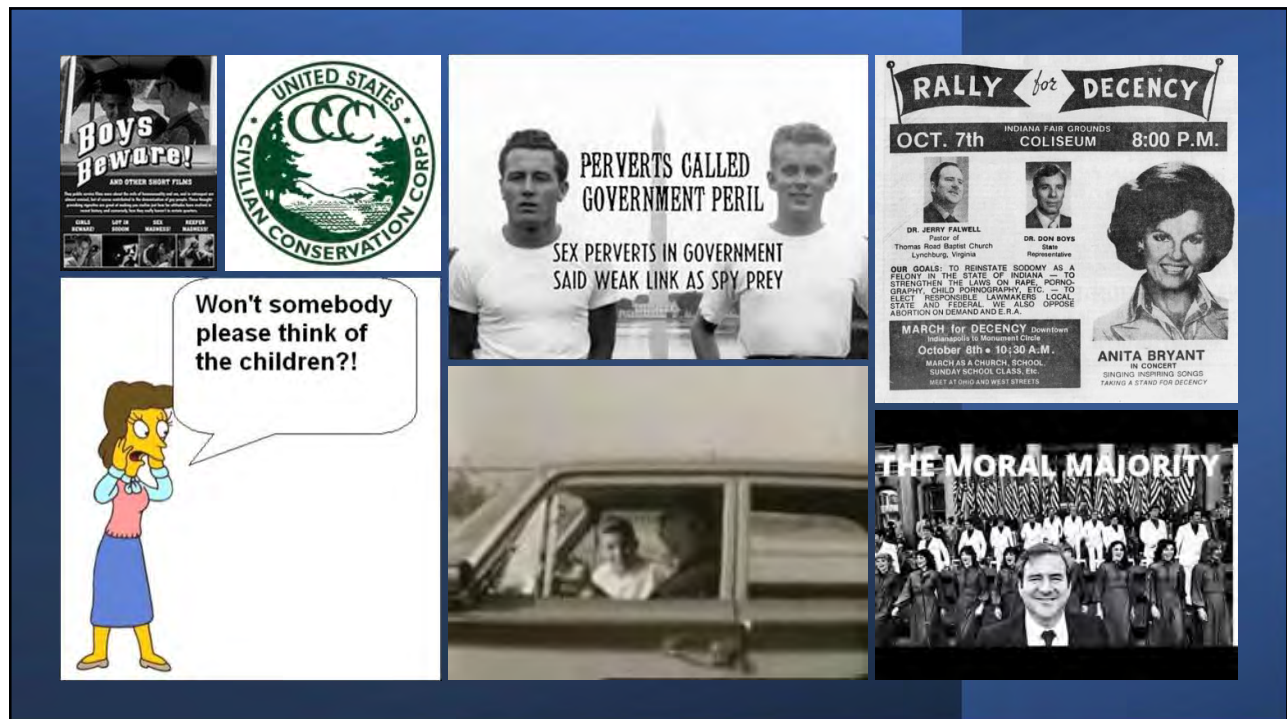


## Gender Identity

- *DSM III* (1980): Gender identity disentangled from homosexuality, “transsexualism”
- *DSM-IV* (1994): “transsexualism” replaced with “gender identity disorder”
- *DSM-IV-TR* (2000): same as it ever was...
- *DSM-V* (2015): Gender dysphoria
- *DSM-V-TR* (2022): same as it ever was...



Drescher





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The difference is that was then, this  
is now.

— S. E. Hinton —

Really? ←

- **So far in 2023, lawmakers in 46 states have introduced more than 650 anti-LGBTQ bills<sup>1</sup>**
- **Accusations of 'grooming' are the latest political attack — with homophobic origins<sup>2</sup>**



Supporters of Florida's recently signed Parental Rights in Education law demonstrate at the Duval County Public Schools building in Jacksonville, Fla., on May 3.  
Corey Perrine/Florida Times-Union/USA Today Network via Reuters Co.

<sup>1</sup> <https://www.usatoday.com/story/news/nation/2023/03/31/650-anti-lgbtq-bills-introduced-us/11552357002/>

<sup>2</sup> <https://www.npr.org/2022/05/11/1096623939/accusations-grooming-political-attack-homophobic-origins>



As a man who is gay,  
I did not live my life as a gay man.  
I lived my life as a man.

*-83-year-old gay participant*

Do you live your life as a straight/cisgender person, or as a person? ←

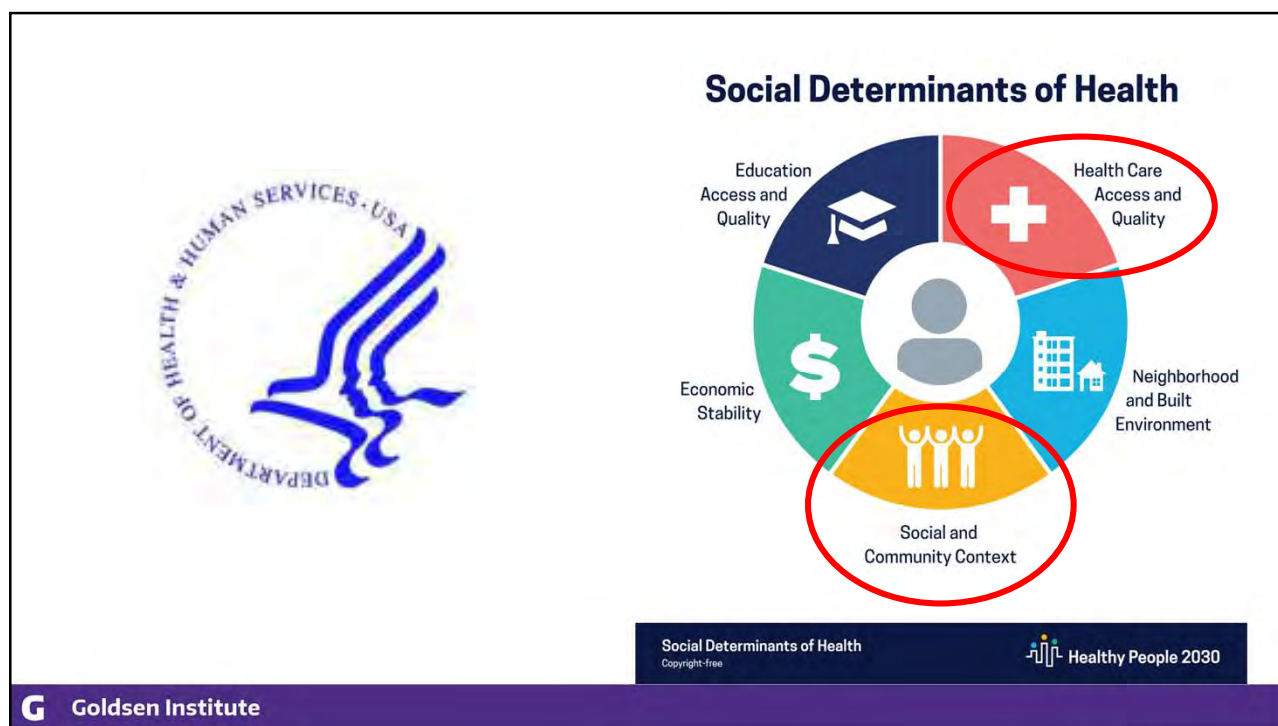
## Life Course Perspective

- **Sociocultural context**
- **Time: Individual, generational, historical**
- **Past influences present, including health**



Elder, G. H. (1994). Time, human agency, and social-change—Perspectives on the life-course. *Social Psychology Quarterly*, 57(1), 4–15.  
Elder, G. H. (1998). The life course as developmental theory. *Child Development*, 69(1), 1–12.







## Minority stressors

- Discrimination, victimization
- Anticipated rejection
- Long-term concealment
- Internalized heterosexism

## General stressors

- Loss of close relationship
- Serious illness
- Unrealistic workload

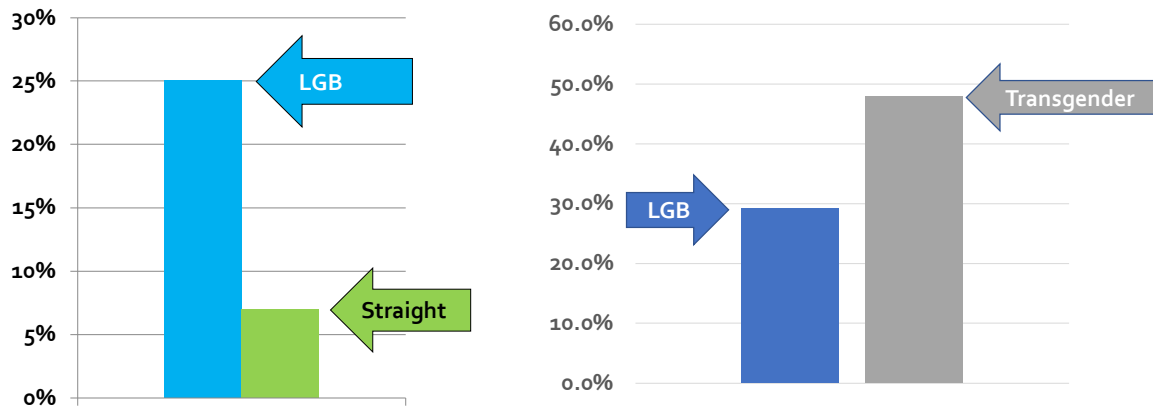


Meyer, I. H. (2003). Prejudice, social stress, and mental health in lesbian, gay, and bisexual populations: Conceptual issues and research evidence. *Psychol Bull*, 129(5), 674–697. <https://doi.org/10.1037/0033-2909.129.5.674> 2003-99991-002

## Mentation

Prevent, identify, treat, and manage  
dementia, depression, and delirium across  
settings of care.

## Distress/Depression 50+



Fredriksen-Goldsen, K. I., Kim, H.-J., Barkan, S. E., Muraco, A., & Hoy-Ellis, C. P. (2013). Health disparities among lesbian, gay, and bisexual older adults: Results from a population-based study. *Am J Public Health, 103*(10), 1802–1809. <https://doi.org/10.2105/AJPH.2012.301110>

Fredriksen-Goldsen, K. I., Cook-Daniels, L., Kim, H.-J., Erosheva, E. A., Emlet, C. A., Hoy-Ellis, C. P., Goldsen, J., & Muraco, A. (2013). Physical and mental health of transgender older adults: An at-risk and underserved population. *The Gerontologist, 54*(3), 488–500. <https://doi.org/10.1093/geront/gnt021>

## Health Disparities LGB v. Straight 50+ Transgender vs. Cisgender LGB 50+

	LB Women		GB Men			LB Women		GB Men	
	High↑	Low↓	High↑	Low↓		High↑	Low↓	High↑	Low↓
Stroke	✓	—	—	—	Cancer	—	—	✓	—
Heart Attack	✓	—	—	—	Weakened Immune System	✓	—	✓	—
Angina Pectoris	—	—	✓	—	General Health, Poor	✓	—	✓	—
Asthma	✓	—	—	—	Disability	✓	—	✓	—
Arthritis	✓	—	—	—	Cognitive impairment	✓	—	—	—
Low Back/Neck Pain	✓	—	✓	—	Limitations in ADL	—	✓	✓	—
Diabetes	—	✓	—	—	Limitations in IADL	—	—	✓	—
Obesity	—	—	—	✓	Mental Distress	✓	—	✓	—

**Note:** Adjusted odds ratios (AOR), controlling for age, income, education  
 $p \leq .05$   
 $n = 33,346$

Fredriksen-Goldsen, K. I., Kim, H.-J., Shui, C., & Bryan, A. E. B. (2017). Chronic health conditions and key health indicators among lesbian, gay, and bisexual older US adults, 2013–2014. *American Journal of Public Health, 107*(8), 1332–1338. <https://doi.org/10.2196/ajph.2016.0282>

## Mobility

- Ensure that older adults move safely every day in order to maintain function and do What Matters!
- Laudable, yet doesn't account for structural factors



### EXPLICIT BIASES

- \* AWARE of THOUGHTS & EMOTIONS TOWARDS a SPECIFIC GROUP

- ~ HATE SPEECH
- ~ DISCRIMINATION
- ~ PREJUDICE



### IMPLICIT BIASES

- \* GUT REACTIONS OCCUR w/in MILLISECONDS
- \* UNCONSCIOUS ATTITUDE & BELIEFS
  - └ FEELINGS
  - └ BEHAVIOR
  - └ JUDGEMENT
- \* UNAWARE (SUBCONSCIOUS)
- \* can DIRECTLY AFFECT HEALTHCARE OUTCOMES & PATIENT SATISFACTION

## How many...

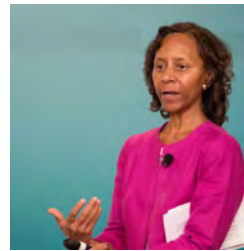
- BIPOC/SGM 'rocket scientists' can you name?



Mae Jemison is a doctor, an astronaut, a dancer and a businesswoman. (Photo: NASA/Wikimedia Commons)



Alexa Canady was a patient-focused surgeon. (Photo: Wikimedia Commons)



Marian Croak became the vice president of engineering at Google in 2014. (Photo: New America/Wikimedia Commons)



Mary Eliza Mahoney worked as a private nurse in the late 19th century. (Photo: Wikimedia Commons)  
1<sup>st</sup> Black woman to earn a professional nursing license in the U.S.



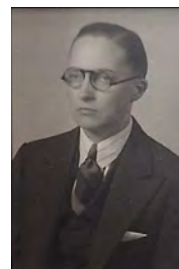
Sir Francis Bacon, Father of scientific method



Florence Nightingale, COPY 1/11 34 National Archives



Sally Ride



Alan Hart



Alan Turing



## Our Positionalities Bias Our Epistemologies

Her **impairment** is the problem! They should cure her or give her prosthetics.

The *medical model* of disability



The **stairs** are the problem! They should build a ramp.

The *social model* of disability

Image by UAA: <http://www.uaa.alaska.edu/accessibility/topic/architecture.cfm>

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## Harvard University – Project Implicit



<https://implicit.harvard.edu/implicit/takeatest.html>

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## SGM (LGBTQIA+) Health Disparities

Elevated risk of social isolation

Income not commensurate with education

More lifetime discrimination and victimization

Higher rates of physical limitations, weakened immune system, mental distress

Fredriksen-Goldsen, K. I., Kim, H.-J., Goldsen, J., Shiu, C., & Emlert, C. A. (2016). Addressing Social, Economic, and Health Disparities of LGBT Older Adults & Best Practices in Data Collection. LGBT+ National Aging Research Center, University of Washington, Seattle, WA

## Sexual Minority (LGB) Health Disparities

Lesbian, bisexual women: Higher rates of disability, CVD, overweight, poor general health

Gay and bisexual men: 2x as likely to live alone; higher risk of cancer, HIV

Bisexual older adults: Higher stigma, less likely to disclose identity, lower income, less support

Fredriksen-Goldsen, K. I., Kim, H.-J., Goldsen, J., Shiu, C., & Emlert, C. A. (2016). Addressing Social, Economic, and Health Disparities of LGBT Older Adults & Best Practices in Data Collection. LGBT+ National Aging Research Center, University of Washington, Seattle, WA

# Gender Minority (Transgender) Health Disparities

Rates of obesity, lack of physical activity significantly higher than nontrans LGB OAs

Poorer physical health, higher likelihood of disability, depression, and stress than nontrans pts

Reported more incidents of lifetime discrimination and victimization, compared to LGB OA pts

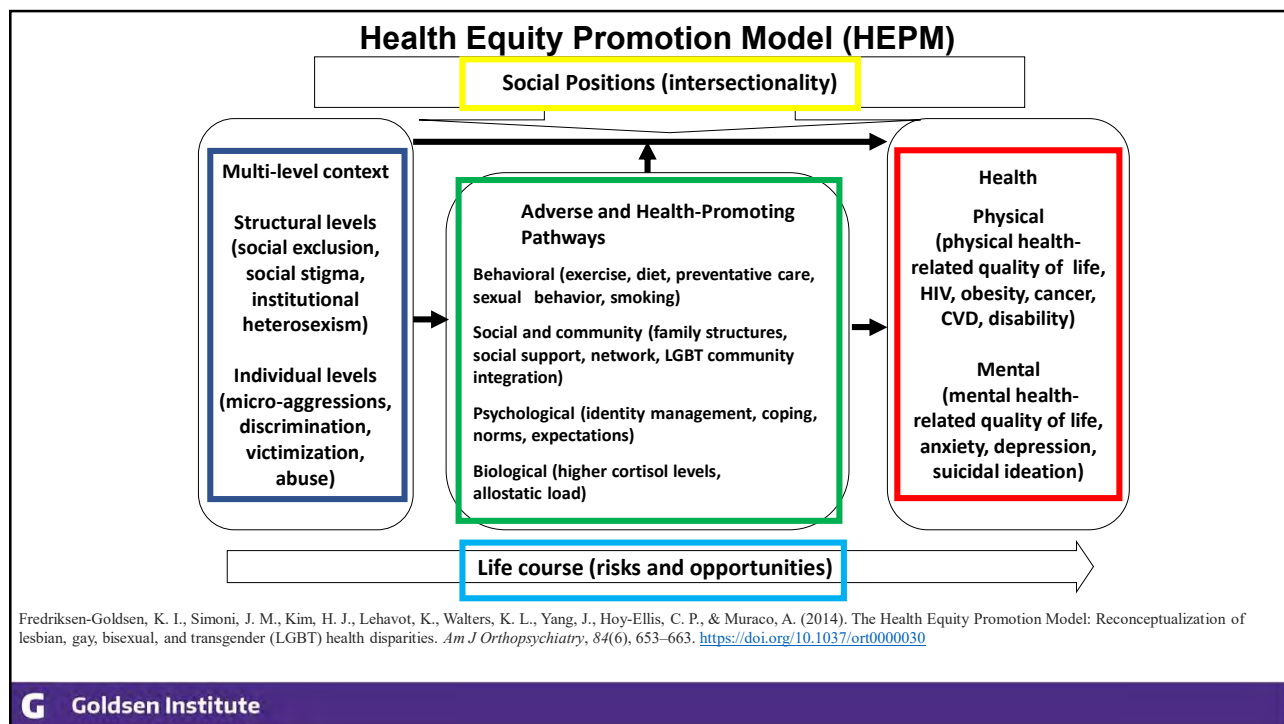
Reported lower levels of social support and community belonging than LGB pts

More likely to have served in the military, placing them at an elevated risk for trauma-related conditions (PTSD)

Fredriksen-Goldsen, K. I., Kim, H.-J., Emlen, C. A., Muraco, A., Erosheva, E. A., Hoy-Ellis, C. P., Goldsen, J., & Petry, H. (2011). *The Aging and Health Report: Disparities and Resilience among Lesbian, Gay, Bisexual, and Transgender Older Adults*. Institute for Multigenerational Health.

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## Where, how we can make a difference

- **Microaggressions: commonplace daily verbal, behavioral or environmental slights...**
- **Intentional or not communicate hostile, derogatory, or negative attitudes toward stigmatized or culturally marginalized groups**



Sue D. W. (2010). *Microaggressions in Everyday Life: Race, Gender, and Sexual Orientation*. Wiley. pp. xvi. ISBN 978-0-470-49140-9.

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## So, what does this have to do with the 4Ms?

- Care alignment with each older adult's specific health outcome goals, care preferences
- Prevent, identify, treat, and manage dementia, depression...across care setting
- Ensure that older adults move safely every day in order to maintain function and do What Matters!



## Risks and Social Exclusion among SGM Older Adults

- 55% live alone (28% in general population)
- Less likely to marry or partner
- 64% lifetime discrimination, victimization 3+ times
- 25% discrimination in workplace
- 25% threatened with outing
- Many lives impacted by HIV/AIDS



## Social Isolation & Loneliness

	SGM	Not SGM
Feeling left out	60%	30%
Isolated from others	55%	28%
Lack companionship	53%	34%



## Social Isolation & Loneliness

- Those at greatest risk live alone
- ~ 10% more live alone each year



## Social Isolation, Loneliness, Dementia

- Loneliness predicts functional decline, mortality, accelerated biological aging –risk factor for dementia.
- Socially isolated older adults: decreased social engagement, increases dementia risk.
- Likely lonelier; have unmet needs; more difficulties with physical functioning.
- 2x risk of institutionalization.



Wolkowitz, O. M., Reus, V. I., & Mellon, S. H. (2011). Of sound mind and body: Depression, disease, and accelerated aging. *Dialogues in Clinical Neuroscience*, 13(1), 25–39.

Penninkilampi, R., Casey, A. N., Singh, M. F., & Brodaty, H. (2018). The Association between Social Engagement, Loneliness, and Risk of Dementia: A Systematic Review and Meta-Analysis. *Journal of Alzheimers Disease*, 66(4), 1619–1633. <https://doi.org/10.3233/jad-180439>

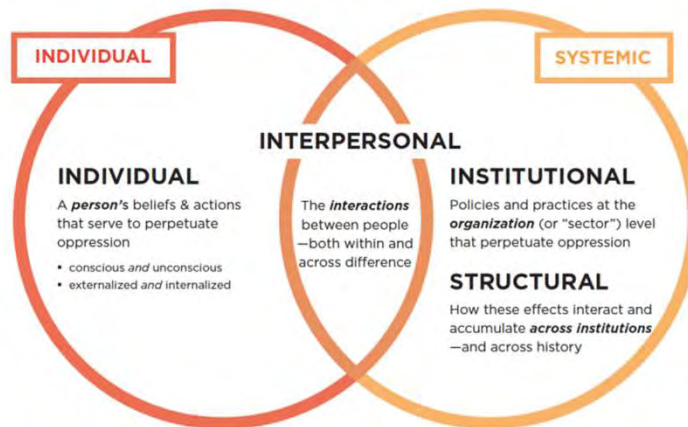
## Innovations in Dementia Empowerment & Action (IDEA)

- Almost all dementia interventions focused on care providers
- 50% of SGM with dementia don't have a care provider
- One more 'social exclusion'





# Systems of Oppression Remember That Implicit Bias Stuff?



## Individual

- Actions
- Decisions
- Behaviors

## Cultural

- Norms
- Beliefs
- Stories
- Values

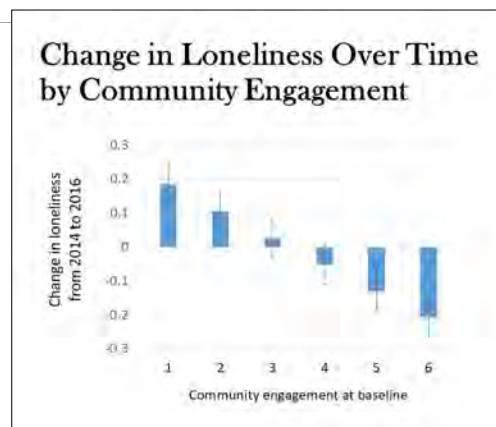
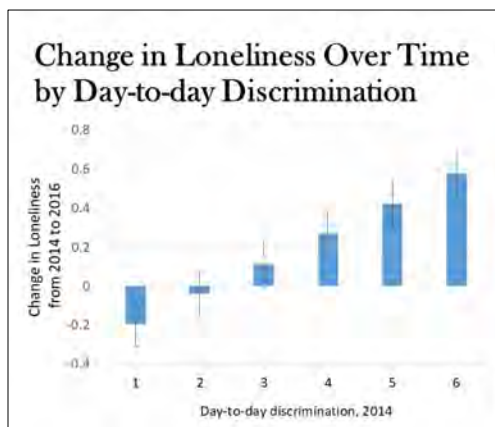
## Institutional

- Policies
- Procedures
- Structures

## Systemic

- Networks and connections across institutions

## Different Pathways, Different Solutions



Fredriksen Goldsen, K. I. (2022, February). *Linking Lives to Disrupt the Cycle of Social Isolation*. Keynote address at University of Michigan School of Social Work: Endowed Winkelman Lecture.

# Invisibility



**"I am not aware that anyone close to me knows or suspects my sexual orientation.**

**My son once hinted at it but not in recent years. At my death, they will probably find tell-tale clues."**

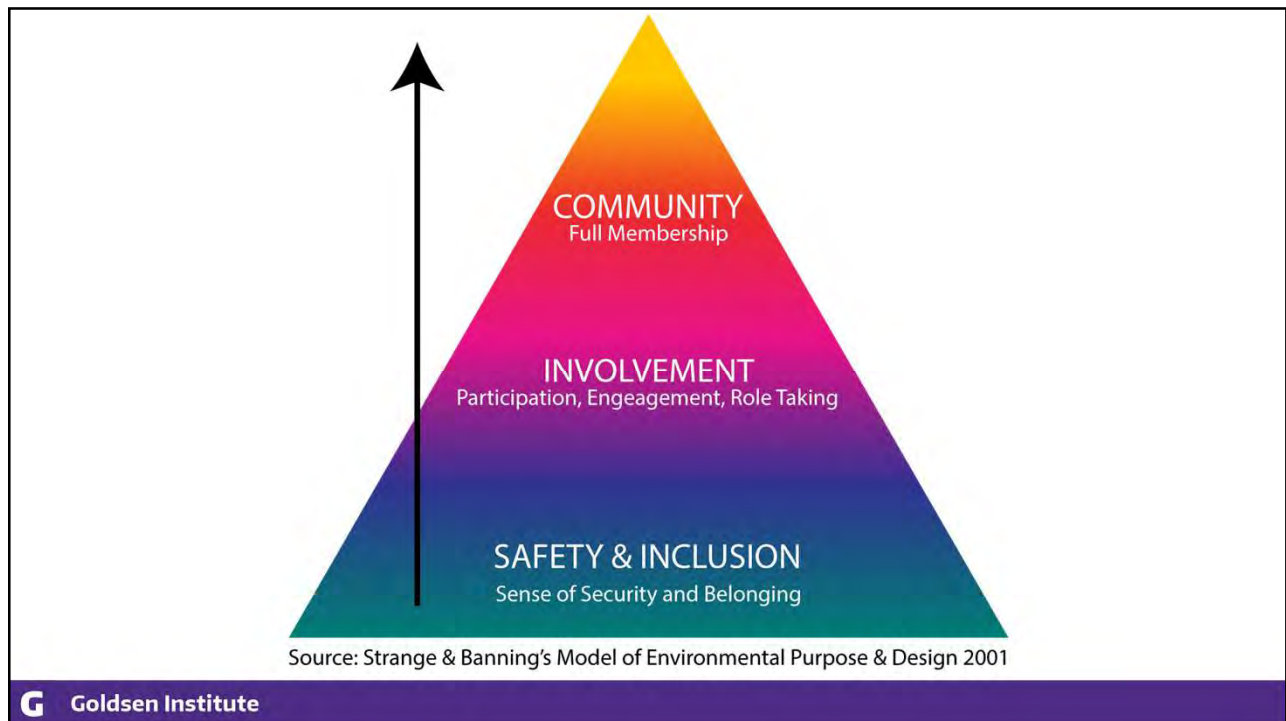
88-year CAP participant



## Gen Silent

The LGBT Aging Documentary

# Strategies for Creating Welcoming Communities



## How to Be Unwelcoming

- Don't recognize you have SGM patients
- Don't have representations of SGM people in your workplace
- Don't do outreach to SGM people in your community



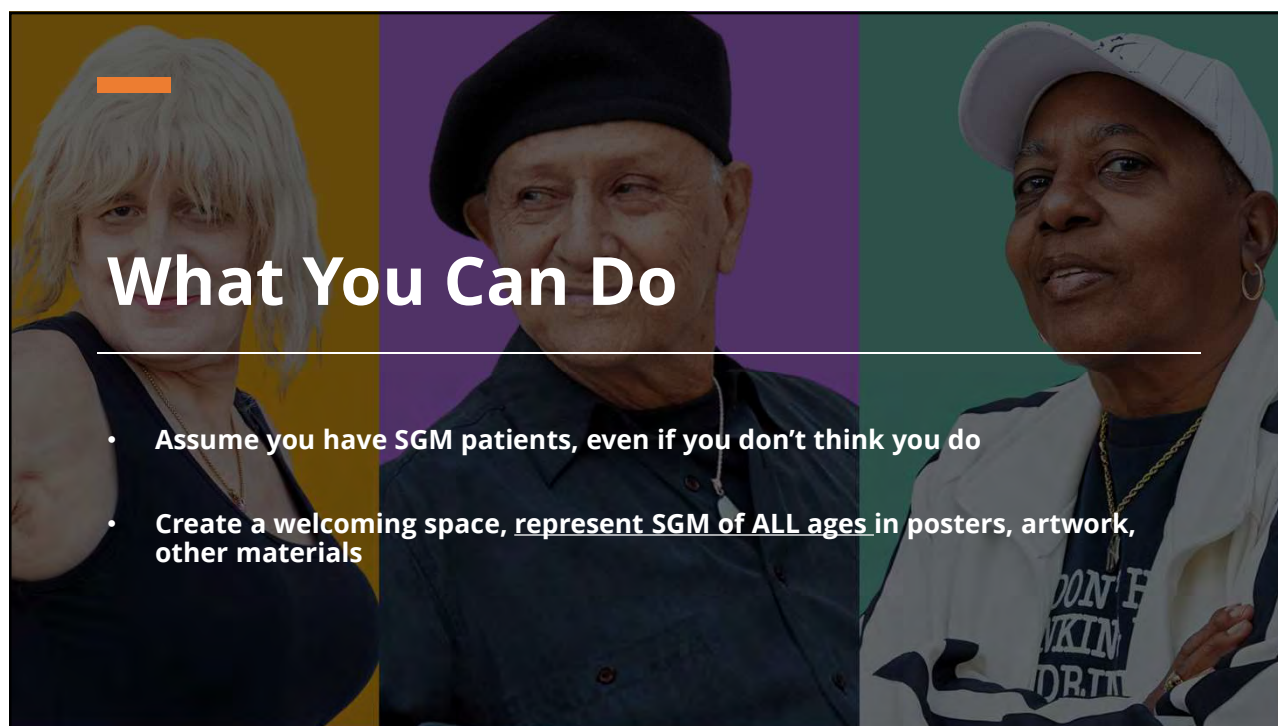
## Case Studies

Kiara, who identifies as bisexual, is in the Admission Director's office and is looking through the facility's brochures.

She is disappointed to see few people of color on the pamphlets, and all couples portrayed as heterosexual.







- Use terms, language on forms that acknowledge existence of SGM patients
- Represent full spectrum of SGM patients, especially in outreach materials
- Recognize families-of-choice in policies, procedures



*Aging with Pride*

**Don't forget**

**Be inclusive, use affirming language in conversations and materials**

- "Who do you consider to be your family?"
- "How do you identify in terms of gender?"

**Educate yourself, other service providers**

- LGBTQ+ books, movies, community events

**G** Goldsen Institute



If someone does “come out” to you

- **DO NOT respond with neutrality (or negativity!)**
- **You might be first person that an SGM person has ever come out to...**
- **That is a singular honor & sign of trust!**

## In Closing...



**“In spite of some of the hassles I have had in my life because I am gay, I consider being gay a gift. It has made my life richer and opened so much of the world for me. Of course, if I had it to do over again, there are some things I would have done differently but being gay isn't one of them.”**

70-year-old CAP participant



### **Goldsen Institute**

Innovation in Health, Longevity, Sexuality, Gender, and Culture

[GoldsenInstitute@uw.edu](mailto:GoldsenInstitute@uw.edu)

1-888-643-4498

### **Health & Wellness Research**

[AgePride@uw.edu](mailto:AgePride@uw.edu)

1-800-558-8703

### **Intervention Research**

[ageIDEA@uw.edu](mailto:ageIDEA@uw.edu)

1-888-655-6646

### **Programs & Trainings**

[AgePrideCenter@uw.edu](mailto:AgePrideCenter@uw.edu)

1-206-543-2449

### **Follow Us**

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Charlie Hoy-Ellis: [ellisc@uw.edu](mailto:ellisc@uw.edu)

(206) 685-1776





# AgePRIDE

The Goldsen Institute - University of Washington

## LGBTQ+ RESOURCE GUIDE



### **Puget Sound Metropolitan Region**

King, Snohomish, and Pierce Counties

*Created as a joint effort by AgePRIDE and GenPride with funding support from the King County Veterans, Seniors, and Human Services Levy.*



Adults 50  
and older

The **Goldsen Institute**  
University of Washington

 **GenPride**



**AgePrideCenter@uw.edu**



**206-543-2449**



**goldseninstitute.org/agepride**

Updated June 2022

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# LGBTQ+ RESOURCE GUIDE

*For adults 50 and over*

## INTRODUCTION

AgePRIDE, a division of the Goldsen Institute, is designed to engage, inform, and serve LGBTQ+ older adults, care partners, families, and other underserved communities. The goal of AgePRIDE to develop, implement, and evaluate an array of evidence-based services and interventions, including health promotion, social engagement, social services, and educational and cultural events. AgePRIDE seeks to connect research to practice in order to improve health and well-being within the LGBTQ+ community.

GenPride, another Seattle-based senior center, advocates for the unique needs of older LGBTQ+ adults. GenPride offers innovative programs and services that promote well-being and prevent social isolation, cultivate belonging through community connection, and work to eliminate discrimination in all its forms.

This resource guide was created as a joint effort by AgePRIDE and GenPride. Our goal is to highlight the organizations that provide places of belonging for LGBTQ+ older adults, offering support ranging from housing resources to social connection.

**We are here to help! If you have any questions about how to use this guide, would like assistance connecting to any of these resources, or know of a resource that should be added or changed, please contact us at 206-543-2449 or [AgePRIDECenter@uw.edu](mailto:AgePRIDECenter@uw.edu).**

# Crisis Lines

## Trans Lifeline

A trans-led organization that provides peer support and a crisis hotline staffed by trans people, for trans people.

Daily 7 AM – 1 AM; English & Spanish

**877-565-8860**

<https://translifeline.org/>

## Veterans Crisis Line

Confidential crisis support for all Veterans, Service Members, National Guard, and their families and friends.

**800-273-8255 (press 1)**

[veteranscrisisline.net](https://veteranscrisisline.net)

## 24-hour Crisis Lines

King County: **866-427-4747**

Pierce County: **800-576-7764**

Snohomish County: **800-584-3578**

## LGBT National Help Center

Monday – Friday, 1 – 9 PM

Saturdays, 9 AM – 2 PM

**888-843-4564**

## WA Warm Line

Confidential peer support help line for people living with emotional and mental health challenges. Calls are answered by specially-trained volunteers who have lived experience with mental health challenges.

Monday – Friday, 5 – 9 PM

Weekends 12:30 – 9 PM

**877-500-9276**

## NW Network of Bi, Trans, Lesbian, and Gay Survivors of Abuse

Offers programs and services for survivors of abuse including advocacy based counseling, safety and support planning, basic legal advocacy, and resources and referrals for free.

Monday – Friday, 5 – 9 PM

**206-568-7777**

[nwnetwork.org](https://nwnetwork.org)





# Local Resource Centers

## AgePRIDE

Located within the University of Washington School of Social Work, AgePRIDE provides training, education, support, and social opportunities to older adults and their care partners with a focus on the LGBTQ+ older adult community.

**206-543-2449**

[goldseninstitute.org/agepride](https://goldseninstitute.org/agepride)

## GenPRIDE

LGBTQ+ Allies Senior Center: classes and programs at a Seattle location. Works in partnership with senior centers and older adult programs throughout King County. Provides training programs on LGBTQ+ cultural awareness.

**206-393-3400**

[genprideseattle.org](https://genprideseattle.org)

## Tacoma Older LGBT

Advocates, serves, and supports the LGBTQ+ older adult community in Tacoma and Pierce County. Programs include social events and classes as well as educations and trainings.

**253-271-8185**

[tacomaolderlgbt.org](https://tacomaolderlgbt.org)

## Gay City

Seattle's LGBTQ+ Center provides health services (including HIV/STI testing and health insurance enrollment), community resources, programs, and advocacy in Seattle and King County.

**206-860-6969**

[gaycity.org](https://gaycity.org)

## Ingersoll Gender Center

Support and advocacy organization by and for transgender and gender nonconforming people. Provides mutual support, advocacy, community organizing, and education in Seattle, the greater Puget Sound, and across Washington state.

**206-849-7859**

[ingersollgendercenter.org](https://ingersollgendercenter.org)

## Ingersoll Gender Center's Trans & Gender Nonconforming Resource Guides:

### King County

<https://kctransguide.org/>

### Snohomish County

[ingersollgendercenter.org/snohomish-resourceguide](https://ingersollgendercenter.org/snohomish-resourceguide)

### Pierce County

[ingersollgendercenter.org/pierce-resourceguide](https://ingersollgendercenter.org/pierce-resourceguide)



# Local Resource Centers

## Rainbow Center

LGBTQ+ resources, education, and advocacy hub in South Puget Sound. Provides community resources, advocacy support, education, training, and hosts annual celebrations.

**253-383-2318**

[rainbowcntr.org](http://rainbowcntr.org)



# Black, Indigenous, or Person of Color–Focused

## Entre Hermanos

Promotes health and wellbeing of the Latino LGBTQ+ community through disease prevention, education, support services, advocacy, and community building.

**206-322-7700**

[entrehermanos.org](http://entrehermanos.org)

## Northwest Two-Spirit Society (NWTSS)

Supports those who identify as Two-Spirit, those who are Aboriginal/First Nation/Native American/American Indian/Alaskan Native AND Gay/Lesbian/Bisexual/Transgender, through promotion of health, community, visibility, education, and training.

[facebook.com/groups/nw2spiritsociety](https://facebook.com/groups/nw2spiritsociety)

## People of Color Against AIDS Network (POCAAN)

Multicultural, multi-social service agency with LGBTQ+ community programs including HIV/AIDS prevention, medical case management, recovery support, homelessness prevention, and the Black Trans Economic Empowerment Project.

**206-322-7061**

[pocaan.org/](http://pocaan.org/)

## Queer Black Alliance of South Sound

Provides a safe space for fellowship and empowerment for African Americans in the LGBTQ+ community in the South Sound areas.

**253-256-1846**

[weareqbass@gmail.com](mailto:weareqbass@gmail.com)

[facebook.com/QBASS253EVENTS](https://facebook.com/QBASS253EVENTS)

## Somos Seattle

An organization for LGBTQ+ Latinx folks that builds community, shares resources, and fosters spaces for learning and growth.

**206-765-9043**

[somosseattle@gmail.com](mailto:somosseattle@gmail.com)

[somosseattle.org](http://somosseattle.org)

## Trans Women of Color Solidarity Network

Upholds the self determination of Two-Spirit, Trans Women and Femmes of color and creates opportunities to exercise collective and community care, including financial support.

[twocsolidaritynw@gmail.com](mailto:twocsolidaritynw@gmail.com)

[facebook.com/TWOCSolidarityNW](https://facebook.com/TWOCSolidarityNW)



# Black, Indigenous, or Person of Color–Focused

## **Trikone Northwest**

Volunteer-run organization that creates a social, supportive, educational, and political space for LGBTQ+ and differently-oriented South Asians and their family, friends, allies, and community.

**[trikonenorthwest@gmail.com](mailto:trikonenorthwest@gmail.com)**  
**[trikonenw.org](http://trikonenw.org)**

## **United Territories of Pacific Islanders Alliance (UTOPIA)**

Provides sacred spaces to strengthen the minds and bodies of Queer and Trans Pacific Islanders through community organizing, community care, civic engagement, and cultural stewardship.

**253-478-3941**  
**[utopiaseattle.org](http://utopiaseattle.org)**

## **WA Black Trans Task Force**

A program of Lavender Rights Project that provides resources for Seattle-Tacoma Black trans people in collaboration with community partners.

**206-639-7955**  
**[wabtff@lavenderrightsproject.org](mailto:wabtff@lavenderrightsproject.org)**  
**[lavenderrightsproject.org/wa-btff](http://lavenderrightsproject.org/wa-btff)**





# Classes, Activities, & Social Connection

## LGBTQ+ Social Groups

### AgePRIDE

206-543-2449

[goldseninstitute.org/agepride](http://goldseninstitute.org/agepride)

### GenPRIDE

206-393-3400, [genprideseattle.org](http://genprideseattle.org)

### Rainbow Recreation

206-615-0619, [seattle.gov/parks/find/lgbtq](http://seattle.gov/parks/find/lgbtq)

### Tacoma Older LGBT

253-271-8185, [tacomaolderlgbt.org](http://tacomaolderlgbt.org)

### Aging Lesbians in South Seattle (ALISS)

Meets the first Thursday of the month at 12 PM at the Southwest Senior Center to connect and create community, and in-between for potlucks, games, and other activities as arranged.

[ALISSquestions@gmail.com](mailto:ALISSquestions@gmail.com)

### BiNet Seattle

A social and support organization created for bisexual, bi-curious people, and their partners in the Puget Sound area. Holds social events and support groups.

[binetseattle.org](http://binetseattle.org)

### Emerald City Social Club

Social and educational organization for the transgender community in Seattle.

425-827-9494

[theemeraldcity.org](http://theemeraldcity.org)

### Gender Alliance of the South Sound (GASS)

A support and social group for crossdressers, transgender, and/or other individuals who self-identify as different than the gender they were assigned at birth. Serves Pierce, Thurston, Kitsap, Mason, and King counties.

253-383-2318

[genderallianceofthesouthsound@gmail.com](mailto:genderallianceofthesouthsound@gmail.com)

### Ingersoll Gender Center

Trans-led peer support and social groups. Meets in Seattle.

206-849-7859

[ingersollgendercenter.org](http://ingersollgendercenter.org)



# Classes, Activities, & Social Connection

## Mature Friends

A social group for gay and lesbians 40+. Hosts activities, classes, and social gatherings. Primary location is at the Wallingford Community Senior Center in Seattle.

info@maturefriends.org  
[maturefriends.org](http://maturefriends.org)

## Northshore Pride Meeting and Lunch

Monthly lunch at the Northshore Senior Center.

425-487-2441  
[northshoreseniorcenter.org](http://northshoreseniorcenter.org)

## Old Lesbians Organizing for Change (OLOC)

A national network of Old Lesbians over age 60 working to make life better through support networks and by confronting ageism using education and public discourse as primary tools. Includes regional gatherings and local chapters.

[OLOC.org](http://OLOC.org)

## Puget Sound Old Lesbians Organizing for Change (PS OLOC)

Promotes visibility and empowerment of older lesbians through support, community building, and cultural preservation. Serves as an umbrella organization and point-of-contact for the following lesbian social groups (please see next card):

253-777-3357  
[psoloc.org](http://psoloc.org)

**Aging Ballard Lesbian Exchange (ABLE)**  
206-297-0403, [ballardseniorcenter.org](http://ballardseniorcenter.org)

**Aging Lesbians in South Seattle (ALISS)**  
206-722-0317, [sessc.org](http://sessc.org)

**Older Lesbians Gathering Around Northshore (OLGA)**  
425-487-2441, [northshoreseniorcenter.org](http://northshoreseniorcenter.org)

**Older Westside Lesbians (OWLs)**  
206-932-4044, [sc-ws.org](http://sc-ws.org)

## Seattle Aces and Aros

Aromantic and Asexual meetup group for the Greater Seattle area. Provides community and support for anyone on the ace or aro spectrums.

contact@seattleacesandaros.org  
[seattleacesandaros.org](http://seattleacesandaros.org)



# Classes, Activities, & Social Connection

## Seattle Primetimers

A social organization for gay men 40+ and their friends.

**info@seattleprimetimers.org**  
[seattleprimetimers.org](http://seattleprimetimers.org)

## Senior Center of West Seattle, Second Thursday OUT!

A monthly evening gathering for the LGBTQ+ community and their allies.

**206-932-4044**  
[sc-ws.org](http://sc-ws.org)

## Snohomish County Gay Men's Task Force

A social network dedicated to improving the quality of life for gay and bisexual men in Snohomish County.

[gaysnohomish.org](http://gaysnohomish.org)

## Tacoma Lesbian Concern (TLC or Tacoma Lesbian Connection)

A support and social group in the south Puget Sound area for older adults (generally 50+) who identify as lesbians. Group is inclusive of bi, trans, and the questioning community.

**tacomalesbianconcern@gmail.com**  
[tacomalesbianconcern.org](http://tacomalesbianconcern.org)

## Tacoma Older LGBT

Holds regular social events for LGBTQ+ older adults including social gatherings specifically for women, men, and transgender older adults.

**253-271-8185**  
[tacomaolderlgbt.org](http://tacomaolderlgbt.org)

## Connecting on social media

Popular ways to find LGBTQ+ groups online are to search platforms such as **Facebook.com** or **Meetup.com**. Resources for guidance:

**Seattle LGBTQ+ meetup groups:**  
[meetup.com/find/us--wa--seattle/lgbtq/](https://www.meetup.com/find/us--wa--seattle/lgbtq/)

**Internet Safety Tips for Seniors:**  
[atg.wa.gov/internet-safety-seniors](http://atg.wa.gov/internet-safety-seniors)

*For additional support, contact a local LGBTQ+ resource center listed in this guide, or your local senior center.*



# Health & Wellness

## LGBTQ+ Food and Nutrition

### Chicken Soup Brigade

A program of Lifelong. Provides home-delivered medically specific meals to older adults age 60+ in King County, adults who are HIV+ in King and Snohomish Counties, and people living with chronic illness in the city of Seattle.

**206-957-1686**

[lifelong.org/food-nutrition](http://lifelong.org/food-nutrition)

## Navigating Health Insurance

### Statewide Health Insurance Benefits Advisors (SHIBA)

Assistance with Medicare and other health care options including dental coverage and other benefits not covered by Medicare.

**800-562-6900**

[insurance.wa.gov/statewide-health-insurance-benefits-advisors-shiba](http://insurance.wa.gov/statewide-health-insurance-benefits-advisors-shiba)

## Long-term Care Insurance

Washington State offers several long-term insurance plans that you can buy into to help pay for long-term care costs such as nursing home and in-home care.

**800-562-6900**

[insurance.wa.gov/long-term-care-insurance](http://insurance.wa.gov/long-term-care-insurance)

## WA Long-Term Care Partnership Program

This State program works with certain long-term care insurance plans to help you avoid having to spend down or transfer assets if you need to qualify for Medicaid in the future.

**800-562-6900**

[insurance.wa.gov/washington-state-long-term-care-partnership-program](http://insurance.wa.gov/washington-state-long-term-care-partnership-program)

## Medicaid for In-Home Care and Care in a Residential Facility

**360-725-2300**

[dshs.wa.gov/altsa/home-and-community-services/medicaid](http://dshs.wa.gov/altsa/home-and-community-services/medicaid)

## Apple Health (Medicaid)

**855-923-4633 or 800-562-3022**

[askmedicaid@hca.wa.gov](mailto:askmedicaid@hca.wa.gov)  
[wahealthplanfinder.org](http://wahealthplanfinder.org)





# Health & Wellness

## LGBTQ+ Healthcare Providers

### Ingersoll Gender Center's Database of Gender Affirming Health Care Providers

[ingersollgendercenter.org/Ingersoll-directory/](https://ingersollgendercenter.org/Ingersoll-directory/)

For support accessing call: **206-849-7859**

### Gay & Lesbian Medical Association's National Provider Directory

[glma.org/index.cfm?fuseaction=Page.viewPage&pageId=939&randparentID=534&parentID=938&nodeID=1](https://glma.org/index.cfm?fuseaction=Page.viewPage&pageId=939&randparentID=534&parentID=938&nodeID=1)

For support accessing call: **202-600-8037**

## Health Advocacy for Yourself and Your Community

### Top Ten Issues to Discuss with Your Health Care Provider

By the Gay and Lesbian Medical Association

[glma.org/index.cfm?fuseaction=Page.viewPage&pageId=947&randparentID=534&parentID=938&nodeID=1](https://glma.org/index.cfm?fuseaction=Page.viewPage&pageId=947&randparentID=534&parentID=938&nodeID=1)

For support accessing call: **202-600-8037**

### Self-Advocacy Guide for Gender Affirming Care

By the Ingersoll Gender Center

[ingersollgendercenter.org/wp-content/uploads/2019/11/Self-Advocacy.pdf](https://ingersollgendercenter.org/wp-content/uploads/2019/11/Self-Advocacy.pdf)

For support accessing call: **206-849-7859**

### Transgender Health Coverage Guide

By the National Center for Transgender Equality

[transequality.org/health-coverage-guide](https://transequality.org/health-coverage-guide)

For support accessing call: **202-641-4541**

### Your Rights & Resources

By SAGE, Advocacy & Services for LGBT Older Adults

[sageusa.org/your-rights-resources](https://sageusa.org/your-rights-resources)

For support accessing call: **877-360-5428**



# Health & Wellness

## National Alliance on Mental Illness (NAMI)

Grassroots mental health advocacy organization. There are state and city chapters that provide education, advocacy, and help with connecting to resources and support groups.

**206-783-4288**

[namiwa.org](http://namiwa.org)

## Long Term Care Ombudsman

Advocates for residents of nursing homes, adult family homes, and assisted living facilities. Protects and promotes the Resident Rights guaranteed under Federal and State law and regulations.

**800-562-6028**

[waombudsman.org](http://waombudsman.org)

## Washington Law Help

Online tool created by Northwest Justice Project, with information sheets, resources, and "Do-It-Yourself" forms to help make informed choices and protect yourself and loved ones.

**[washingtonlawhelp.org/issues/aging-elder-law/health-care-for-seniors](http://washingtonlawhelp.org/issues/aging-elder-law/health-care-for-seniors)**

Northwest Justice Project: **206-464-1519**

## CLEAR\*Sr Legal Helpline

For people 60+ in Washington state.

**1-888-387-7111**



# Health & Wellness

## LGBTQ+ Mental Health

### National Queer & Trans Therapists of Color Network

A healing justice organization committed to transforming mental health for queer and trans people of color. Hosts a national directory of queer and trans therapists of color and offers financial assistance for psychotherapy through a mental health fund.

**[nqttcn@gmail.com](mailto:nqttcn@gmail.com)**, **[nqttcn.com](http://nqttcn.com)**

## LGBTQ+ Peer Support Groups

### Gender Alliance of the South Sound (GASS)

Support groups for crossdressers, transgender, and/or other individuals who self-identify as different than the gender they were assigned at birth. Meets in Tacoma and other locations in Pierce, Thurston, Kitsap, Mason, and King counties.

**253-383-2318**

**[genderallianceofthesouthsound@gmail.com](mailto:genderallianceofthesouthsound@gmail.com)**

### Entre Hermanos

Group Somos for Latino people living with HIV. Meets in Seattle.

**206-322-7700**

**[entrehermanos.org](http://entrehermanos.org)**

### Coming Out Women

For women who are at any stage of exploring sexual identity or coming out. Meets in Tacoma.

**253-268-0098**

**[comingoutwomen.org](http://comingoutwomen.org)**

### Ingersoll Gender Center

Trans led peer support groups. Meets in Seattle.

**206-849-7859**

**[ingersollgendercenter.org](http://ingersollgendercenter.org)**

### Lake City Seniors LGBTQ2+ & Allies Peer Support Group

Peer support group for people 50+. Allies and those who identify as questioning are also welcome. Meets in Seattle.

**206-268-6740**

**[lakecityseniors.org](http://lakecityseniors.org)**



# Health & Wellness

## LGBTQ+ Peer Support Groups

### Lifelong

Living Positively HIV+ support group. Meets in Seattle.

**206-957-1600**

[lifelong.org/social-support-groups](https://lifelong.org/social-support-groups)

### Noor

An all-inclusive LGBTQ+ (and Questioning) confidential meeting space for individuals in the greater Seattle area that have ever identified as Muslim.

**206-651-4678**

[seattle.qtm@gmail.com](mailto:seattle.qtm@gmail.com)

[facebook.com/seattleqtm](https://facebook.com/seattleqtm)

### PEER Seattle

(Formerly the Seattle Area Support Groups & Community Center.) Provides peer coaching and support groups for those impacted by addiction, mental health, and /or HIV/AIDS.

**206-322-2437**

[peerseattle.org](https://peerseattle.org)

### PFLAG (Parents and Friends of Lesbians and Gays) Washington State Council

Support groups for LGBTQ+ identified individuals, family members, and allies.

[info@pflagwsc.org](mailto:info@pflagwsc.org)

[pflagwsc.org](https://pflagwsc.org)

### The National LGBT Cancer Network

Provides resources for finding LGBTQ+ cancer support groups.

**212-675-2633**

[cancer-network.org/programs/support-groups-for-survivors](https://cancer-network.org/programs/support-groups-for-survivors)

### Washington Gender Alliance

Volunteer-led support groups for people who are transgender, gender variant, or whose lives may be directly or indirectly involved with a transgender or gender variant person.

[washingtongenderalliance.com](https://washingtongenderalliance.com)





# Health & Wellness

## LGBTQ+ Affirming HIV & AIDS Case Management & Support

### AIDS Housing Association of Tacoma (AHAT)

Provides safe, affordable, alternative housing and healthcare for people with HIV, AIDS, and Hepatitis C in Pierce and Kitsap counties.

**253-272-5533**

[ahathomecare.org](http://ahathomecare.org)

### BABES Network

A program of YWCA. Provides peer support and non-medical case management for women living with HIV in Washington.

**206-720-5566**

[ywcaworks.org/programs/babes-network](http://ywcaworks.org/programs/babes-network)

### Bailey-Boushay House

Provides skilled outpatient and inpatient care for people with HIV/AIDS, including support with chemical dependency, mental health, and homelessness. Services are based in Seattle.

**206-322-5300**

[baileyboushay.org](http://baileyboushay.org)

### Lifelong

Delivers food, housing, and health services to people living with chronic illnesses, including HIV and AIDS. Case management for anyone HIV+ living in Washington. Offices in Seattle and Everett.

**206-957-1717**, [lifelong.org](http://lifelong.org)

### PEER Seattle

(Formerly Seattle Area Support Groups & Community Center.) Provides peer coaching, support groups, employment, and development services for those impacted by addiction, mental health, HIV, or AIDS.

**206-322-2437**

[peerseattle.org](http://peerseattle.org)

### People of Color Against AIDS Network (POCAAN)

Provides culturally relevant HIV medical case management, reentry planning, transitional services, emotional support, and counseling.

**206-322-7061**

[pocaan.org](http://pocaan.org)



# Health & Wellness

## **Pierce County AIDS Foundation (PCAF)**

Provides medical case management and client care coordination for people living with HIV in the South Sound region. Offices in Tacoma and Olympia.

**253-383-2565**

[pcaf-wa.org](http://pcaf-wa.org)



# Health & Wellness

## Additional LGBTQ+ Health & Wellness Resources

### AgePRIDE

Part of the University of Washington School of Social Work. Research and support programs for LGBTQ+ older adults with memory loss and/or Dementia and their care partners.

**206-543-2449**

[goldseninstitute.org/agepride](https://goldseninstitute.org/agepride)

### Alzheimer's Association

Washington Chapter provides education, resources, and support. Hosts a Seattle LGBTQ+ caregivers group.

**800-272-3900**

[alz.org/alzwa](https://alz.org/alzwa)

### Multiple Sclerosis Society

Greater Northwest Chapter provides education, research, and support. Hosts a LGBTQ+ MS connection support group.

**800-344-4867**

[nationalmssociety.org/Chapters/WAS](https://nationalmssociety.org/Chapters/WAS)

### National LGBT Cancer Project

LGBTQ+ cancer survivor support and advocacy organization. Hosts an online support community, "Out With Cancer", offering peer-to-peer support, patient navigation, education, and advocacy.

**212-673-4920**

[lgbtcancer.org](https://lgbtcancer.org)

### The National LGBT Cancer Network

Provides education, training, and advocacy to improve the lives of LGBTQ+ cancer survivors and those at risk. Includes resource for finding LGBTQ+ friendly cancer screenings and treatment for providers and support groups.

**212-675-2633**, [cancer-network.org](https://cancer-network.org)



# Care Partner support

## LGBTQ+ Care Partner Support & Resources

### AgePRIDE

Part of the University of Washington School of Social Work. Provides support to LGBTQ+ older adults and their care partners.

**206-543-2449**

[goldseninstitute.org/agepride](https://goldseninstitute.org/agepride)

### Aging and Long-Term Support Administration

Free and low-cost services available to unpaid caregivers of adults who need care in Washington. Services include caregiver counseling, support groups, and respite programs.

Find your county program: **360-725-2300**  
[dshs.wa.gov/altsa/home-and-community-services/caregiver-resource](https://dshs.wa.gov/altsa/home-and-community-services/caregiver-resource)

### GenPRIDE

LGBTQ+ Allies Senior Center. Hosts caregiver support groups in King County.

**206-393-3400**

[genprideseattle.org](https://genprideseattle.org)

### LGBT Caring Community Online Support Group

A program of Family Caregiver Alliance, this email-based discussion group is self-governing and runs on a "self-help" model.

[caregiver.org/connecting-caregivers/support-groups](https://caregiver.org/connecting-caregivers/support-groups)

## LGBTQ+ In-Home Care & Long-Term Care

### 10 Tips for Finding LGBT-Affirming Services

For in-home and residential care. Run by SAGE. Advocacy & Services for LGBTQ+ Older Adults: [sageusa.org/resource-posts/10-tips-for-finding-lgbt-affirming-services/](https://sageusa.org/resource-posts/10-tips-for-finding-lgbt-affirming-services/)

For support accessing: **212-741-2247**  
SAGE hotline: **877-360-5428**

### Aging and Long-Term Support Administration

[Overview of all Washington residential care programs \(not LGBTQ+ specific\), including locator tools to find options near you:](#)  
[dshs.wa.gov/altsa/residential-care-services/long-term-care-residential-options](https://dshs.wa.gov/altsa/residential-care-services/long-term-care-residential-options)

**For support accessing, call your local Older Adult & Disability Information and Assistance Helpline (listed on page 28 of this guide).**



# Care Partner Support

## GSBA

Washington State's LGBTQ+ and allied chamber of commerce. Provides references for LGBTQ+ owned and inclusive businesses including in-home and long-term care providers.

**206-363-9188**

**[thegsba.org](http://thegsba.org)**

## Northwest LGBT Senior Care Providers Network

An informal coalition of Senior Care Providers committed to advocacy and quality of care for LGBTQ+ seniors in Washington state. Currently most providers are based in the Seattle area.

For support accessing: **206-714-6130**

**[nwlgbtseniorcare.org/members](http://nwlgbtseniorcare.org/members)**





# Housing Resources

## LGBTQ+ Housing

### GenPRIDE

LGBTQ+ Allies Senior Center working in partnership with Community Roots Housing to build the first LGBTQ+ Affirming Affordable Senior Housing building in Seattle, called Pride Place. Currently projected to be completed in 2023.

**206-393-3400**

[genprideseattle.org/prideplace](http://genprideseattle.org/prideplace)

## LGBTQ+ Housing & Advocacy for Elders

### Ingersoll Gender Center

Support and advocacy organization by and for transgender and gender nonconforming people. Has created two helpful resource guides:

Seattle Trans Tenants Rights Guide  
[ingersollgendercenter.org/tenantsrights](http://ingersollgendercenter.org/tenantsrights)

King County Housing and Shelter Guide  
[ingersollgendercenter.org/seattle-shelter-housing-guide](http://ingersollgendercenter.org/seattle-shelter-housing-guide)

**206-849-7859**, [ingersollgendercenter.org](http://ingersollgendercenter.org)

### LGBTQ Allyship

Builds power among LGBTQ+ communities and allies in Washington State to work towards economic, racial, and gender justice. Works with older adults, particularly around health care, economic, and housing justice issues.

**206-428-1986**

[allyship.org](http://allyship.org)



# Legal Services

## LGBTQ+ Legal Services

### Gender Justice League

A Washington State gender and sexuality civil and human rights organization.

**206-538-0423**

[genderjusticeleague.org](http://genderjusticeleague.org)

### Lavender Rights Project

Legal services and community programming for transgender and queer low-income people and other marginalized communities in Washington.

**206-639-7955**

[lavenderrightsproject.org](http://lavenderrightsproject.org)

### QLaw's LGBTQ+ Legal Clinic

One of the King County Bar Association's Neighborhood Legal Clinics. Offers a free, 30-minute consultation with an attorney.

**206-235-7235**

[qlawfoundation.org/lgbtq-legal-clinic.html](http://qlawfoundation.org/lgbtq-legal-clinic.html)

### Washington Law Help

LGBTQ+ inclusive website offered through the NW Justice Project with a statewide legal aid directory, do-it-yourself forms, and legal information on many issues including LGBTQ+, seniors, and civil rights.

Northwest Justice Project: **206-464-1519**

CLEAR\*Sr Legal Helpline: **1-888-387-7111**

[washingtonlawhelp.org](http://washingtonlawhelp.org)



# Sharing Our Stories

## AgePRIDE

Part of the University of Washington School of Social Work. Offers a Legacy Letters program for cross-generational life story sharing.

**206-543-2449**

[goldseninstitute.org/agepride](https://goldseninstitute.org/agepride)

## Alphabet Alliance of Color

Community capacity building, organizing, healing, collecting, and archiving stories of survival and resistance.

[alphabetalliance.org](https://alphabetalliance.org)

## Entre Hermanos

Promotes health & wellbeing of the Latino LGBTQ+ community. Hosts a "share your story" space on their website.

**206-322-7700**

[entrehermanos.org/shareyourstory](https://entrehermanos.org/shareyourstory)

## NW Lesbian and Gay History Museum Project

Researches, interprets, and communicates the history of LGBTQ+ people in the Pacific Northwest for the purposes of study, education, and enjoyment.

[lgbthistorynw.org](https://lgbthistorynw.org)

## Sins Invalid

A disability justice-based performance project that incubates and celebrates artists with disabilities, centralizing artist of color and LGBTQ+/gender-variant artists.

[sinsinvalid.org](https://sinsinvalid.org)

## Somos Seattle

Organization for LGBTQ+ Latinx folks committed to building active community, sharing resources, and fostering spaces for learning and growth. Hosts a "share our story" space on their website.

[somosseattle.org/our-stories](https://somosseattle.org/our-stories)



# Sharing Our Stories

## Three Dollar Bill Cinema

Provides access to films by, for, and about lesbian, gay, bisexual, and transgender (LGBTQ+) people and their families. Producers of The Seattle Lesbian & Gay Film Festival.

**206-323-4274**

[threedollarbillcinema.org](http://threedollarbillcinema.org)



# Survivor Support & Advocacy

## API Chaya

Empowers survivors of gender-based violence and human trafficking to gain safety, connection, and wellness. Provides LGBTQ+ inclusive, multi-lingual, culturally responsive support services, safety planning, and advocacy with a focus on South Asian, Asian, and Pacific Islander communities.

Helpline: **877-922-4292** (Mon-Fri, 10 AM-4PM)  
[apichaya.org](http://apichaya.org)

## NW Network of Bi, Trans, Lesbian, and Gay Survivors of Abuse

Offers programs and services for survivors of abuse. Includes community engagement, education, and activities supporting equitable relationships.

**206-568-7777**  
[nwnetwork.org](http://nwnetwork.org)





# Veteran Support

## American Veterans for Equal Rights

Services and support for LGBTQ+ Veterans.

**718-849-5665**  
[aver.us](http://aver.us)

## VA Puget Sound Health System – LGBTQ+ Care Program

Veteran health care services that are sensitive and inclusive of LGBTQ+ identities. Provides access to a dedicated LGBTQ+ Veteran Care Coordinator and social programs such as a gay men's social hour.

**206-277-3233, [bridget.reposa@va.gov](mailto:bridget.reposa@va.gov)**  
[va.gov/puget-sound-health-care/health-services/lgbtq-veteran-care](https://va.gov/puget-sound-health-care/health-services/lgbtq-veteran-care)

## Veterans Crisis Line

Confidential crisis support for all Veterans, Service Members, National Guard, and their families and friends.

**800-273-8255** (and Press 1)  
[veteranscrisisline.net](http://veteranscrisisline.net)



# Businesses & Private Pay Services

## GSBA

Washington state's LGBTQ+ and allied chamber of commerce. Provides references for LGBTQ+ owned and inclusive businesses including in-home and long-term care providers.

**206-363-9188**

[thegsba.org](http://thegsba.org)

## Northwest LGBT Senior Care Providers Network

An informal coalition of Senior Care Providers committed to advocacy and quality of care for LGBTQ+ seniors in Washington state. Currently most providers are based in Seattle area.

[nwlgbtseinioreare.org/members](http://nwlgbtseinioreare.org/members)



# General and Disability/Disabled Resources

## Information & Assistance Helplines

King County - Community Living Connections  
**844-348-KING (5464)**

[communitylivingconnections.org](https://communitylivingconnections.org)

Snohomish County – Homage Senior Services: **800-422-2024**, [homage.org](https://homage.org)

## Information & Assistance Helplines

Pierce County - Aging & Disability Resource Center

**888-562-0332**

[co.pierce.wa.us/1986/Aging-and-Disability-Resources](https://co.pierce.wa.us/1986/Aging-and-Disability-Resources)

## Disability Rights Washington

Advocacy and legal organization for people with disabilities in Washington.

**800-562-2702** (711 for WA Relay Service)

[disabilityrightswa.org](https://disabilityrightswa.org)

## Sound Generations

(Formerly Senior Services.) Provides food security, transportation, health and wellness, and assistance services to older adults and disabled persons in King County.

**206-448-5757**

[soundgenerations.org](https://soundgenerations.org)

## The ARC of Washington State

Advocacy and service organization for people with intellectual and developmental disabilities and their caregivers.

**888-754-8798**

[arcwa.org](https://arcwa.org)



# National Resource Centers

## SAGE Advocacy and Services for LGBT Older Adults

Advocates for LGBTQ+ older adults through research, policy recommendations, training, community organizing, program development, and building a nationwide affiliate network for the LGBTQ+ older adult community. Runs the National Resource Center on LGBT Aging and operates an LGBTQ+ Older adult hotline in partnership with United Way Worldwide.

**212-741-2247**, [sageusa.org](http://sageusa.org)

SAGE LGBTQ+ Older adult Hotline:  
**877-360-LGBT (5428)** available 24/7

Washington State SAGE Affiliate,  
SAGE Olympia: [sageolympia.org](http://sageolympia.org)

## National Resource Center on LGBT Aging

Conducts research and provides related reports and resources aimed at improving the quality of services and support offered to LGBTQ+ older adults. The website has reports for professionals serving the LGBTQ+ older adult community as well as fact sheets and handouts for LGBTQ+ older adults on topics such as Medicare, long-term care, and support for LGBTQ+ caregivers.

**212-741-2247**

[lgbtagingcenter.org](http://lgbtagingcenter.org)

## Asexual Visibility and Education Network

Hosts the world's largest online asexual community as well as a large archive of resources on asexuality.

[asexuality.org](http://asexuality.org)

Older asexual forum:

[asexuality.org/en/forum/32-older-asexuals](http://asexuality.org/en/forum/32-older-asexuals)

## Blind LGBT Pride International

Provides opportunities for socialization, networking, and support through email lists, virtual town hall conversations, and an annual gathering at the American Council of the Blind Convention.

**786-547-5465**

[blindlgbtpride.org](http://blindlgbtpride.org)



# National Resource Centers

## Center for Black Equity

Connects the Black LGBTQ+ community with information and resources to educate, engage, and empower.

**202-641-8527**

[centerforblackequity.org](http://centerforblackequity.org)

## Intersex Campaign for Equality

Promotes human rights and equality for all intersex people through art, education, and action.

**info@intersexequality.com**

[intersexequality.com](http://intersexequality.com)

## LGBT National Help Center

Serves gay, lesbian, bisexual, transgender, and questioning individuals by providing free and confidential peer support.

LGBTQ+ National Senior Hotline (ages 50+):

**888-234-7243**

LGBTQ+ General Hotline: **888-843-4564**

[glbthotline.org](http://glbthotline.org)

## National Center for Transgender Equality

Advocates to change policies and society to increase understanding and acceptance of trans people. Produces guides on health coverage, ID documents, and accessing legal services.

**202-641-4541**

[transequality.org](http://transequality.org)

## Trans Lifeline

A trans-led organization that connects trans people to community, support, and resources needed to survive and thrive. Peer support and crisis hotline is staffed by trans people, for trans people. Also provide small grants and help with legal name changes and updating ID cards.

Peer Support and Crisis Hotline:

**877-565-8860**, [translifeline.org](http://translifeline.org)





# Resource Guide Directory

**AgePRIDE**, [goldseninstitute.org/agepride](https://goldseninstitute.org/agepride), 206-543-2449

**Aging and Long-Term Support Administration**, [dshs.wa.gov/altsa](https://dshs.wa.gov/altsa), 360-725-2300

**Aging Ballard Lesbian Exchange (ABLE)**, [ballardseniorcenter.org](https://ballardseniorcenter.org), 206-297-0403

**Aging Lesbians in South Seattle (ALISS)**, [sessc.org](https://sessc.org), 206-722-0317

**AIDS Housing Association of Tacoma (AHAT)**, [ahathomecare.org](https://ahathomecare.org), 253-272-5533

**Alphabet Alliance of Color**, [alphabetalliance.org](https://alphabetalliance.org)

**Alzheimer's Association Washington Chapter**, [alz.org/alzwa](https://alz.org/alzwa), 800-272-3900

**American Veterans for Equal Rights**, [aver.us](https://aver.us), 718-849-5665

**API Chaya**, [apichaya.org](https://apichaya.org), 877-922-4292

**Apple Health (Medicaid)**, [wahealthplanfinder.org](https://wahealthplanfinder.org), 855-923-4633

**Asexual Visibility and Education Network**, [asexuality.org](https://asexuality.org)

**BABES Network**, [ywcaworks.org/programs/babes-network](https://ywcaworks.org/programs/babes-network), 206-720-5566

**Bailey-Boushay House**, [baileyboushay.org](https://baileyboushay.org), 206-322-5300

**BiNet Seattle**, [binetseattle.org](https://binetseattle.org), [info@binetseattle.org](mailto:info@binetseattle.org)

**Blind LGBT Pride International**, [blindlgbtpride.org](https://blindlgbtpride.org), 786-547-5465

**Center for Black Equity**, [centerforblackequity.org](https://centerforblackequity.org), 202-641-8527

**CLEAR\*Sr Legal Helpline**, 1-888-387-7111

**Coming Out Women**, [comingoutwomen.org](https://comingoutwomen.org), 253-268-0098

**Disability Rights Washington**, [disabilityrightswa.org](https://disabilityrightswa.org), 800-562-2702

**Emerald City Social Club**, [theemeraldcity.org](https://theemeraldcity.org), 425-827-9494

**Entre Hermanos**, [entrehermanos.org](https://entrehermanos.org), 206-322-7700

**Gay City**, [gaycity.org](https://gaycity.org), 206-860-6969

**Gender Alliance of the South Sound (GASS)**, [southsoundgender.com](https://southsoundgender.com), 253-383-2318

**Gender Justice League**, [genderjusticeleague.org](https://genderjusticeleague.org), 206-538-0423

**GenPRIDE**, [genprideseattle.org](https://genprideseattle.org), 206-393-3400

**GSBA**, [thegsba.org](https://thegsba.org), 206-363-9188

**Ingersoll Gender Center**, [ingersollgendercenter.org](https://ingersollgendercenter.org), 206-849-7859



# Resource Guide Directory

**Intersex Campaign for Equality**, [intersexequality.com](http://intersexequality.com), [info@intersexequality.com](mailto:info@intersexequality.com)

**King County - Community Living Connections**, [communitylivingconnections.org](http://communitylivingconnections.org), 844-348-5464

**King County 24-hour Crisis Line**, 866-427-4747

**Lake City Seniors LGBTQ2+ & Allies**, [lakecityseniors.org](http://lakecityseniors.org), 206-268-6740

**Lavender Rights Project**, [lavenderrightsproject.org](http://lavenderrightsproject.org), 206-639-7955

**LGBT Caring Community Online Support Group**, [caregiver.org/connecting-caregivers/support-groups](http://caregiver.org/connecting-caregivers/support-groups)

**LGBT National Help Center**, [glbthotline.org](http://glbthotline.org), 888-234-7243, 888-843-4564

**LGBTQ Allyship**, [allyship.org](http://allyship.org), 206-428-1986

**Lifelong**, [lifelong.org](http://lifelong.org), 206-957-1717

**Long Term Care Ombudsman**, [waombudsman.org](http://waombudsman.org), 800-562-6028

**Long-term Care Insurance**, [insurance.wa.gov/long-term-careinsurance](http://insurance.wa.gov/long-term-careinsurance), 800-562-6900

**Mature Friends**, [maturefriends.org](http://maturefriends.org), [info@maturefriends.org](mailto:info@maturefriends.org)

**Medicaid for In-Home Care and Care in a Residential Facility**, [dshs.wa.gov/altsa/home-and-communityservices/Medicaid](http://dshs.wa.gov/altsa/home-and-communityservices/Medicaid), 360-725-2300

**Multiple Sclerosis Society Greater Northwest Chapter**, [nationalmssociety.org/Chapters/WAS](http://nationalmssociety.org/Chapters/WAS), 800-344-4867

**National Alliance on Mental Illness (NAMI)**, [namiwa.org](http://namiwa.org), 206-783-4288

**National Center for Transgender Equality**, [transequality.org](http://transequality.org), 202-641-4541

**National LGBT Cancer Project**, [lgbtcancer.org](http://lgbtcancer.org), 212-673-4920

**National Queer & Trans Therapists of Color Network**, [nqttcn.com](http://nqttcn.com), [nqttcn@gmail.com](mailto:nqttcn@gmail.com)

**National Resource Center on LGBT Aging**, [lgbtagingcenter.org](http://lgbtagingcenter.org), 212-741-2247

**Noor**, [facebook.com/seattlelqtm](https://facebook.com/seattlelqtm), 206-651-4678

**Northshore Pride Meeting and Lunch**, [northshoreseniorcenter.org](http://northshoreseniorcenter.org), 425-487-2441

**Northwest LGBT Senior Care Providers Network**, [nwlgbtseniorcare.org/members](http://nwlgbtseniorcare.org/members), 206-714-6130

**Northwest Rainbow Alliance for the Deaf (NWRAD)**, [nwrad.org](http://nwrad.org), 503-388-5132

**Northwest Two-Spirit Society (NWTSS)**, [facebook.com/groups/nw2spiritsociety](https://facebook.com/groups/nw2spiritsociety)

**NW Lesbian and Gay History Museum Project**, [lgbthistorynw.org](http://lgbthistorynw.org)



# Resource Guide Directory

**NW Network of Bi, Trans, Lesbian, and Gay Survivors of Abuse**, [nwnetwork.org](http://nwnetwork.org), 206-568-7777

**Older Lesbians Gathering Around Northshore (OLGA)**, [northshoreseniorcenter.org](http://northshoreseniorcenter.org), 425-487-2441

**Older Westside Lesbians (OWLs)**, [sc-ws.org](http://sc-ws.org), 206-932-4044

**PEER Seattle**, [peerseattle.org](http://peerseattle.org), 206-322-2437

**People of Color Against AIDS Network (POCAAN)**, [pocaan.org](http://pocaan.org), 206-322-7061

**PFLAG (Parents and Friends of Lesbians and Gays) Washington State Council**, [pflagwsc.org](http://pflagwsc.org),  
[info@pflagwsc.org](mailto:info@pflagwsc.org)

**Pierce County - Aging & Disability Resource Center**, [co.pierce.wa.us/1986/Aging-and-Disability-Resources](http://co.pierce.wa.us/1986/Aging-and-Disability-Resources),  
888-562-0332

**Pierce County 24-hour Crisis Line**, 800-576-7764

**Pierce County AIDS Foundation (PCAF)**, [pcaf-wa.org](http://pcaf-wa.org), 253-383-2565

**Puget Sound Old Lesbians Organizing for Change (PS OLOC)**, [psoloc.org](http://psoloc.org), 253-777-3357

**QLaw's LGBTQ+ Legal Clinic**, [qlawfoundation.org/lgbtq-legal-clinic.html](http://qlawfoundation.org/lgbtq-legal-clinic.html), 206-235-7235

**Queer Black Alliance of South Sound**, [facebook.com/QBASS253EVENTS](https://facebook.com/QBASS253EVENTS), 253-256-1846

**Rainbow Center**, [rainbowcntr.org](http://rainbowcntr.org), 253-383-2318

**Rainbow Recreation**, [seattle.gov/parks/find/lgbtq](http://seattle.gov/parks/find/lgbtq), 206-615-0619

**SAGE Advocacy and Services for LGBT Older Adults**, [sageusa.org](http://sageusa.org), 212-741-2247

**Seattle Aces and Aros**, [seattleacesandaros.org](http://seattleacesandaros.org), [contact@seattleacesandaros.org](mailto:contact@seattleacesandaros.org)

**Seattle Primetimers**, [seattleprimetimers.org](http://seattleprimetimers.org), [info@seattleprimetimers.org](mailto:info@seattleprimetimers.org)

**Senior Center of West Seattle**, [sc-ws.org](http://sc-ws.org), 206-932-4044

**Sins Invalid**, [sinsinvalid.org](http://sinsinvalid.org)

**Snohomish County - Homage Senior**, [homage.org](http://homage.org), 800-422-2024

**Snohomish County 24-hour Crisis Line**, 800-584-3578

**Snohomish County Gay Men's Task Force**, [gaysnohomish.org](http://gaysnohomish.org)

**Somos Seattle**, [somosseattle.org](http://somosseattle.org), 206-765-9043

**Sound Generations**, [soundgenerations.org](http://soundgenerations.org), 206-448-5757



# Resource Guide Directory

**Statewide Health Insurance Benefits Advisors (SHIBA),**

[insurance.wa.gov/statewide-healthinsurance-benefits-advisors-shiba](https://insurance.wa.gov/statewide-healthinsurance-benefits-advisors-shiba), 800-562-6900

**Tacoma Lesbian Concern (AKA Tacoma Lesbian Connection or TLC),**

[tacomalesbianconcern.org](https://tacomalesbianconcern.org), [tacomalesbianconcern@gmail.com](mailto:tacomalesbianconcern@gmail.com)

**Tacoma Older LGBT,** [tacomaolderlgbt.org](https://tacomaolderlgbt.org), 253-271-8185

**The ARC of Washington State,** [arcwa.org](https://arcwa.org), 888-754-8798

**The National LGBT Cancer Network,** [cancer-network.org](https://cancer-network.org), 212-675-2633

**Three Dollar Bill Cinema,** [threedollarbillcinema.org](https://threedollarbillcinema.org), 206-323-4274

**Trans Lifeline,** [translifeline.org](https://translifeline.org), 877-565-8860

**Trans Women of Color Solidarity Network,** [facebook.com/TWOCSolidarityNW](https://facebook.com/TWOCSolidarityNW), [twocsolidaritynw@gmail.com](mailto:twocsolidaritynw@gmail.com)

**Trikone Northwest,** [trikonenw.org](https://trikonenw.org), [trikonenorthwest@gmail.com](mailto:trikonenorthwest@gmail.com)

**United Territories of Pacific Islanders Alliance Seattle (UTOPIA Seattle),** [utopiaseattle.org](https://utopiaseattle.org),  
253-478-3941

**VA Puget Sound Health System– LGBTQ+ Care Program,** [va.gov/puget-sound-health-care/healthservices/lgbtq-veteran-care](https://va.gov/puget-sound-health-care/healthservices/lgbtq-veteran-care), 206-277-3233

**Veterans Crisis Line,** [veteranscrisisline.net](https://veteranscrisisline.net), 800-273-8255 (and Press 1)

**WA Black Trans Task Force,** [lavenderrightsproject.org/wa-bttf](https://lavenderrightsproject.org/wa-bttf), 206-639-7955

**WA Long-term Care Partnership Program,** [insurance.wa.gov/washington-state-longterm-care-partnership-program](https://insurance.wa.gov/washington-state-longterm-care-partnership-program), 800-562-6900

**WA Warm Line,** 877-500-9276

**Washington Gender Alliance,** [washingtongenderalliance.com](https://washingtongenderalliance.com)

**Washington Law Help,** 206-464-1519, [washingtonlawhelp.org](https://washingtonlawhelp.org)

