

TIPS FOR SUPPORTING RAINBOW ELDERS

Rainbow elders face unique challenges and discrimination.

Rainbow elders experiences of abuse:

- LGBTQIA+ elders have often experienced lifelong discrimination and abuse.
- Many have lived through years of rainbow identities being criminalised and ostracised.
- Older generations are more likely to hold prejudiced views towards rainbow people. For elder rainbow people this can contribute to isolation and experiences of violence.
- Elders being cared for may be reliant on carers who hold prejudiced views towards rainbow people.
- Some rainbow elders are reliant on family members who hold prejudiced views (particularly for people who come out late in life).

How you can support rainbow elders?

- Support them to find a rainbow friendly care facility.
- Ask their care facility if they run rainbow education. If not, ask them to do it.
- Ask if they feel safe, respected and looked after by their care home.
- Ask if they experience prejudice from their carers.
- Find out if they have other rainbow people in their life.
- Spend time with them, ask them about their current life and relationships.
- Ask them about experiences from their past.
- Work with family members and carers who hold prejudiced views. The RVPN website could help you with learning resources. Go to www.rvpn.nz.



RAINBOW VIOLENCE
PREVENTION NETWORK

This Is Us is a Rainbow Violence Awareness Campaign. To create this resource we worked with Julie Watson who is an Elder Rainbow Advocate.

