



HEALTHCARE ADVOCACY TIPS FOR LGBTQ+ SENIORS

Everyone deserves healthcare that is respectful, inclusive, and centered on individual needs. Being informed and prepared can help LGBTQ+ older adults navigate healthcare with greater confidence.

CHOOSE INCLUSIVE PROVIDERS

Look for healthcare professionals and organizations that demonstrate a commitment to LGBTQ+ inclusion through respectful communication, policies, and care practices.

BRING A TRUSTED ADVOCATE

A spouse, partner, family member, or friend can help ask questions, take notes, and support you during appointments.

KNOW YOUR RIGHTS

You have the right to receive care free from discrimination and to be treated with dignity and respect.

COMPLETE IMPORTANT DOCUMENTS

Healthcare proxies, advance directives, and powers of attorney can help ensure your wishes are honored and the right people are involved in decision-making.

SPEAK UP AND ASK QUESTIONS

Don't hesitate to ask for clarification, discuss concerns, or seek a second opinion. Your voice is an important part of your care.

STAY CONNECTED

Supportive friends, family members, and community organizations can provide valuable guidance and advocacy when needed.

Advocating for your healthcare can help ensure you receive the respectful, personalized care you deserve while supporting your health, well-being, and peace of mind.

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