


Pride in Ageing



You may think that “There is plenty of time to think about getting older.”

We have come a long way, and we are proud and young at heart ‘older’ LGBTQ+ people. We’re in this Together!

REALITY	NEED	REFERENCE
<ul style="list-style-type: none"> • What is our support circle? • We may not have a partner... • We may not have close relatives or children... • And, and we may unexpectedly find that we are, or know someone who is, often alone or may be experiencing a health or other crisis. 	<p>The City of Alexandria, the Division of Aging and Adult Services (DAAS), and the Commission on Aging (COA), have been strong advocates for older members of the community including the LGBTQ+ population.</p>  <p>www.alexandriava.gov/LGBTQ</p> <p>www.alexandriava.gov/Aging</p>	<ul style="list-style-type: none"> • AARP has designated the City of Alexandria as the #1 most livable mid-sized city in the United States. • AARP takes into consideration municipal LGBTQ+ anti-discrimination laws and policies in determining this ranking. <p>Go to www.aarp.org</p> <p>And search “most livable cities”.</p>

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[Alexandria's Age Friendly Plan For A Livable Community](#)

Alexandria has a long history of being LGBTQ-friendly. In June 2017, the City of Alexandria, upon its Commission on Aging (COA) recommendation, applied to and was accepted into the AARP/World Health Organization/AARP Network of Age-Friendly Communities. Alexandria was the first community in Virginia to be admitted to this Network.

The COA prepared the document, "Age-Friendly Plan For A Livable Community, Alexandria, Virginia," It is on the [City's website](#).

This plan detailed the goals for the City in a variety of domains of livability. An essential domain was: Social Participation and Respect and Social Inclusion, which included the following as one of its goals.

Goal: Create inclusive services for LGBTQ Older Adults.

Accomplishments

The Alexandria and Arlington COAs jointly hosted a face-to-face LGBTQ listening session where members of the LGBTQ community were engaged to share the challenges facing older members of our community regarding training, housing, social networks, and inclusion.

The City of Alexandria's Division of Aging & Adult Services (DAAS) arranged for LGBTQ-related training to be provided to City staff. Training was provided by SAGE (www.SAGEUSA.org), an older adult LGBTQ advocacy and services group. Training included: Respected and Whole; and Transgender Aging. Future sessions being considered: Supporting LGBT Older Adults; Asking Inclusive Intake Questions; and Embracing LGBT Older Adults of Color.

The COA actively participates on the LGBTQ+ Task Force and has recently participated with the Task Force in conducting training sessions with organizations entitled, "Working with Older LGBTQ+ Adults".

The COA organized successful virtual workshops for past Pride events, entitled "Older LGBTQ Adults – We're in This Together!" The workshops addressed some of the challenges facing older LGBTQ members of our community. Members of the Commission, as well as the Director of DAAS, served as panelists.

The Division of Aging & Adult Services (DAAS) serves a broad range of City residents. The staff strives to understand the needs and concerns of all their prospective clients and is ready to be there for them. 703.746.5999