


It's in your hands

Caring for LGBT people
in a situation of dependency



A training course on person-centred care for lesbian, gay, bisexual and transgender people in a situation of dependency

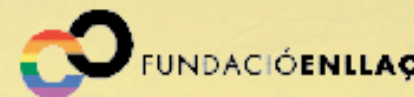
**Based on the model developed by the
BRADFORD DEMENTIA GROUP
DE LA UNIVERSITAT DE BRADFORD.**

**Adapted from Dawn, B.; Surr, C. 2008. Dementia Care Mapping.
Principis i pràctica. Alzheimer Catalunya Fundació. Barcelona.**



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As carers, we need to make an effort to go further than simply being 'nice'...

Facilitating relationships

The way people interact and interrelate has an important bearing on their wellbeing.

Preserving their 'personhood'

Helping the person to remain connected with the outside world helps to preserve his or her sense of self, identity and inner world.

Facilitating inclusion

We need to ensure that people feel part of a social world, not just leaving it to chance. We can do this verbally, by inviting them to take part in the centre's activities, or physically, by maintaining eye contact, taking their hand, etc.

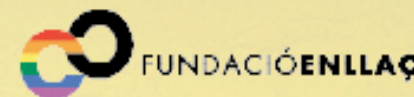
Overcoming disability

How we can organise their environment to overcome disabilities by taking into account their needs and challenges.



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Organizations that adopt the PCC model go further than simply being 'nice'...

(adapted by J. Vila-Miravent from Brooker, 2007)

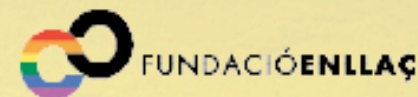
- > They **V**alue dependent people and those who care for them
- > They treat people as **I**ndividuals
- > They see things from the **P**erspective of the dependent person
- > They recognise that people are **S**ocial beings by definition and need to be supported.

Person-Centred Care = V I P S



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Enriched model for caring for dependent people

How do we define a dependent person?

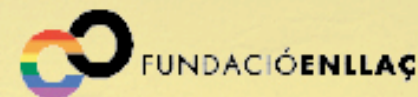
**A dependent
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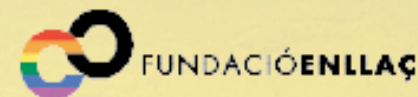
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Psychosocial context

**Relationships
and interrelations**

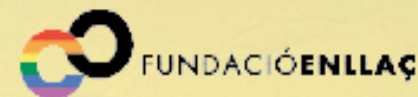


**Basic
psychological and
emotional needs**



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Satisfying the five basic psychological and social needs.



Comfort

Everything that involves showing warmth and closeness towards others.

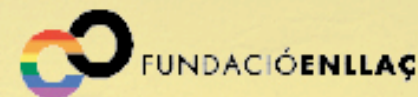
Comfort is associated with showing tenderness and closeness.

It promotes a sense of security and soothes anxiety.



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Satisfying the five basic psychological and social needs.



Comfort

Everything that involves showing warmth and closeness towards others.

Comfort is associated with showing tenderness and closeness.

It promotes a sense of security and soothes anxiety.

Showing genuine affection, attention and interest in others.

WARMTH

Providing protection, security and comfort

SUPPORT

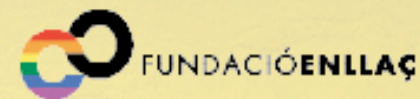
Recognising the importance of creating a relaxed atmosphere.

THE RIGHT PACE



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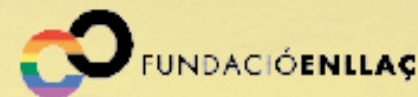
Identity

**Knowing who you are in relation to
how you feel about yourself and
how you think**



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Identity

Knowing who you are in relation to how you feel about yourself and how you think

Treating participants as valued members of society, recognising their experience and age.

RESPECT

Establishing a relationship based on an attitude of acceptance and positive regard for the other person.

ACCEPTANCE

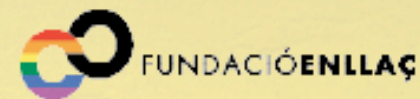
Recognising, supporting and celebrating the skills and achievements of participants.

CELEBRATION



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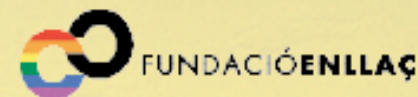
Inclusion

Forming part of a group is important for the survival of the human species.



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Inclusion

Forming part of a group is important for the survival of the human species.

Recognising participants as unique individuals, showing an open and non-prejudiced attitude. IDENTIFICATION

Allowing and encouraging participants not to feel either physically or psychologically excluded. INCLUSION

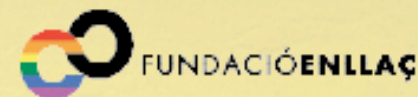
Demonstrating acceptance in any situation, regardless of people's skills or disabilities. INTEGRATION

Approaching others in an open, creative way, using humour and fun and responding to them in turn. FUN



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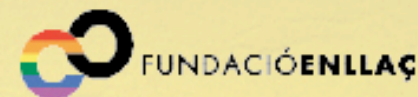
Attachment

Humans are a highly social species and need to feel an attachment to other people, especially at times of heightened anxiety or change.



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Attachment

Humans are a highly social species and need to feel an attachment to other people, especially at times of heightened anxiety or change.

Recognising, accepting and supporting participants as unique and valuing them as individuals.

RECOGNITION

Being open and honest with participants, and sensitive to their needs and feelings.

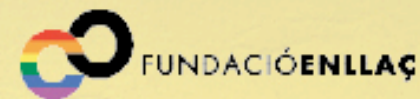
GENUINENESS

Recognising the reality of participants' situations and providing support. Showing sensitivity to feelings and emotions is a priority. **VALIDATION**



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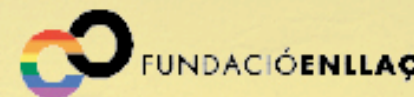
Occupation

**Feeling involved in the
process of life.**



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Satisfying the five basic psychological and social needs.



Occupation

Feeling involved in the process of life.

Letting go of control and helping participants to discover and use their skills and abilities. EMPOWERMENT

Determining the level of support required and providing it. FACILITATION

Recognising and encouraging participants' level of engagement within a frame of reference. ENABLING

Treating participants as equals in everything, consulting and working with them. COLLABORATION

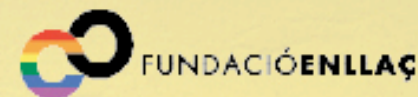
Clarifying concepts

**Homosexualidad y trabajo social. Herramientas para la
reflexión y la intervención profesional Homosexuality and
social work. Tools for reflection and professional intervention,
Maroto Sáez, Á.L.**



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Some important concepts

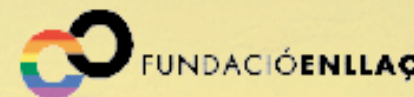
Sexual orientation is not the same as gender identity nor is it the same as sexual behaviour.





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Some important concepts

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Sexual orientation: Sexual orientation is a long-standing emotional, romantic, sexual or affective attraction. We can feel desire towards people of the same sex (gays, lesbians) or towards people of the other sex (heterosexuals).

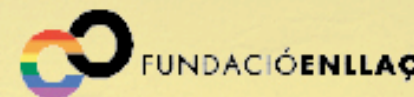
Gender identity: This is the gender with which people identify themselves. We might feel like a man or a woman..

Sexual behaviour: Some people feel sexual desire towards people of the same sex, but have sexual relations with people of the opposite sex.



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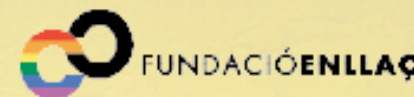
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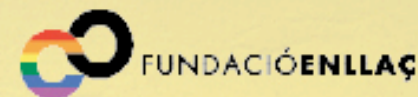


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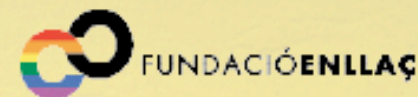
When we talk about **LGBT people, we are referring to a very heterogeneous group.**

Lesbians Gays Bisexuals Transgender



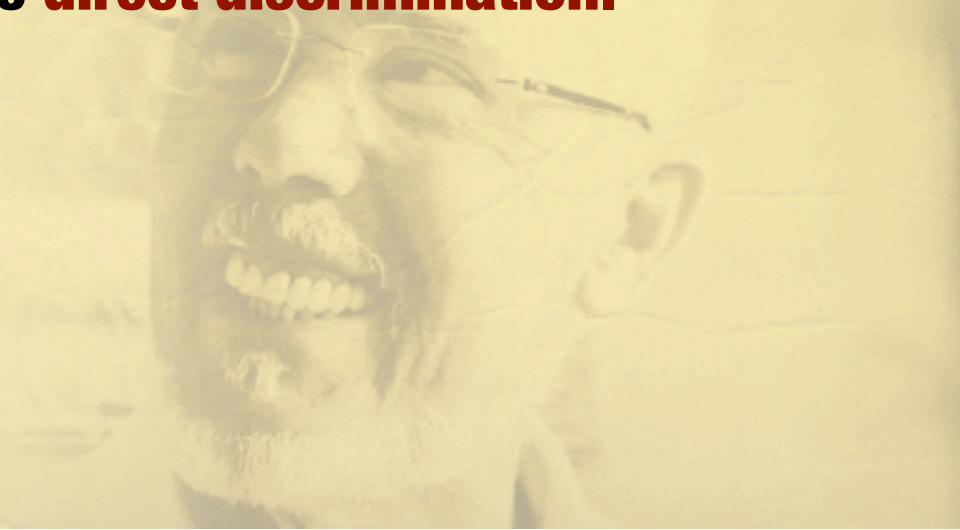
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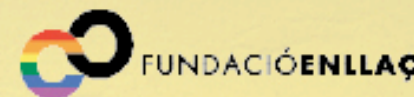
Any situation in which an LGBT person is treated less favourably than another person in a similar situation is considered to be **direct discrimination.**





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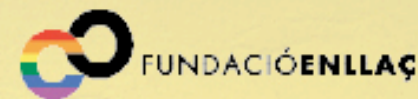
Some important concepts

Any situation in which a supposedly neutral practice puts LGBT people at a disadvantage compared to non-LGBT people is regarded as indirect discrimination.



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Some important concepts

Direct discrimination

or

Indirect discrimination

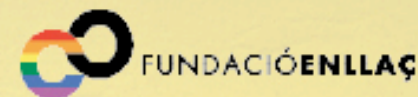
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Homophobia/Transphobia



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Some aspects to consider when caring for LGBT people in a situation of dependency

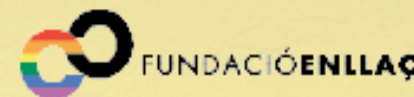
Homosexuality, bisexuality and transsexuality are not mental illnesses.





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1973: The American Psychiatric Association removed homosexuality as a disorder from its manual, the DSM..

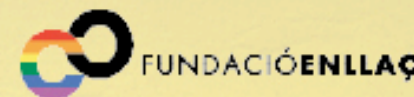
1992: The World Health Organization removes homosexuality as a disorder from its catalogue of mental illnesses.

2012: There is a widespread global movement fighting to have transsexuality removed as a disorder from the next edition of the DSM.



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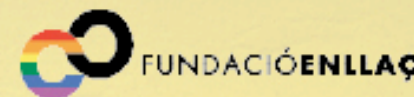
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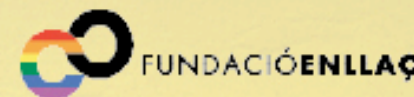


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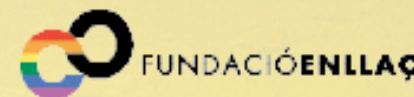
Social stigmatization poses a risk to the mental health and wellbeing of gays and lesbians.

**Homosexuality is not an illness,
but homophobia can be the
cause of mental disorders.**



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Some aspects to consider when caring for LGBT people in a situation of dependency

The families of gays and lesbians can include people who do not necessarily have legal or biological bonds.

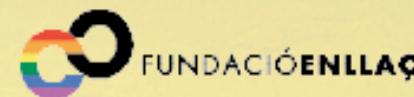
2005: The Law in Catalonia and Spain recognises that gays and lesbians can marry and adopt.

However, for many LGBT people their civil partner and/or a network of close friends form an alternative family structure.



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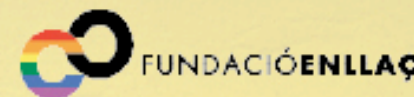
Belonging to the LGBT collective can have a profound impact on the original family and relationships with them.

The original family may not be prepared to accept that their relative is LGBT, and this can lead to a **family crisis.**



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Some aspects to consider when caring for LGBT people in a situation of dependency

There are certain special circumstances affecting elderly LGBT people.

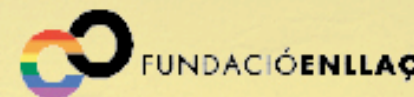
Current users: Life stories marked by silence and repression.

Future users: A generation that has seen major social changes towards a climate of greater respect.



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Some aspects to consider when caring for LGBT people in a situation of dependency

There are certain special circumstances affecting LGBT with disabilities.

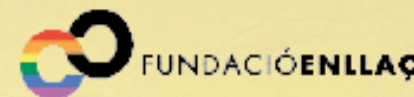
Double discrimination: They experience two situations that lead to inequality.

Internal discrimination: They have not had access to the regular resources and circles of LGBT people without disabilities.



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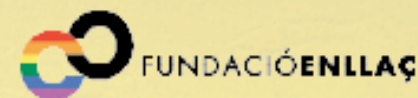
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