

# *Rainbows don't fade with age*

## LGBTI Ageing & Aged Care Training (4-hours)

Does your organisation want to provide high quality, rights-based, person-centred care to older lesbian, gay, bisexual, trans and intersex (LGBTI+) consumers and meet your aged care requirements? Are you aware of the National Aged Care Diversity Framework, LGBTI Action Plans, and Aged Care Specialisation Verification?

LGBTI+ Ageing and Aged Care Awareness Training will assist your organisation to build awareness of the experiences and needs of older LGBTI+ people, provide a foundation for implementing LGBTI+ inclusive actions in your service, and help you meet your aged care obligations. The training is appropriate for a range of staff and roles.

Val's experienced trainers provide an environment for safe, accessible and open discussion to foster an understanding of the histories and experiences of older LGBTI+ people and how these may impact their confidence and access to care and support services. Val's trainers combine a range of lived and aged care experience and understand the range of aged care environments and services, care complexities, and diversity of staff roles across the sector. We can assist you to become LGBTI+ aware and provide an introduction to LGBTI+ inclusive actions and policies related to aged care settings. This program has been developed by Val's LGBTI Ageing and Aged Care, part of Rainbow Health Australia at the Australian Research Centre in Sex, Health and Society – La Trobe University.

### Aim

The purpose of this training is to provide an **introductory** body of knowledge to services and staff providing care and support to older people across the ageing, health and aged care sectors to enable an understanding of experiences and needs, and work towards the development of LGBTI+ inclusive environments and actions for people of diverse genders, sexualities, and sex characteristics.

### Objectives

During this training, participants will:

- Gain an understanding the of aged care sector's commitment and policies related to diversity and inclusion and specifically LGBTI+ person-centred care (aged care legislation, requirements and programs)
- Be introduced to terminology and information regarding sexuality, gender identity/expression and intersex variations
- Understand the historical experiences of older LGBTI+ people and their impact on their health, wellbeing and visibility as they age, including barriers to accessing care and support services
- Be introduced to inclusive practice frameworks, strategies and tools to improve rights-based, person-centered, trauma aware and culturally safe services for older LGBTI+ people.

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| • <b>Costs:</b>      | Contact us to discuss your needs & costing   |
| • <b>Group size:</b> | 15 -35 participants)   |
| • <b>Location:</b>   | Your location or virtual via videoconferencing (Team/Zoom)   |
| • <b>Duration:</b>   | 4 hours (includes small breaks) *  |
| • <b>Enquiries:</b>  | Pauline Cramer, Co-ordinator, Val's LGBTI Ageing & Aged Care<br>0438 57 9051 or <a href="mailto:p.cramer@latrobe.edu.au">p.cramer@latrobe.edu.au</a> |

\*Val's can also provide this training across 2 X 2-hour modules.:

Part 1 – LGBTI+ Ageing & Aged Care Awareness (Foundations) 2-hours

Part 2 – LGBTI+ Ageing & Aged Care Awareness (Actions for Inclusion) 2-hours

Contact us for more details