A CASE MANAGEMENT PROGRAM FOR AT-RISK LESBIAN, GAY, BISEXUAL, AND TRANSGENDER OLDER ADULTS: A GRANT PROPOSAL

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Introduction

- Based on the 2015 California Health Interview Survey (CHIS), there are approximately 90,000 LGBT adults age 50 or older residing in Los Angeles County.
- LGBT older adults disproportionately experience invisibility, social isolation, and poor mental health as compared to their heterosexual peers (Rogers, Rebbe, Gardella, Worlein, & Chamberlin, 2013).
- According to Executive Director of The LGBTQ Center Long Beach, Porter Gilberg, there is a compelling need for LGBT older adult programming in Long Beach.
- The purpose of this project is to write a grant proposal to fund a case management program for LGBT older adults.
- Overarching goals of the program:
  1) decrease mental health symptoms associated with social isolation, depression, and anxiety.
  2) address healthcare barriers through case management to help older LGBT clients achieve optimal quality of life.
Two of the six ethical principles in the Code of Ethics are particularly relevant to working with LGBT older adults (NASW, 2008).

- The first principle is **dignity and worth of a person**, which states that social workers should treat a person with respect and care, while also considering his or her individual differences and cultural diversity (NASW, 2008).

- The second principle is **competence**, which states that social workers should strive to increase their professional knowledge and apply it into their practice (NASW, 2008). With these two principles in mind, social workers are in the front line of working with LGBT older adults and should be held at the highest standard in their profession and practice.
Cross-cultural relevance

• Like all communities, the LGBT community consists of members of different races, ethnicities, and cultures. Unfortunately, some subgroups have reported discrimination within the LGBT community.

• One study reported that African American, Hispanic, and Asian LGBT older adults had higher rates of service needs (Fredricksen-Goldsen et al., 2013).
Methods

- **Target Population**: Adults age 55 or older who identify as lesbian, gay bisexual or transgender, who lives in Long Beach or surrounding cities. Also open to older adults who identify as allies of the LGBT community.

- **Grant search**:
  - Nonprofit Partnership
  - California State University Long Beach library
  - Grants.gov
  - National Institute on Mental Health
  - National Institute on Aging
  - Funders for LGBT Issues)

- **Funding Source Selected**:
  - Archstone Foundation
Methods (cont’d)

• Sources used for needs assessment:
  o Academic Journals
  o LGBTQ Center Long Beach Website and personnel
  o Government agency websites (Administration on Aging, Centers for Disease Control, etc.)

• Project budget range and categories:
  o Project Resilience will cost approximately $242,099 to operate
  o Costs include salaries, benefits, office supplies, rent, utilities bills, marketing materials, employee training and retention and many others.
Grant Proposal

• **Program Summary and Description**
  o One-Year Grant, will be a continuous program
  o Case manager will serve clients for about 9 weeks and have about 25 clients at one time
  o Case Management and counseling services will be provided in the community (client’s home or wherever they want to meet)

• **Population Served**
  o LGBT older adults in Long Beach or surrounding cities
  o Must be age 55 or older and identify as LGBT or ally of the LGBT community

• **Sustainability**
  o The Program Director will work with the agency’s development dept to apply for more grants
  o Annual fundraiser
  o Donations from the community
Grant Proposal (cont’d)

• **Program Objectives**
  1. It is projected that 85% to 90% of clients will show an improvement in symptoms of depression, anxiety, and social connectedness.
  2. It is projected that by the culmination of services, clients will show a 90% improvement in healthcare utilization.

• **Program Evaluation**
  - The following tools will be used to measure outcomes at the beginning and end of services:
    - PHQ-9
    - GAD-7
    - UCLA Loneliness Scale v.3
    - Researcher-developed series
Lessons learned

• **Programming**
  - There is a lack of programming for LGBT older adults

• **Population**
  - Little research has been done on LGBT older adults
  - This population had unique experiences during their coming of age

• **Grant Writing**
  - The process of challenging and competitive
  - It is essential for funding non-profit programs and social services
  - Relationships with organizations is important in the process
  - Developing a budget is very detailed and meticulous
References


