

Resources for LGBTQIA+ Older Adults:

1. www.LGBTAgingCenter.org
2. SAGE's National LGBT Elder Hotline: 1-877-360-LGBT (5428)
3. LGBT National Senior Hotline: 1-888-234-7243
 - a. Monday – Friday, 4PM – Midnight ET
 - b. Saturday, Noon – 5PM ET
 - c. Email: Help@LGBThotline.org
4. LGBT National Help Center: www.glbthotline.org
5. Family Caregiver Alliance – National Center on Caregiving:
 - a. 1-800-445-8106/ (415) 434-3388
 - b. www.caregiver.org
 - c. Email: info@caregiver.org
 - d. Subscribe: LGBT Community Support: Caregiving for our families and friends: www.caregiver.org/lgbt-caring-community-online-support-group
6. SAGEConnect: National program matching LGBT Elders with volunteers for a weekly check in via phone
 - a. <https://www.sageusa.org/sageconnect/>
7. Anxiety and Depression Association of America
 - a. <https://adaa.org>
 - b. Online peer support group: <https://adaa.org/adaa-online-support-group>
8. Corona Virus Anxiety Workbook: <https://thewellnesssociety.org/free-coronavirus-anxiety-workbook>

LEGAL

9. National Center for Lesbian Rights (NCLR)
 - a. www.Nclrights.org
 - Provides attorney referrals for seniors
10. National Academy of Elder Law Attorneys
 - a. www.naela.org