



Choosing LGBTQ+ Affirming Care

A guide for home care and senior living

A Message From Our CEO

For many families, navigating aging and long-term care can feel overwhelming. The system is fragmented, difficult to navigate, and filled with important decisions that are often made under pressure and with limited guidance.

For LGBTQ+ older adults and their loved ones, those challenges can carry an added layer of complexity – including questions around identity, inclusion, trust, and whether care environments will fully respect who they are and the lives they’ve built. At CareScout, we believe everyone deserves the opportunity to approach aging with greater confidence, clarity and connection. That starts with making care easier to understand, easier to navigate, and more centered around the individual needs and experiences of the people seeking it.

This guide was created to help LGBTQ+ older adults, families, and caregivers navigate those decisions with more confidence. Because quality care is not just about meeting clinical needs, it’s about ensuring people feel seen, respected, and supported throughout the aging journey.



Samir Shah

A handwritten signature in black ink that reads "Samir Shah". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

CEO, CareScout



Finding the right care should feel respectful and welcoming. For everyone.

Many older LGBTQ+ adults came of age at a time when being fully themselves wasn't always safe — when dignity had to be defended, and visibility came at a cost.

Many of those same individuals are now navigating aging and care. Finding the right care today should feel different. It should feel welcoming. Affirming. Safe.

Our guide is here to help you and your loved ones know what to look for, what to ask, and how to find home care and assisted living communities that respects who you are.

Choosing LGBTQ+ affirming home care

You should always feel comfortable in your home.
The right care support should make you feel respected.

Questions to ask home care agencies

- How do you match caregivers with clients?
- Do your caregivers receive any LGBTQ+ cultural competency or inclusivity training?
- Does the agency have a nondiscrimination policy?
- Will caregivers respect my partner, family, or chosen support system as part of my care?
- How are my preferences (how you identify/who is important to you) shared with caregivers?
- What happens if I don't feel comfortable with a caregiver?
Can I request a change?
- How do you make sure caregivers respect my home, routines, and boundaries?

What to pay attention to

- As you talk with an agency, notice how the conversation feels. Are your questions welcome? Do responses feel thoughtful — or surface-level?
- Does the agency visibly signal support for LGBTQ+ people through websites, social media, or brochures?

Perhaps most important of all is asking yourself, do I feel respected and comfortable with this agency? A LGBTQ+ inclusive agency won't make you feel like you're asking for something extra. They'll treat respect as a given.

Choosing a LGBTQ+ affirming senior living community

Moving into a community is about more than care — it's about belonging. The right place should feel like somewhere you can live openly and comfortably.

Questions to help guide your search

- How does your community support LGBTQ+ residents and staff?
- How do staff learn and respect residents' preferences (names, pronouns, relationships)?
- Can my partner, spouse, or chosen family be involved in my care and daily life?
- How do you handle situations where someone experiences disrespect or bias?
- How do you make sure all residents feel included in community life and activities?
- What kind of training or support do staff receive to provide respectful, inclusive care?
- Are there opportunities for LGBTQ+ residents to connect, give feedback, or help shape community life?

What to pay attention to

- Does the community visibly signal support for LGBTQ+ people? (websites, Pride flags in communal areas, etc.)
- Can you picture yourself living in this community?
- Are staff members comfortable when LGBTQ+ identities or relationships are shared?

A welcoming community doesn't just say the right things, it shows it through its culture, activities, and atmosphere.

Protecting your wishes and your relationships

For some LGBTQ+ older adults, the people who matter most such as partners, close friends, and chosen family may not automatically be recognized in medical or legal decisions.

Whether you're searching for home care or senior living, taking a few proactive steps can help ensure your wishes are honored and that the people you trust are able to support you when it matters most.

Putting the right documents in place isn't just about planning ahead. It's about protecting your voice, your relationships, and your choices.

Key documents to consider

Having legal paperwork, financial information, and other important documents organized can give you and your loved one greater peace of mind. Consider talking with your family, attorney, or financial planner so everything is properly documented and available when it matters most.

Here is a checklist of some of the main legal documents that ensure your wishes are clear, respected, and easy to access when needed.

- Durable Power of Attorney** – This is a legal document that designates who will make medical decisions or financial decisions on your behalf if you're unable to. This document can work in tandem with an advance healthcare directive.
- Advance healthcare directive** – Also known as a living will, this document outlines what medical treatments you want or don't want. This document can work together with your power of attorney.
- Hospital visitation authorization** – Another legal document that helps ensure your partner, chosen family, or trusted person can be with you or visit you during a medical stay.
- Will or trust** – Protects how your assets are distributed and ensures your wishes are followed.
- End-of-life instructions** – Allows you to share your preferences for care, services, and other end-of-life arrangements.

Making your plans accessible

In an emergency, access matters just as much as preparation.

- Keep copies of your documents in a place that's easy to find
- Share them with the person you've chosen to support you
- Let care providers know who should be contacted
- Consider keeping a simple summary of your wishes handy

Taking these steps can help create a stronger sense of confidence and control so you can focus on living your life, knowing your wishes will be respected and your relationships honored.



Choose care that respects you.

When you search for home care or a senior living community take the time to ask questions and trust your instincts.

The right aging care will make you feel safe, respected, and comfortable with who you are.



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