

SAGECAP

{ Caring and Preparing }



Providing long-term care for a friend or loved one can feel overwhelming. And lesbian, gay, bisexual and transgender (LGBT) caregivers may be dealing with a host of additional issues, from healthcare laws and policies that prioritize legal and biological family, to a lack of resources that address their particular issues.

SAGECAP (SAGE Caring and Preparing), launched in 2009 and supported by the Harry and Jeannette Weinberg Foundation, was designed to provide a safe, welcoming community that helps caregivers navigate their current and future needs: as they provide care for a loved one, SAGECAP cares for them, and in turn helps them prepare for the time in their life when they may need care. SAGECAP offers:

- One-on-one counseling
- Group counseling
- Weekly caregiver support groups

- Educational seminars and online resources
- Information on benefits, entitlements and more
- Respite care
- Help for caregivers planning for their own futures

LGBT CAREGIVING FACTS

Approximately 80% of long-term care in the United States is provided by family members. However, LGBT older adults are often estranged from their families of origin, and so lack this crucial support network.

According to the latest research, LGBT older adults are:

- Half as likely as their heterosexual peers to have close relatives to call for help
- Half as likely to have life partners or significant others
- Twice as likely to live alone
- Three times more likely to be childless
- More likely to care for a loved one: 1 in 4 LGBT adults becomes a caregiver, compared to 1 in 5 heterosexual adults

BRUCE'S STORY



“ I moved in with my mother and became her full-time caregiver—I did her grocery shopping, took her to medical appointments, and just spent time with her. It was 24/7. A dear friend finally pulled me aside and told me that if I did not seek guidance for myself, I wouldn't be any good to my mom.

So I joined a SAGECAP support group of caregivers. At every meeting, I listened in amazement to their stories and soaked up their experiences. We collectively laughed and cried over every story. I am so grateful to the members of this group and to SAGE for providing such an important network. This group gave me the strength to carry on and do what I had to do to keep my mother and myself healthy. SAGECAP allowed me to be a better caregiver. ”

SAGECAP

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Services & Advocacy
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