Differences in Perceived Health by Gender Identity Among LGBTQIA+ Caregiving Adults

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Background

- Alzheimer's disease and related dementias (ADRD) place substantial demands on family and informal caregivers.
- LGBTQIA+ adults remain underrepresented in ADRD caregiving research despite evidence that they may experience unique challenges related to caregiving, including:
  - Increased Stress and discrimination.
  - Limited access to LGBTQIA+ affirming services.
  - Barriers to healthcare and research participation.

Purpose

To examine perceived health among LGBTQIA+ adult ADRD caregivers

Methods

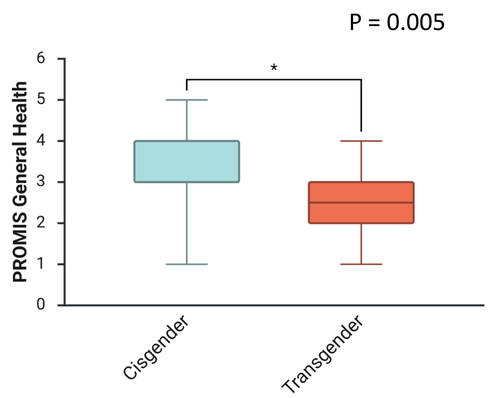
The Research Inclusion Supports Equity (RISE) registry is a national initiative created to increase research inclusion and engagement among SGM adults living with ADRD or caring for someone living with ADRD.

Eligibility:
LGBTQIA+ people 18 and older who 1.) have memory concerns or a memory loss diagnosis such as Alzheimer's disease or a related dementia or 2.) LGBTQIA+ individuals providing care for someone with memory loss or a memory loss diagnosis.

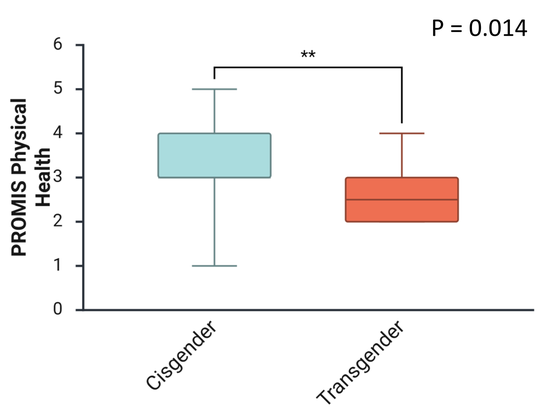
Measures:
The PROMIS Global Health Scale was used to evaluate physical, mental, and social health.

Analysis:
The Mann-Whitney U Test was used to compare two independent groups on four different PROMIS health outcomes.

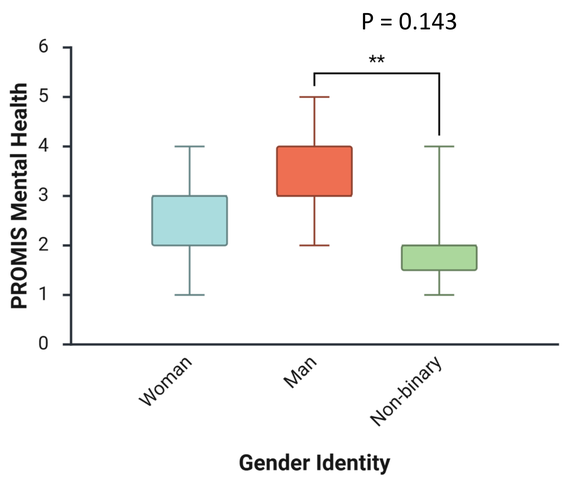
Results



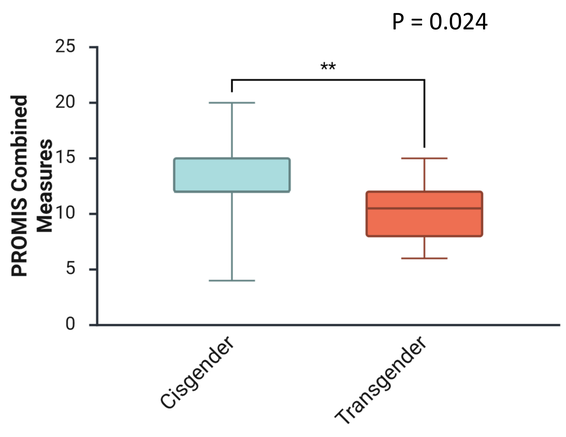
There was a statistically significant difference between cisgender and transgender participants. Cisgender participants reported higher overall perceived general health than transgender participants.



Physical health scores via self report were significantly lower among transgender participants compared with cisgender caregivers and was statistically significant.



Men reported the highest perceived mental health scores, while nonbinary participants reported the lowest scores. However, the difference was not statistically significant.



Cisgender participants generally reported better perceived overall health than transgender participants. There was a statistical significance between cisgender and transgender participants in their overall PROMIS health score.

Demographics

Table 1. Sociodemographics		Mean ± SD / N (%) (N=74)
Age (years)		49 ± 16
Woman		37 (42.5%)
Man		43 (49.4%)
Nonbinary		7 (8.0%)
Married		30 (34.5%)
Never Married		36 (41.4%)
Living as married/domestic partner		7 (8.0%)
Income	$19,000 or less	19 (21.8%)
	$20,000-$39,000	16 (18.4%)
	$40,000-$59,000	14 (16.1%)
	$60,000-$79,000	9 (10.3%)
	$80,000 or more	29 (33.3%)

Discussion

- Gender identity and transgender status may influence perceived health among LGBTQIA+ caregivers.
- Perceived health differences within the LGBTQIA+ community exist, warranting improved provider education and person directed health resources.
- More inclusive ADRD caregiving research is needed to better understand health disparities affecting transgender and non-binary caregivers.

Funding

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