

Checklist for Finding an LGBTQ+ Inclusive

Long-Term Care Community

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Services for
LGBTQ+ Elders
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Use this checklist for tours and phone calls when attempting to find information about long-term care communities. Bring these prompts with you and jot down notes as you go.

Check	Question or Observation	Notes
	Resident non-discrimination policy explicitly names sexual orientation, gender identity, and gender expression.	
	Visitation policy protects resident choice, including chosen family and same-sex partners.	
	Rooming policy explains how couples and transgender/nonbinary residents are supported.	
	Staff can explain how complaints, bias incidents, and resident concerns are handled.	
	Forms and records allow for the name a resident uses (regardless of legal change), pronouns, and inclusive relationship terms.	

Check	Question or Observation	Notes
	Staff can describe LGBTQ+ training or another concrete inclusion effort.	
	Programs, activities, and common spaces feel affirming rather than narrowly gendered.	
	I felt respected when I asked direct questions.	
	I can imagine living here without having to hide important parts of myself.	

Tip: Not every setting will use the same terminology. The same core questions can still be asked across skilled nursing, assisted living, independent living, memory care, hospice, and other senior housing settings.

In some communities, especially rural areas or places with fewer long-term care options, you may not find a setting that checks every box. That does not mean the questions are not useful. Instead, they can help you decide which protections and practices matter most for your situation. For some people, the top priority may be an explicit non-discrimination policy. For others, it may be visitation rights, rooming arrangements, staff training, dementia care, location, cost, or proximity to trusted family and friends. Use what you learn to compare your options, identify possible risks, and decide where you may need additional support or advocacy.

No check mark can remove every uncertainty from a long-term care decision. Still, asking direct questions, reviewing written policies, and paying attention to how a community responds can tell you a great deal.