



Bullying Amongst Older Adults

Bullying is not limited to children and adolescents; it also affects older adults, including those identifying as LGBTQ+ (Lesbian, Gay, Bisexual, Transgender). This fact sheet addresses the issue of bullying among older adults, with a particular emphasis on the experiences of LGBTQ+ individuals, and provides relevant sources and references.



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Defining Bullying

Bullying among older adults involves intentional, aggressive, or harmful behavior directed at individuals or groups based on actual or perceived vulnerabilities.

Typical forms of bullying include verbal abuse, social exclusion, intimidation, and cyberbullying.

Prevalence of Bullying

Bullying is an underreported issue, making it challenging to determine exact prevalence rates. Research suggests that older adults, including LGBTQ+ individuals, may experience bullying in various settings, such as senior living facilities, healthcare settings, or within their communities.

Bullying and LGBTQ+ Older Adults

LGBTQ+ older adults often face unique challenges, including discrimination and stigmatization, which can increase their vulnerability to bullying.

LGBTQ+ older adults may experience bullying related to their sexual orientation or gender identity, including derogatory comments or harassment.

Impact of Bullying

Bullying can have severe physical and psychological effects on older adults, including increased stress, anxiety, depression, and a decline in overall well-being.

LGBTQ+ older adults may experience compounded stress due to identity-related challenges and bullying experiences.

Recognizing and Addressing Bullying

Recognizing the signs of bullying among older adults is crucial. These signs may include withdrawal, changes in behavior, and unexplained physical injuries.

Encouraging open communication and providing safe reporting mechanisms can help victims of bullying seek support.

Support and Resources

Organizations like SAGE and The National Resource Center on LGBTQ+ Aging offer support and resources for LGBTQ+ older adults facing bullying and discrimination such as fact sheets to recognize signs of bullying, training on preventing bullying and bias, and other resources. The Administration on Aging provides resources for addressing elder abuse, including bullying, among older adults.

Bullying among older adults, including LGBTQ+ individuals, has significant physical and emotional consequences. Awareness, education, and access to resources are essential in combating this problem and ensuring the well-being and safety of older adults.

Resources

SAGE sageusa.org

Administration on Aging

acl.gov/programs/elder-justice/elder-abuse

StopBullying.gov

PFLAG pflag.org/learn-about-bullying

National Resource Center for LGBTQ+ Aging lgbtagingcenter.org

SAGECare has developed training for management and staff to address the issue of Bullying.

“Preventing and Responding to Bullying”

Email sagecare@sageusa.org for more information.



Downloadable Resources

