



Guidance & Grace: Preparing LGBTQ+ Older Adults for End-of-Life

Planning ahead can help you protect your identity, your relationships, your chosen family, and your wishes. For LGBTQ+ older adults, having the right documents in place can reduce stress, prevent unwanted decisions by others, and help ensure you receive affirming care that reflects who you are and what matters most to you.



Essential Planning Documents

Health Care Proxy / Medical Power of Attorney

Choose the person who should make medical decisions if you cannot speak for yourself, especially important if that person is not your legal next of kin.

Hospital or Care Facility Visitation Authorization

Helps protect the right of your spouse, partner, chosen family, or close friends to visit and support you.

HIPAA Authorization

Allows someone you trust to speak with your providers and access medical information when needed.

Living Will / Advance Directive

Records the treatments you do or do not want, so your care reflects your values and choices.

Durable Financial Power of Attorney

Names a trusted person to manage bills, benefits, housing, or other financial matters if you cannot.

Last Will and Testament

Helps ensure your property, belongings, and personal wishes are handled the way you intend.



Plan Ahead for Serious Illness

DNR / POLST / MOLST Orders

Ask your clinician whether these medical orders make sense for your care goals, your health situation, and the state where you live.

In Case of Emergency Folder

Keep your documents, medication list, insurance cards, provider contacts, emergency contacts, and legal paperwork together in one place.

Caregiving Plan

Think through who you want involved in rides, meals, advocacy, daily support, and medical decision-making if your needs change.

Provider Conversations

Talk early with affirming providers about palliative care, hospice, symptom relief, and the kind of support that feels right for you.

Funeral and Disposition Planning

Write down your wishes for burial, cremation, memorial services, obituary details, name and pronouns, clothing, music, rituals, and who should be involved in carrying out your plans. If honoring your identity and chosen family is especially important to you, make those wishes clear in writing. Rules about disposition rights and funeral decision-making vary by state, so review the forms and requirements where you live.

Helpful Resources

SAGE

Advocacy, services, and aging resources for LGBTQ+ older adults

National Resource Center on LGBTQ+ Aging

Advance care planning guides, caregiving tools, and provider resources

Compassion & Choices

LGBTQ+ advance care planning toolkit and end-of-life planning guidance

Administration for Community Living

Federal aging and caregiver resources

State-specific legal aid or estate planning council

For forms and requirements that vary by state

SAGECare Training: Guidance and Grace

Support LGBTQ+ older adults, caregivers, and providers in navigating end-of-life planning with dignity, clarity, and affirmation. Available on-demand, live webinar, and in-person.

