

Module 1: Life as a Transgender Individuals

Experience growing up as a transgender individual, visualize the brain-body connections which determine cis or trans gender, navigate difficult conversations and life choices, experience hurtful comments from family and strangers.

Learning Objectives

- Understand the brain-body connections which determine an individual's gender identity
- Provide culturally competent care and communication, honoring elder identity preferences.
- Identify and stop discriminatory behavior relating to an individual's gender identity / sexual orientation.

Discussion Questions

1. How did you feel while embodying Edward / Eden?
 - a. Did those feelings change as the module progressed?
 - i. Why do you think this happened?
2. Do you feel Jennifer's "conditions" for marriage were reasonable? Why/Why not?
 - a. How would you feel if you were asked to pretend to be someone you're not?
3. How did it feel to see yourself as Eden in the photo?
4. As a caregiver, how might you support someone whose family has turned away from them the way that Eden's son did?



External Resources

Non-Embodied Labs informative links and activities

Who is Eden?



Eden's story is based on the lives of several people in author Renee James' LGBT community, especially her friend, Stefanie Clark. Both are trans women in their 70s. As you embody Eden, you will travel through a series of personal encounters that are typical, defining moments of many transgender older adults living today.

People You'll Meet



Jennifer is Edward/Eden's girlfriend and wife. She is struggling to accept that Eden is transgender.



Donald is Eden's son. He is unable to accept that his father is transgender and now identifies as a woman.



Rose is Eden's daughter-in-law. She is curious about Eden's transition.

Module 2: Aging as a Transgender Individuals

Participate in a support group for LGBT older adults, hear stories surrounding healthcare, housing, and family issues related to gender identity and sexual orientation.

Learning Objectives

- Recognize importance of using affirming language and integrate this vocabulary into current practices.
- Understand the differences between hormone therapy and gender affirming surgery.
- Provide culturally competent, trauma-informed care to all elders.

Discussion Questions

1. Why is advanced care planning important in regards to LGBT older adults?
 - a. What happened to Louisa as a result of Wendy, her life partner, not being named on her advance directives?
2. What is something that you learned during this module that you did not know/were not aware of before?
 - a. How will this new knowledge affect your care practice?
3. Have you had an experience where the elder's family was unaccepting of an aspect of an elder that is core to their identity (not limited to sexuality)?
 - a. How does this disapproval affect the elder?
4. How did you feel when you were discriminated against as a trans person at the doctor's office? What should the different staff members have done differently to respond appropriately to Eden's requests and/or respect her privacy? (If non-medical, focusing on the nurse's response here is most productive.)

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People You'll Meet



Members of the LGBT Community become new friends who share personal experiences during an LGBT community event.



External Resources

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