

LGBTQ+ Caregiver & Older Adult Programs

In addition to the Out Alliance's SAGE (Services & Advocacy for GLBT Elders) programming, below is a listing of ongoing programs for LGBTQ+ and ally older adults and/or caregivers of a family member or friend living with a chronic illness, Alzheimer's disease, related dementias, and/or memory loss. Offered through a collaboration between Lifespan and the Out Alliance.

*All programs take place at the Out Alliance (100 College Avenue, #100, Rochester, NY 14607) unless otherwise stated.

Care Manager Office Hours

Social Work Support with Kat

Information, referral, and guidance about eldercare, disability, and long-term care options. Personalized guidance and assistance with decisions about housing options such as assisted living, adult homes, and nursing homes. Caregiver consultation and support also available.

Third Tuesdays from 11 am- 3 pm.

Walk-ins welcome or for an appointment, reach Kat: 585-498-4021 or kcarr@lifespanrochester.org.

Personal Safety Advocacy & Support

Connect with Lifespan staff if you or a loved one has experienced a scam, financial exploitation, neglect, emotional abuse, domestic violence, or other interpersonal violence. Case managers are available to provide you with guidance and support as you navigate options. **For this program, individuals experiencing scams, abuse, neglect, or violence must be 60 years of age or older.**

To get connected, contact Cindy at 585-287-6385.



LGBTQ+ & Allies Caregiver Support Group



Second Thursdays of the month, 12-1 pm. RSVP requested, but not required with Mara at 585-498-4022.

Volunteer respite may be available upon request. Contact Mara at your earliest convenience to set up respite.

Caring Grounds: LGBTQ+ Care Partner Coffee Hour

Drop-in coffee hour for care partners.

Last Fridays from 10:00-11:00 am.

*Equal Grounds, 750 South Ave, Rochester, NY 14620



FOR MORE INFORMATION,
call Mara at 585-498-4022 or mkouides@lifespanrochester.org.

