



LGBTIQ Resource List

Health & Wellbeing Outcomes

Campaspe is home to many people who identify as lesbian, gay, bisexual, transgender, intersex and queer (LGBTIQ). While LGBTIQ encompasses diverse communities and individuals, LGBTIQ people share generally poorer health and wellbeing outcomes than the heterosexual and cisgendered community. This is largely because of the stigma and discrimination that people who are LGBTIQ can experience in their everyday lives, including from the health system.

LGBTIQ communities have specific health needs and some are at increased risk of certain conditions including:

- Poor mental health including anxiety, depression, self-harm and suicide
- Alcohol and other drug misuse or dependence
- Some cancers
- Some STIs including HIV

Terminology

LGBTIQ or GLBTIQ is used to refer to people who are:

1. Lesbian, Gay or Bisexual (minority sexual orientation);
2. Transgender (gender diverse);
3. Intersex (intersex status); and/or,
4. Queer (umbrella term for sexual and gender minorities who are not heterosexual or not cisgender).

Cisgender (often abbreviated to simply cis) is a term for people whose gender identity matches the sex that they were assigned at birth

These terms are consistent with Commonwealth and State Equal Opportunity and related legislation.

It is acknowledged that terminology is continuously changing and evolving in the LGBTIQ space and different groups and organisations may use more, less or different terms.

Legal Context

Sex Discrimination Act 1984 (Cth) includes protections against unlawful discrimination on the grounds of sexual orientation, gender identity and intersex status

The Victorian Equal Opportunity Act 1995 makes it unlawful to discriminate based on sexual orientation or gender identity with some exceptions and exemptions

The Victorian Charter of Human Rights and Responsibilities Act was enacted to ensure that government services, including health and community services, respect people's basic rights and make sure that people are not treated unfairly

The Privacy Act 1988 (Australian Privacy Principle 5) states that when collecting sex and/or

gender information, we must ensure individuals are generally aware of the purpose for which the information is being collected. Notification must occur at or before the time the information is collected, or if that is not practicable as soon as practical after.

<https://www.humanrights.gov.au/our-work/legal/legislation>

Peak bodies/Resource centres

National LGBTI Health Alliance

Is the national peak body that provides health related programs, services and research focused on lesbian gay bisexual transgender and intersex people and other sexuality, gender and bodily diverse people and communities. <https://lgbtihealth.org.au/about/>

GLHV- Promoting LGBTI Victorians' health & wellbeing

GLHV, formerly known as Gay and Lesbian Health Victoria, is a lesbian, gay, bisexual, transgender and intersex (LGBTI) health and wellbeing policy and resource unit. GLHV is funded by the Victorian Government and sits within the Australian Research Centre in Sex, Health and Society (ARCSHS), La Trobe University.

GLHV is committed to improving the health and wellbeing of LGBTI Victorians and the quality of care they receive. There is a large collection of resources on their website.

<https://www.glhv.org.au/about-us>

The OPAL institute

The OPAL (**O**lder **P**eople **A**nd **S**exua**L**ity) Institute was launched in 2016 to promote of the sexual rights of older people. The Institute develops resources, conducts research, disseminates information, empowers older people and service providers, and advocates for change. <https://www.opalinstitute.org/>

Transgender Victoria (TGV)

TGV was founded in the late 1990s to achieve justice, equity and quality health and community service provision for trans and gender diverse (TGD) people, their partners, families and friends. TGV educates organisations and workplaces on how to provide better services for TGD people and seeks ways to provide direct services to the TGD community.

www.transgendervictoria.com

Intersex Human Rights Australia (IHRA)

IHR is a national body by and for people with variations of sex characteristics. The organisation promotes human rights and bodily autonomy and provides information, education and an online peer support group. It provides a guide to assist services to be intersex friendly. <https://ihra.org.au/>

Australian GLBTIQ Multicultural Group Inc

Peak body for GLBTIQ community with a multicultural background www.agmc.org.au/

VA Country- LGBTI Community Hub

Information, support and referral Service in Bendigo. 0437 004 680

Audit Tools/Accreditation

LGBTI-inclusive practice audit tool for health and human service organisations -2nd edition (Latrobe University, 2016)

The audit tool can be used by an organisation to identify achievements and to determine where improvements are required. The results of the audit can inform forward planning including change management, systems redesign/improvement and cultural reform. https://quac.org.au/wp-content/uploads/.../GLBTI-inclusive-practice-audit_2013.pdf

LGBTI Inclusive Practice Rainbow Tick Accreditation

The Rainbow Tick Standards and related resources were developed in 2013 by Gay Lesbian Health Victoria (GLHV) and Quality Innovation Performance LTD (QIP). QIP is the accreditation provider for these standards in health and human services. Organisations that are rainbow tick accredited are demonstrating their commitment to LGBTI pride, diversity and inclusion and are letting their LGBTI consumers, staff and community know that they will receive inclusive services from the moment they step through the door. <http://www.qip.com.au/standards/rainbow-tick-standards/>

Aged Care Resources

Australian Government National LGBTI Ageing and Aged Care Strategy

This Strategy aims to ensure that LGBTI people have the same opportunities and options in aged care that are available to all Australians. It is designed to not only raise awareness of the issues but also, in a very concrete way, improve the ageing and aged care experience of LGBTI people, recognising and valuing the diversity of this group.

<https://agedcare.health.gov.au/older-people-their-families-and-carers/people-from-diverse-backgrounds/national-lesbian-gay-bisexual-transgender-and-intersex-lgbti-ageing-and-aged-care-strategy>

The Department of Health- LGBTI Ageing and Aged Care Resources

- LGBTI Ageing & Aged Care Framework and Policy
- LGBTI Ageing & Aged Care Consumer Factsheets and Resources
- LGBTI Ageing and Aged Care Sector Factsheets and Resources

Other Departmental Sources for LGBTI Ageing and Aged Care Information

<https://agedcare.health.gov.au/support-services/my-aged-care/lgbti-ageing-and-aged-care-resources>

Aged Care Assessment Service LGBTI inclusive guide sheets (La Trobe University, 2015)

The LGBTI inclusive assessment guide sheets provide a comprehensive range of information to assist with the delivery of LGBTI inclusive assessment. Each individual guide sheet provides a succinct outline of information, and assists with building knowledge and understanding for ACAS staff in the development and delivery of LGBTI inclusive aged care assessment.

http://www.latrobe.edu.au/_data/assets/pdf_file/0004/814765/Aged-Care-Assessment-Service-ACAS-for-LGBTI-inclusivity-guidesheets.pdf.

Youth

headspace Bendigo has a dedicated same sex attracted, sex and gender diverse support worker. The Health Equal Youth (HEY) Project worker engages at an individual, group and community level to improve the mental health and wellbeing of young LGBTIQ+ people in the region. headspace Bendigo and the HEY Project achieve these aims by providing a safe space for young people to meet, socialise and gain peer support on a weekly basis, and by delivering education and health promotion to organisations, including schools and health services, to raise awareness of the impacts of discrimination and isolation on young LGBTIQ+ people.

headspace@bchs.com.au or call the Pall Mall site on 5434 5345

Dementia

Dementia Australia

Has produced a booklet to assist health and aged care staff understand some of the issues that LGBTI people may face and how to offer appropriate support. <https://www.dementia.org.au/files/SA/documents/LGBTI%20Caring%20Booklet%20-2020150112.pdf>

End of Life & Palliative Care Resources

Palliative Care Victoria

Provides resources on key areas to consider in providing equitable access to inclusive and respectful palliative care services to people who are lesbian, gay, bisexual, transgender and inter-sex include: a welcoming environment, staff education and training, staff-client communication, documentation, referral and resources, and disclosure and confidentiality. www.pallcarevic.asn.au/healthcare-professionals/cultural-safety/lgbti-people/

PalliAged

An information website to inform LGBTI people and the aged care sector on palliative care and advance care planning. <https://www.palliaged.com.au/>

COTA Safeguarding the end of the rainbow- COTA (2018)

COTA Victoria and Transgender Victoria (TGV) have produced a resource tailored to the needs and concerns of LGBTI community members in relation to planning for future care and medical needs, financial and estate planning, and funeral and burial wishes.

<https://cotavic.org.au/info/looking-for-information/lgbtiq-resources/>

Mental Health

mindOUT Is funded by the Commonwealth Government to work with LGBTI organisations and mainstream mental health organisations to improve mental health and suicide prevention outcomes for LGBTI people and populations. <https://lgbtihealth.org.au/mindout/>

ACON

A NSW based organisation for LGBTI general health, mental health and HIV prevention and support

<https://www.aconhealth.org.au>

Qlife

A national telephone and web based counselling and referral service for LGBTI people.

<https://qlife.org.au/>

Support for parents & families of gender diverse people

Parents of Gender Diverse Children www.pgdc.org.au

Transcend www.transcendsupport.com.au

Gender Help For Parents www.genderhelpforparents.com.au

Beyond blue, families like mine

<https://www.beyondblue.org.au/who-does-it-affect/lesbian-gay-bi-trans-and-intersex-lgbti-people/families-like-mine>

Inclusion

Inclusive Practice Guide- The Salvation Army Crisis Services(2017)

The purpose of this document to improve the systems we have to consistently respond to the needs of LGBTIQ people. IT gives examples of good inclusionary practice in regards to working with LGBTIQ people.

<https://www.salvationarmy.org.au/Global/State%20pages/Victoria/Crisis%20Services/Inclusive%20Practice%20Guide/Inclusive%20Practice%20Guide%20Online.pdf>

The Campaspe Murray Social Inclusion Toolkit contains resources assist health and community organisations to increase their capacity to more inclusive of all people in the community regardless of ability or diversity. http://www.campaspepcp.com.au/sic_orgs.php

Building Socially Inclusive Rural Communities: A complete resource

Is an evidence based resource providing information and guidance for action towards building socially inclusive rural communities. It is designed to be used by organisations, projects, programs and partnerships that are working to address the health and wellbeing of rural communities.

http://www.campaspepcp.com.au/documents/BuildingSociallyInclusiveRuralCommunities_RSIF_Document_web-2016.pdf

Support Groups

There are no public support groups in Campaspe

Goulburn Valley Pride Inc: Provides a safe space for support, friendship, family, networking and fellowship. <http://www.gvpride.org/>

Diversity Group Is a social-support group for same-sex attracted & sex and gender diverse young people in the greater Goulburn Valley. The group meets fortnightly. <https://www.kildonan.org.au/diversity-group/>

OUTintheOPEN festival (www.outintheopen.org.au) Shepparton's festival celebrating LGBTIQ+ pride and community diversity.

PFLAG Shepparton

A group of parents, families and friends of gay, lesbian, and bisexual people who meet regularly to offer support and friendship to families, particularly parents and also to members of the GLBTI community who may need support in coming out to their families and friends. <http://pflagshshepparton.org.au/>

Headspace Bendigo hosts a support group for parents and carers of transgender, gender diverse and gender questioning young people headspace@bchs.com.au or call the Pall Mall site on 5434 5345

Intereach Ability Links Deniliquin A peer discussion group for parents, family members and friends of Lesbian, Gay, Bisexual, Transgender, Intersex and Queer (LGBTIQ) 03 5890 5258.

Other

Zoe Belle Gender Collective

An online not-for-profit seeking to provide support, training & resources for the Victorian trans and gender diverse community www.zgbc.com.au

Living Positive Victoria (Senior Voices Project)

Is a not for profit community based organisation representing all people living with HIV in Victoria since 1988 and is committed to the advancement of human rights and wellbeing of all people living with HIV. The Senior Voices project addressed the challenging issues of HIV and ageing and educates aged care providers and their staff on the needs of senior people living with HIV. <http://livingpositivevictoria.org.au/positive-speakers-bureau/senior-voices-project/>

LGBTI- Liaison Officer: Victoria Police Senior Constable Michelle Neil Echuca Police Station
5483 1500