

# AGE IS NO BARRIER TO LGBTI FRIENDSHIP



It is important that older LGBTI people stay at home as much as possible during the COVID 19 pandemic.



We recognise the resilience of older LGBTI people, who have survived and thrived through criminalisation, the HIV crisis, institutional and social violence and long histories of prejudice and discrimination. Many older LGBTI people draw support from families of choice, but many still experience isolation and loneliness.



It's time for communities, organisations and services to link together and reach out **virtually** and stay connected to older LGBTI neighbours and friends.



## WHAT CAN WE ALL DO?

Both older and younger people can reach out to LGBTI groups and organisations, and each other.



Offer or ask for help with online shopping



Call or email every few days to stay connected



Offer or ask for help with using technology



## HOW DO WE GET STARTED?

- Contact a local LGBTI group or organisation
- Leave a #ViralKindness note for neighbours offering help
- When you have a connection share and discuss:



TV, Movies or online games



Books or magazines



Music or podcasts



Share stories, or poems

This is the time to build mutually beneficial intergenerational friendships. Social connections have a positive impact on our physical and mental health.

**Friendships, no matter our ages, will enable us to get through this pandemic and emerge even stronger.**

