

Aging with Pride and Authenticity: Challenges and Supports for Transgender Older Latina Immigrants



UC Berkeley's Center for the Advanced Study of Aging Services conducted **23** focus groups with **208** LGBTQIA+ older adults in California to explore the unique challenges, support systems, and aspirations of the LGBTQIA+ aging community. This handout presents findings from **23** transgender older Latina immigrants.

CHALLENGES

GENERAL:

Many transgender older Latina immigrants faced significant challenges, including limited support due to immigration status and economic instability worsened by language barriers, workplace discrimination, and challenges associated with aging—especially for those in sex work—and ongoing hostility they sought to escape.

HOUSING:

Many transgender older Latina immigrants faced chronic homelessness, housing discrimination, inadequate government housing, and bureaucratic barriers to stable shelter.

HEALTHCARE:

Transgender older Latina immigrants faced healthcare barriers due to a lack of gender-affirming services, limited access, and misgendering by providers.



We came here to escape the transphobia we faced in our countries. Back there, as soon as you started working, people would call you [derogatory names]. It's the same here.



Moving to San Francisco makes me feel safe. I've been here for approximately 14 months. As a trans girl, I feel welcome by the community. I feel the groups protect me more.



STRENGTHS & SUPPORTS

GENERAL:

Transgender older Latina immigrants found support through community groups offering resources like gift cards, food, and workshops, while also relying on resilience, self-love, and self-acceptance to navigate hardships.

HOUSING:

Transgender older Latina immigrants relied on various housing programs organized by government and local agencies and community-based organizations for stable and safe shelter.

HEALTHCARE:

Transgender older Latina immigrants with healthcare insurance found support through crucial benefits, such as hormones and gender affirming surgeries.

NEEDED SUPPORTS & SUGGESTIONS

GENERAL:

Transgender older Latina immigrants called for specialized housing, streamlined services, improved legal assistance, and greater political accountability, while also emphasizing the need for education—both for agency staff on their needs and for their own personal growth.

HOUSING:

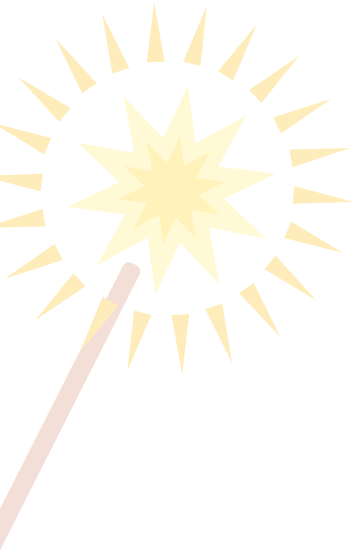
Transgender older Latina immigrants called for more accessible services to obtain housing with fewer delays and housing options that allow for dignified and comfortable living.

HEALTHCARE:

Transgender older Latina immigrants called for greater accessibility for mental and physical health services, including removing barriers to therapy and medical services and self-help groups for drug and alcohol use.

I think, as trans girls, we constantly need help because of the bombardment we receive from all sides, including discrimination and all. I believe that [a] program would be very important for us - a program to help us with our mental health.

IF GIVEN A MAGIC WAND, THEY WOULD WISH FOR:



ECONOMIC STABILITY & SAFE HOUSING:

Housing and housing supports and job opportunities, especially for transgender people at certain points in their aging process.

EQUAL OPPORTUNITIES & ACCESS TO RESOURCES:

An equal opportunity for support regardless of immigration status.

BETTER HEALTHCARE & SOCIAL SUPPORTS:

Access to free legal support, mental and physical healthcare, and greater government assistance in ensuring rights.

A SOCIETY FREE FROM PREJUDICE AND DISCRIMINATION:

Equality for all and a society that is free from discrimination, homophobia, and hate but instead promotes empathy and respect towards all communities.

FURTHER DEMOGRAPHIC DATA:

This handout includes information from 23 transgender older Latina immigrants aged 46-65. Over 95% of participants were living below the federal poverty level.

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