



ARC East of England Understanding inclusive spaces for LGBT+ people and people with learning disabilities

Raising awareness of in/exclusion in community and virtual spaces

Middle-aged and older LGBT+ people and people with learning disabilities continue to experience exclusion in the places and spaces in which they live, such as a traditional nursing home. Historically, in Britain, LGBT+ people and people with learning disabilities have been subject to discriminatory legislation and inequitable health and social care provision. It is

important to understand the levels of inclusion and exclusion experienced by older LGBT+ people and individuals with learning disabilities in both physical locations and online platforms.

What is the aim of the project?

The IncludeAge project aims to understand past and present experiences of inclusion

and exclusion in community places and spaces amongst middle-aged LGBT+ people and people with learning disabilities. We aim for these findings to drive inclusive policies and practices that organisations can embed.

What are we doing?

We are interviewing LGBT+ people and people with learning disabilities (up to 160 across England, Scotland and Wales) to understand how they have experienced exclusion in their lives. We have given some participants tablets with GIS-embedded software to record their day-to-day experiences of physical places and online spaces. We will be conducting interviews with relevant organisations to understand if and how they are helping to create inclusive policies and practices for older LGBT+ people and people with learning disabilities.

How are we involving people?

LGBT+ people and people with learning disabilities are co-researchers in this project and they are supporting us in conducting interviews with older LGBT+ people and

people with learning disabilities. The project also engages over a dozen individuals from relevant sectoral organisations to help provide leadership across the work packages.

What is the impact so far?

The initial themes suggest that our participants experience a sense of belonging in multifaceted ways, with experiences of inclusion and exclusion fluctuating over the course of their lives.

What next?

We are continuing to analyse the data and we are planning engagement activities with different stakeholders.

For more information about this project

Scan the QR code or contact the Principal investigator, Professor Judith Sixsmith (j.sixsmith@dundee.ac.uk).



What is NIHR ARC East of England?

The National Institute for Health and Care Research Applied Research Collaboration (NIHR ARC) East of England is one of the 15 NIHR ARCs. We collaborate with the Cambridgeshire and Peterborough NHS Foundation Trust and the Universities of Cambridge, East Anglia, Hertfordshire and Essex, along with other NHS Trusts, Local Authorities, Integrated Care Systems, patient-led organisations, charities, and industry partners.

Get in contact with NIHR ARC East of England

-  arc-ee.nihr.ac.uk
-  ARCOffice@cpft.nhs.uk
-  [@ARC_EoE](https://twitter.com/ARC_EoE)
-  [nihrlahrceoe](https://www.linkedin.com/company/nihrlahrceoe)
-  arc-ee.nihr.ac.uk/newsletter

