

I just want to be me

End of Life Care for Trans and Gender Diverse People

Trans – umbrella term used to describe people whose gender is not the same as the sex they were assigned at birth.¹

Gender diverse – umbrella term used to describe people whose gender identity does not conform to socially defined gender norms, and/or do not place themselves in the male/female binary.²

Background

Trans and gender diverse people have inequitable access to healthcare.³

The research on LGBTQ+ experiences of end of life care often does not address specific barriers faced by trans and gender diverse communities and rarely involves trans people.

This work sought to platform trans communities' perspectives of palliative and end of life care to inform policy and practice, and highlight specific care needs.

Findings

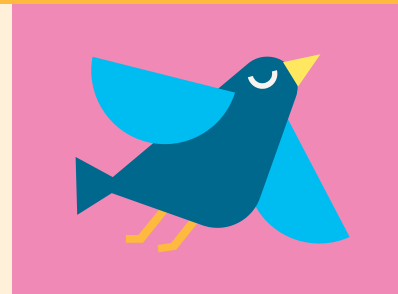
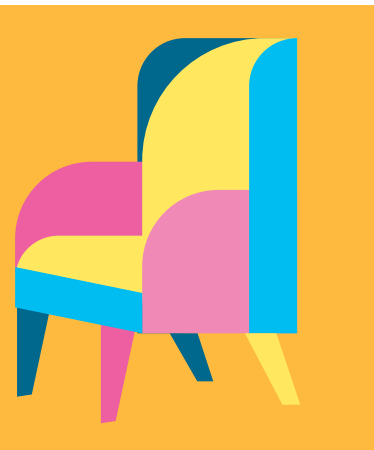
Many trans and gender diverse people expressed anxiety over approaching care providers.

Trans and gender diverse people are frequently discriminated against, misgendered and do not have their identity and expression respected and supported.

Many health professionals lack understanding of trans people's needs but often were passionate about improving this.

Collectively, we must act to improve end of life care for trans and gender diverse people. The report includes tips and recommendations to support this, such as;

- 🕒 End of life care providers display a visible commitment to inclusion to empower people to hold services to account.
- 🕒 Professional bodies should produce up to date guidance on providing medical and clinical end of life care to trans and gender diverse people, and guidance on advance care planning should be updated to include consideration of gender affirmation and continuing transition at end of life.
- 🕒 Palliative and end of life care services should ensure that intake and referral forms capture preferred name and pronouns.



Full report

