

Activity 5.1: Extra barriers faced by some trans people – PDF format

Task:

For this activity, there is a table containing three columns. A list of ten statements accompanies the table. The activity asks you to consider the ways in which more marginalised trans people may face extra difficulties by pairing the ten statements. For each of the ten statements, assign it to the relevant column.

The first column of the table – Impact – is pre-filled with the following:

Row 1: Impact of living rurally.

Row 2: Impact of poverty.

Row 3: Impact of racism.

Row 4: Impact of chronic illness and disability.

Row 5: Impact of growing older.

The middle column is Experience, and the third column is Consequence.

For each of the following statements, decide which impact they are matched with and whether they are an experience or a consequence.

1. Considerable extra barriers to transition, healthcare and a lack of joined-up healthcare, transition healthcare unnecessarily impacting on other healthcare due to lack of trans competencies.
2. Reliance on NHS gender transition pathways with their multi-year waits and lack of ability to fund procedures (e.g., adequate facial hair removal for trans women) that are not available/have limited funding on the NHS.
3. Potentially associated with increased social isolation.
4. More difficulty and expense accessing in-person trans community events/community and specialist LGBT mental health and support services.
5. Potentially increases anxiety about ageing and dying.
6. Participants reported racism from trans-aware therapists and transphobia from racially aware therapists.
7. Difficulty in finding a counsellor able to both understand potential impact of both racism and transphobia.

8. Safety issues – risk of violence due to being more visible as a trans person, impact on mental health of transition delays.
9. Extra health risks associated with delays/issues with ordinary care and transition delays – associated mental health burden.
10. Uncertainty about whether gender will be respected by carers (e.g., in a nursing home) or by family (e.g., in funeral arrangements).

Answer:

For row 1: Impact of living rurally, the experience is **more difficulty and expense accessing in-person trans community events/community and speciality LGBT mental health and support services** and the consequence is **potentially associated with increased risk of social isolation**.

For row 2: Impact of poverty, the experience is **reliance on NHS gender transition pathways with their multi-year waits and lack of ability to fund procedures (e.g., adequate facial hair removal for trans women) that are not available/have limited funding on the NHS** and the consequence is **safety issues – risk of violence due to being more visible as a trans person, impact on mental health of transition delays**.

For row 3: Impact of racism, the experience is **difficulty finding a counsellor able to both understand potential impact of both racism and transphobia** and the consequence is **participants reported racism from trans-aware therapists and transphobia from racially aware therapists**.

For row 4: Impact of chronic illness and disability, the experience is **considerable extra barriers to transition healthcare and a lack of joined-up healthcare, transition healthcare unnecessarily impacting on other healthcare due to lack of trans competencies** and the consequence is **extra health risks associated with delays/issues with ordinary care and transition delays – associated mental health burden**.

For row 5: Impact of growing older, the experience is **uncertainty about whether gender will be respected by carers (e.g., in a nursing home) or by family (e.g., in funeral arrangements)** and the consequence is **potentially increases anxiety about ageing and dying**.