

LGBTQIA+ affirming care

What Affirming Care Looks Like for Me

Adults | 10 to 15 minutes

Affirming care begins with your own words, goals, and choices. You may want to discuss identity, relationships, discrimination, health, or a concern unrelated to identity. This page helps specify what respectful support would look like for you.

Choose what a professional needs to know now. You can specify language and privacy without telling your full identity or medical history.

State what matters

Name the language, relationship recognition, accessibility, or privacy that helps you participate. It is also valid to say that identity is not the focus of this appointment.

Assess the care relationship

Prepare a question about experience, confidentiality, and how the provider responds to mistakes or discrimination. Ask before involving family, partners, or other services.

1. What name, pronouns, or other language would I like used, if relevant?**2. What concern do I want this appointment to focus on?****3. What information should remain private or require my permission to share?****4. What question or request would help me assess whether care is affirming?****Clinical use and adaptation**

Avoid pathologizing orientation, gender, intersex variations, or consensual diversity. Do not steer identity outcomes or require coming out. Attend to minority stress, intersectionality, safety, and actual confidentiality limits; obtain consent before involving others.