



Definition of LGBT+ in the IncludeAge Project

LGBT+ stands for lesbian, gay, bisexual and transgender. The "plus" is in recognition of the need to be inclusive of a diverse range of ways that people might wish to describe their sexual orientation and gender identities. It is an inclusive term that aims to improve the visibility and recognition of people who have faced marginalization and discrimination. However, while designed to be a unifying term, it is important to remember that the most important labels or definitions are the ones that people give to themselves.

