

## How to Find an LGBTQ-Competent Provider

According to [Closing the Gap: The Turning Point for LGBTQ Health](#), only half of LGBTQ Coloradans have access to a provider competent to serve their needs. Finding a provider who practices culturally competent and effective medicine can be difficult for members of the LGBTQ community. Often, individuals rely on other LGBTQ community members to provide recommendations based upon personal experience. For those who may not be able to use their social networks to find a provider, there are a number of resources available to assist in your search for a healthcare provider.

- The [Human Rights Campaign](#) conducts a yearly [Healthcare Equality Index](#) that identifies community leaders in providing inclusive care. Facilities are rated on non-discrimination and staff training, patient services and support, patient and community engagement, and employee benefits and policies. The 2018 Healthcare Equality Index states that the only certified facility in Colorado is [Denver Health](#), which also has the [LGBT Center of Excellence](#).
- The [Gay and Lesbian Medical Association](#) (GLMA) has compiled a [provider directory](#) that allows you to search based upon your location. Searches can include primary care providers, specialists, therapists, dentists, and other health professionals. GLMA does not, however, screen these providers. It may be helpful to identify providers who are registered GLMA member and are also listed on the inclusive provider directory.
- [OutCare](#) also recognizes healthcare professionals who identify as culturally competent providers for the LGBTQ community. Providers must meet the following requirements:
  - Creates a welcoming environment for LGBTQ persons
  - Facilitates disclosure of sexual orientation and gender identity while recognizing this is an individual process
  - Feels culturally competent to provide appropriate care for LGBTQ patients
  - Avoids assumptions of sexual orientation and gender identity
  - Provides information and guidance for specific health issues facing LGBTQ persons

Other resources are still under development and may be fully functional in the coming years. For example, [QSPACES](#) is an app-based service for patients to find, rate, and review healthcare professionals on LGBTQ-friendliness, competency, and overall care. Calling your health insurance plan and asking for recommendations, visiting clinics to assess their inclusivity, and meeting with healthcare professionals to discuss LGBTQ competency may also be useful strategies to identify a provider. Please note that One Colorado does not screen or endorse any provider, clinic, or facility.