

## Kinfolk

### Participant information sheet and consent form for TGD Elders making a Gender Genogram

This project involves working with older Trans and Gender Diverse (TGD) Elders (65years+) and service providers to improve the choice and control that older TGD people over their gender identity and expression. In particular we aim to address the restriction of gender expression by family members in ways that preserve family relationships. To do this we will

1. Work with TGD Elders to document their issues and concerns using a survey, gender genograms and a workshop
2. Work with relationships organisations to develop a resource for TGD Elders and their families
3. Work with aged care service providers to explore their role in advocating for TGD Elders.

The project is an initiative of Alice's Garage and has been funded by the Department of Health. The project team includes: Dr Catherine Barrett, Kaye Bradshaw, Toni Paynter, Sally Conning and Kathy Mansfield.

This information sheet and consent form is for TGD Elders interested in participating in the development of a Gender Genogram. It explains what a Gender Genogram is, what we will invite you to do, the risks involved and the benefits. If you have any questions or concerns, please contact the project coordinator Dr Catherine Barrett on:

- Phone: 0429 582 237
- Email: [director@celebrateageing.com](mailto:director@celebrateageing.com)

#### What is a Gender Genogram?

A genogram is like a family tree – it shows a person's family relationships and also includes emotional and social relationships. Genograms are used in social work, psychology and family therapy to explore family dynamics. They can help to understand how family members (including chosen family) relate to each other and bond. Genograms are often drawn using symbols – and symbols for gender are limited to circles for females and squares for men.

We are expanding this traditional approach to using genograms by creating a Gender Genogram. In a Gender Genogram – gender diversity is recognised, and the focus is on the gender roles and expectations of every family member. In this way we acknowledge that gender is something everyone has – rather than just something a TGD person has. There is a 'shared' sense of the way gender is expressed and the whole family's contribution to a family gender map is considered.

In our approach, the Gender of each family member is described without labels (male/female/TGD). Instead we will use images and objects to creatively depict each family members gender roles and expectations. This is done to move away from pathologizing any



one person's gender – and to produce conversations and Genograms that are rich, meaningful and engaging. Each Gender Genogram will be graphic designed and accompanied by a written description.

### Why use Gender Genogram?

A Gender Genogram tells a story about gender roles and expectations in families - using art. Sharing stories in this way is an important first step in understanding the limitations of the gender binary. Stories help to educate others – they build empathy and provide a catalyst for change. The use of art based approach for this will help to capture interest of families, community members and service providers to build momentum for change.

We will use these Gender Genograms in our work educating service providers. We also hope that Gender Genograms will assist family relationship services to better understand gender expectations beyond the binary and to improve services to TGD Elders – and TGD people more broadly.

Gender Genograms may help to break the cycle of focusing on TGD Elder's gender as a point of difference – by highlighting commonalities across gender.

### What you are invited to do

If you agree to participate you will be invited to undertake the following steps. Please let us know if you do not understand any of these steps or are concerned about them. You will be invited to:

1. Make contact with Catherine Barrett to make a time for a meeting or interview to draw your Gender Genogram – this can be done in person or over the phone
2. Sign the attached consent form and return it to Catherine
3. Prior to your meeting with Catherine, you are invited to identify strategies and supports to assist you. If the Gender Genogram process raises any emotional difficulties for you. We will ask you if there is a person you can debrief with and we can also provide you with numbers for support services you can access (see page 4 for list of support services)
4. Let us know at any point in the process if you want to withdraw or stop the process
5. Work with Catherine to draw your Gender Genogram, this will include
  - a. drawing your family tree
  - b. describing the way gender is expressed by each family member (without using labels of male/female, TGD) including roles and expectations
  - c. Identifying an object (plant, bird, animal or other object) to represent each family member – Catherine will provide these for you
  - d. Describing what you have represented in the Gender Genogram – Catherine will record notes
6. Review a draft of the words Catherine has written from the description of your Gender Genogram – and make any changes, including deidentifying you and your family
7. Your hand drawn Gender Genogram will be given to a graphic designer – along with the words you have written to describe it – before this is done we will check you want to go ahead with the publication of your Gender Genogram



8. You will be asked to review a copy of your Gender Genogram after it is returned from the graphic designer
9. Your Gender Genogram and your description of it will then be uploaded to the project page on the Alice's Garage website and may be shared with media outlets that are covering the project (to raise awareness of the need for change)

### Right to withdraw consent

You have the right to withdraw your consent up until your hand drawn Gender Genogram and written words are given to the graphic designer. This will occur approximately one week after you have developed the Gender Genogram in a session with Catherine. To withdraw your participation, please email or call Catherine.

### Potential benefits

The documentation of Gender Genograms is expected to assist in educating community, family members and service providers about the importance of respecting TGD Elder's gender identity.

### Potential risks

For some TGD Elder's, talking about family relationships and restriction of gender expression may be distressing. Please read this information carefully and, if you believe participation will create distress for you, then we encourage you not to participate. If you decide to participate you are asked to let the project coordinator Dr Catherine Barrett, know at any point if you want to withdraw your participation.

### Confidentiality

Dr Catherine Barrett will work with you to document a Gender Genogram. The image produced will not identify your name, nor will it identify the names of your family members. Your Gender Genogram and the description you wrote will be given to you for approval before graphic design and publishing on the project website.

### Support services

There are a number of services available to support you if this project raises any difficulties for you:

- QLife is Australia's first nationally-oriented counselling and referral service for LGBTIQ people. QLife are available from 5:30pm – 10:30pm and can be contacted on 1800 184 527 or web: <https://qlife.org.au/>
- *beyondblue* provides a free phone service 24 hours a day on 1300 22 4636 or web: <https://www.beyondblue.org.au/>
- Lifeline is a free phone service available 24 hours a day on 13 11 14 or web: <https://www.lifeline.org.au/>

### More information

If you would like more information, please contact the project coordinator Dr Catherine Barrett on:

- Phone: 0429 582 237 or Email: [director@celebrateageing.com](mailto:director@celebrateageing.com)
- Web: [alicesgarage.net/kinfolk](http://alicesgarage.net/kinfolk)



## Consent form

If you decide to participate in the Project, please sign the consent form below. If you have any questions please don't hesitate to contact Catherine Barrett, Project Coordinator on 0429 582 237.

I agree to participate in making a Gender Genogram for the Kinfolk Project conducted by or on behalf of Alice's Garage for the purpose of educating community and service providers about the importance of thinking beyond the Gender Binary.

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If you agree to provide your consent on the basis of the above conditions, please sign the consent.

### ACKNOWLEDGEMENT AND CONSENT

I have read and understood this Consent Form and give my consent for my Gender Genogram to be used for the Kinfolk project.

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Please return this signed consent form to Dr Catherine Barrett by email:**  
[director@celebrateageing.com](mailto:director@celebrateageing.com) or post: PO Box 1377 St Kilda VIC 3182 or in person

