



**Developmental  
Disabilities  
Planning Council**

*Easy Read Edition*

# **Barriers to Gender Affirming Health Care**

## **Part 1: To Start**

# To Start

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This is a toolkit about being transgender or nonbinary.



This toolkit talks about the barriers to getting gender affirming health care.

This toolkit answers questions like:



- What is being transgender or nonbinary?



- Who can provide gender affirming health care?



- What are the costs of gender affirming health care?



- What do transgender and nonbinary people need to do to get health care?

1.=  
2.=

- Why do certain rules about gender affirming care hurt transgender and nonbinary people?



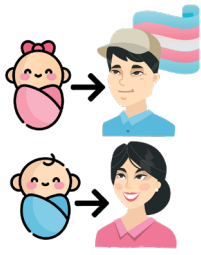
- Who wants to stop transgender and nonbinary people from getting health care?



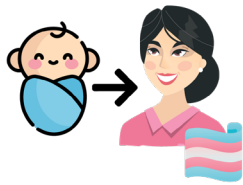
- Who can help transgender and nonbinary people get health care?



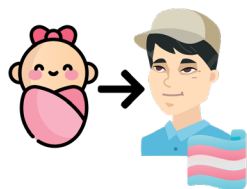
- How can you be a good ally and friend to transgender and nonbinary people?



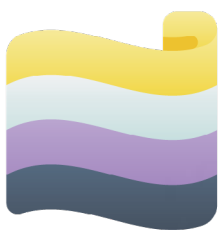
A **transgender** person is someone whose gender is not the same as the sex they were assigned at birth.



A transgender woman is a woman who was assigned male at birth.



A transgender man is a man who was assigned female at birth.



A **nonbinary** person is someone who is not a boy or a girl or a man or a woman.



Another word for nonbinary is **genderqueer**.



Some nonbinary people think of themselves as transgender.



Other nonbinary people do not think of themselves as transgender.



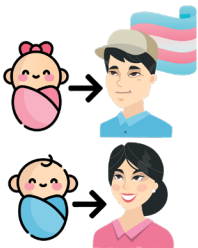
Nonbinary people can be assigned either sex at birth.



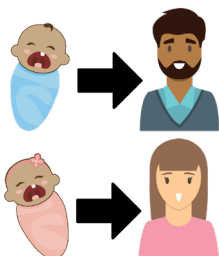
To learn more about being transgender or nonbinary, you can [read our toolkit on being transgender and getting gender affirming care.](#)



Gender affirming care is any health care that helps someone feel more like their gender.



Transgender people are not the only people who use gender affirming care.



Cisgender people might use gender affirming care to feel more like their birth assigned gender.



Cisgender people do not face the same challenges getting gender affirming care that trans people do.



We will not talk about cisgender people using gender affirming care in this toolkit.



Transgender people face many barriers to getting gender affirming care.





We talk more about what gender affirming care is in our [toolkit on transgender health care](#).



This toolkit will not cover information about what gender affirming care is.



For information about what gender affirming care is, please [look at our toolkit on gender affirming care](#).



This toolkit will cover the reasons transgender and nonbinary people have a hard time getting health care.



This toolkit will cover the groups that want to stop transgender and nonbinary people from getting health care.



This toolkit will cover the lies used to stop transgender and nonbinary people from getting health care.

*This project was supported, in part by grant number C00018GG, from the U.S. Administration for Community Living, the Department of Health and Human Services, Washington, D.C. 20201 through the New York State Developmental Disabilities Planning Council (NYS DDPC). Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy or the opinions, interpretation or policy of the NYS DDPC.*