



**Developmental  
Disabilities  
Planning Council**

*Easy Read Edition*

# **Barriers to Gender Affirming Health Care**

**Part 11: How can I get gender affirming care in this system?**

# How can I get gender affirming care in this system?

---



People still need gender affirming care even with all these barriers.



Some people have found ways to make it easier to get care.



Some people may not tell their gender affirming care doctor they have a disability.



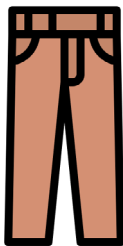
For some people, this is the easiest way to get care.



Some people may choose to dress “more like” their gender for doctor’s appointments.



A transgender woman may put on a dress even if she usually wears pants.



A transgender man may wear pants and plain colors even if he usually wears bright colors.



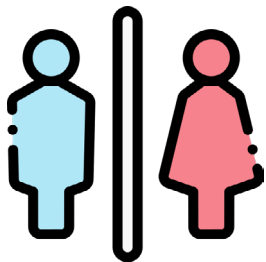
A nonbinary person may pretend they are a man or woman to get care more easily.



Some doctors do not believe nonbinary people are “real.”

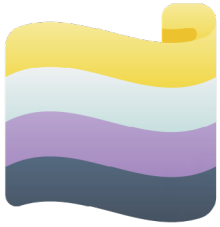


Nonbinary people may pretend to be a binary gender in order to get care.

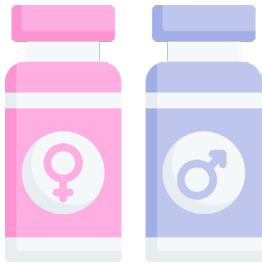


Binary genders are “man” and “woman.”

For example:



Reggie is nonbinary.



Reggie wants to start hormones.



Reggie wants to start the hormone estrogen.



Reggie researches gender affirming doctors in their area.



Reggie asks other transgender and nonbinary people about the doctors in their area.



The other transgender and nonbinary people give Reggie advice.



The nonbinary people warn Reggie that none of the doctors believe nonbinary people.



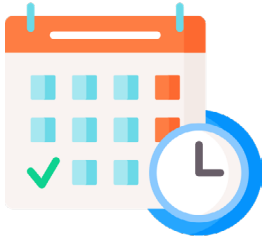
The nonbinary people tell Reggie they pretend to be a woman for doctor appointments.



The nonbinary people tell Reggie the doctors will help them more if they say they are a woman.



Reggie listens to their advice.



Reggie makes an appointment with a doctor.



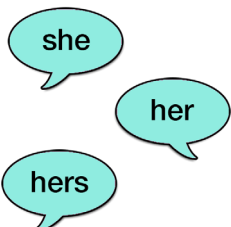
Reggie dresses up for their appointment.



Reggie puts on makeup.



Reggie wears a dress to their appointment.



Reggie uses the pronouns “she/her” at the doctor appointment.



Transgender and nonbinary people should not have to do these things to get gender affirming care.



Transgender and nonbinary people should not have to act or look a certain way to get gender affirming care.



This is not fair.