The lesbian, gay, bisexual, and transgender (LGBT) community is historically marginalized in the United States and continues to face discrimination because of their sexual or gender identities. As the population of this diverse community increases, there is also a developing interest in their health and mental health outcome. Connecting to supportive communities is a protective factor against adverse health outcomes, but little is known about what factors influence community connectedness for LGB individuals. This study aims to expand knowledge about the LGBT population by examining factors that impact the well-being of LGB individuals and their connections to their sexual minority community. The study’s objective is to explore the relationship between outness, identity centrality, internalized homophobia, and community connectedness among the LGB community. The current study utilized cross-sectional data from The 2016 to 2019 Generations study (n = 1518). Bivariate analyses and linear regression were used to examine the relationship between the study’s variables, age, and sexual orientation. The regression results indicated that identity centrality was negatively associated with community connectedness; this unexpected finding suggests that reducing identity to the particular component of sexual identity is incomplete. Regression results also indicated that internalized homophobia and age were positively associated with community connectedness. The analyses suggest that older adults, despite uncertainty about their sexual identity and struggling with internalized homophobia, are more likely to connect to their sexual minority communities. This study’s findings illustrate the complexity of the factors impacting the well-being of LGB individuals. Further research is needed to explore the characteristics of individuals with diverse sexual and gender identities to further support them in connecting to their communities.