



## Network Call

*Featuring  
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## Sex-cessful Aging: Taboo Topic?



### Benefits of Healthy Sexual Expression

- Neurochemical benefits
- Pleasure
- Pain relief
- Release of tension
- Affirmation of well-being
- Connection
- Sense of identity
- Passion
- Greater locus of control
- Increased self-esteem

### Why is healthy sexual expression among older adults your business?

**Creating an Environment of Growth and Potential**  
Sexuality is a basic human need; therefore, many older adults have a need for sexual expression. For many, this is part of comprehensive approach to whole-person wellness.

#### Health Benefits Across the Four Components

The sidebar to the left reflects some of the health benefits of healthy sexual expression. Wow!

#### Age Wave / Demographics

Attitudes are changing as baby boomers enter the picture; these individuals came of age in a world that was more sexually tolerant than earlier generations – encouraging sexual activity for pleasure and self-expression.



# Challenges: Internal & External Barriers

Ageist attitudes and the physical environment are two of the greatest challenges to healthy sexual expression among older adults in a community setting.

## Overcoming Challenges

**Education for community and team members** can help debunk myths and create a culture of greater sexual openness and acceptance.

Keys to a sex-cessful education include:

- ✓ Empathy
- ✓ Self-awareness
- ✓ Resources
- ✓ Support
- ✓ Empowerment
- ✓ Confidentiality
- ✓ Tactfulness

**Policies** that (1) promote opportunities for privacy; (2) cultivate confidentiality; and (3) include sexuality as a part of a comprehensive support plan create a foundation for healthy sexual expression.

### Resources

#### Training & Educational Resources

Sexuality and Long-term Care: Understanding and Supporting the Needs of Older Adults, Doll, G.A. ,2012

Older, Wiser and Sexually Smarter, Brick, P., 2009

#### Sexual Wellness

American Psychological Association  
<http://www.apa.org/pi/aging/resources/guides/sexuality.aspx>

Health in Aging: Safe Sex Tips for Older Adults

<http://www.healthinaging.org/resources/resource:safe-sex-tips-for-seniors/>

#### LGBT Aging

National Resource Center for LGBT Aging  
<http://lgbtagingcenter.org/>