Sexuality and the Sexual Health of Older Adults

Sexually Transmitted Infections and Older Adults
http://sagelink.ca/sexually_transmitted_infections_and_older_adults
This article discusses assessment guides, interventions and treatments which can be used to specifically help older adults.

Sexually Transmitted Diseases in the Aging Population
http://sagelink.ca/sexually_transmitted_diseases_in_the_aging_population
The author provides an overview of misconceptions regarding STDs in older adults, common STDs, the providers role in diagnosis, tips for obtaining a sexual history, assessment and testing as well as an argument for better public education.

HIV and Aging in Canada: Prevention
http://sagelink.ca/HIV_and_aging_in_CDA-prevention
This information sheet speaks to the need for greater health promotion when it comes to HIV and other sexually transmitted infections for older adults.

Vulnerability of the Elderly to Sexually Transmitted Infections
http://sagelink.ca/vulnerability_of_the_elderly_to_STI
The authors undertook a cross-sectional study to identify the prevalence and factors associated with sexually transmitted infections (STIs) among the elderly. Their findings point to the need to help older women negotiate safe sex practices and for educating health care providers about this topic.

STI Epidemiology in the Global Older Population: Emerging Challenges
http://sagelink.ca/STI_epidemeliogy_in_the_global_older_population
This paper reviews the evidence concerning the epidemiology of STIs with a particular focus on older people. The authors implicate sexual ageism in underpinning a lack of sexual health education and promotion targeted at older people.

Knowledge of Sexually Transmitted Infections Among Older Veterans
https://sagelink.ca/knowledge_of_sexually_transmitted_infections_among_older_veterans
This study assessed the knowledge of STI among older Veterans by utilizing a survey in several outpatient clinic settings at one Veterans Affairs Medical Center.

Sexually Active Older Australian’s Knowledge of Sexually Transmitted Infections and Safer Sexual Practices
https://sagelink.ca/sexually_active_older_australians_knowledge_of_STI_and_safer_sexual_practices
Rates of STIs are rising in older adults in many developed countries. The authors of this article conducted the first known survey of STIs and safer sex knowledge among Australians 60 years and older.

Questions & Answers: Prevention of Sexually Transmitted and Blood Borne Infections Among Older Adults
https://sagelink.ca/Q_and_A_prevention_of_sexually_transmitted_and_blood_borne_infections_among_older_adults
This webpage addresses the most commonly asked questions about the prevention of sexually transmitted and blood borne infections (STBBIs) among older adults.
Sexuality and the Sexual Health of Older Adults

**Sex, Health and Years of Sexually Active Life Gained Due to Good Health: Evidence from two US Population Based Cross Sectional Surveys of Ageing**
https://sagelink.ca/sex_health_and_years_of_sexually_active_life_gained_due_to_good_health

The authors examined the association between sexuality (sexual activity and quality of sexual life) and global self rated physical health in middle aged and older men and women.

**Sexuality in Older Age: Essential Considerations for Healthcare Professionals**
https://sagelink.ca/sexuality_in_older_age

This article provides an overview of the evidence for healthcare professionals who had not previously considered the sexuality of their older patients.

**Sexuality: Desire, Activity and Intimacy in the Elderly**
https://sagelink.ca/sexuality_desire_activity_intimacy_in_the_elderly

This study sought to determine the patterns of sexual activity and function in individuals over 50 years of age. It also sought to discuss barriers such as chronic illness that may interfere with sexual function.

**How to Discuss Sex with Elderly Patients**
https://sagelink.ca/how_to_discuss_sex_with_elderly_patients

This publication includes practice recommendations for health care professionals.

**Sexuality and Intimacy in Older Adults**
https://sagelink.ca/sexuality_and_intimacy_in_older_adults

This article provides a comprehensive overview of sexuality in the context of long-term care.

**Sexuality in Older Adults: Clinical and Psychosocial Dilemmas**
https://sagelink.ca/sexuality_in_older_adults

This review aimed to illuminate various aspects of sexuality in older adults and the challenges encountered by healthcare professionals working in this area.

**Breaking Down Taboos Concerning Sexuality Among the Elderly**
https://sagelink.ca/breaking_down_taboos_concerning_sexuality_among_the_elderly

This chapter describes the physiological and psychosocial aspects of sexuality among elderly people, nursing care professionals attitudes towards sexuality among the elderly in nursing homes and the impact of an institutional environment.

**Sexuality and Aging**
https://sagelink.ca/sexuality_and_aging

This fact sheet discusses the challenges which older people, their providers and family members face around the issue of sexuality and aging. It addresses common assumptions and recommends practical solutions for providing client-centred care.

**The Sexual Revolution's Last Frontier: How Silence About Sex Undermines Health, Well-Being, and Safety in Old Age**
https://sagelink.ca/the_sexual_revolutions_last_frontier

This article discusses how ageism-fueled reluctance to talk about or acknowledge sex in aging undermines the health, safety and well-being of older people.
Coming Out to Care: Caregivers of Gay and Lesbian Seniors in Canada
https://sagelink.ca/coming_out_to_care_caregivers_of_gay_and_lesbian_seniors_in_canada
This article reports on the findings of a study aimed at exploring the experiences of caregivers of community dwelling gay and lesbian seniors and issues around health care access and equity.

Promoting Health Equity Among LGBT Mid-Life and Older Adults
https://sagelink.ca/promoting_health_equity_among_LGBT_mid-life_and_older_adults
This article examines the health disparities of LGBT mid-life and older adults through a health-equity perspective.

Health Disparities Among LGBT Older Adults and the Role of Nonconscious Bias
https://sagelink.ca/health_disparities_among_LGBT_older_adults_and_the_role_of_nonconscious_bias
This paper describes the significance of key empirical findings from the recent and landmark study Caring and Aging with Pride: The National Health, Aging and Sexuality Study, on lesbian, gay, bisexual, and transgender aging and health disparities.

Health Disparities Among Lesbian, Gay, and Bisexual Older Adults: Results From a Population-Based Study
https://sagelink.ca/health_disparities_among_lesbian_gay_bisexual_older_adults
The authors investigated health disparities among LGB older adults 50 years and older by analyzing data from the 2003-2010 Washington State Behavioural Risk Factor Surveillance on health outcomes, chronic conditions, access to care, behaviours and screening by gender and sexual orientation.

Health Equity and Aging of Bisexual Older Adults: Pathways of Risk and Resilience
https://sagelink.ca/health_equity_and_aging_of_bisexual_older_adults
The authors utilized the health equity promotion model to examine hypothesized mechanisms for health disparities between bisexual older adults and lesbian and gay older adults.

The Future of LGBT+Aging: A Blueprint for Action in Services, Policies and Research
https://sagelink.ca/the_future_of_LGBT_and_aging
This article outlines the author’s personal reflections on the future of LGBT aging informed by the findings from two landmark studies.

The Physical and Mental Health of Lesbian, Gay Male and Bisexual (LGB) Older Adults: The Role of Key Health Indicators and Risk and Protective Factors
https://sagelink.ca/the_physical_and_mental_health_of_lesbian_gay_male_and_bisexual_older_adults
This paper examines the influence of key health indicators and risk and protective factors on health outcomes (including general health, disability, and depression) among lesbian, gay male and bisexual (LGB) older adults.

Sexuality and Older People: A Neglected Issue
https://sagelink.ca/sexuality_and_older_people
This editorial discusses stereotypes related to aging and sex, inadequate research, policy and programs regarding the sexual health of older adults and more.
### Sexuality and the Sexual Health of Older Adults

<table>
<thead>
<tr>
<th>Title</th>
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<tr>
<td>Sexual Activity and Older Adults: Stigma, Overall Health and Research</td>
<td><a href="https://sagelink.ca/sexual_activity_and_older_adults_stigma_overall_health_and_research">https://sagelink.ca/sexual_activity_and_older_adults_stigma_overall_health_and_research</a></td>
<td>This paper provides a summary of current empirical research on older adult sexuality and challenges the misunderstandings, stereotypes and stigma related to this topic.</td>
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<td>LGBT and Dementia: What do we Know?</td>
<td><a href="https://sagelink.ca/LGBT_and_dementia">https://sagelink.ca/LGBT_and_dementia</a></td>
<td>The authors argue that LGBT person’s needs are often overlooked in dementia care and share their findings from a workshop they facilitated to capture ideas for best practices developed by people with personal and professional experience of these unique challenges.</td>
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<td>The Last Taboo: A Guide to Dementia, Sexuality, Intimacy and Sexual Behaviour in Care Homes</td>
<td><a href="https://sagelink.ca/the_last_taboo">https://sagelink.ca/the_last_taboo</a></td>
<td>This pdf downloadable pamphlet is a resource guide based on a comprehensive review of the literature, best practice examples from the UK and beyond as well as interviews with stakeholders involved in dementia care, policy and practice.</td>
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<td>Capacity for Sexual Consent in Dementia in Long-Term Care</td>
<td><a href="https://sagelink.ca/capacity_for_sexual_consent_in_dementia_in_LTC">https://sagelink.ca/capacity_for_sexual_consent_in_dementia_in_LTC</a></td>
<td>This American white paper aims to provide a context for approaching the challenge of evaluating the capacity for sexual activity by persons with dementia living in long-term care and focuses on the ethical, clinical and administrative aspects of this issue.</td>
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<td>Marriage and Attachment in Alzheimer’s Disease: A Literature Review</td>
<td><a href="https://sagelink.ca/marriage_and_attachment_in_AD">https://sagelink.ca/marriage_and_attachment_in_AD</a></td>
<td>This article presents an overview of the role of attachment in a couple’s relationship when a partner has Alzheimer’s Disease (AD). The authors recommend that healthcare professionals treating couples with an AD patient take a sexual history of the couple as well as assess the current status of the couple’s emotional and physical relationship.</td>
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<tr>
<td>Sexuality and Dementia: For Better or Worse?</td>
<td><a href="https://sagelink.ca/sexuality_and_dementia">https://sagelink.ca/sexuality_and_dementia</a></td>
<td>The author discusses the complexities faced in this area for clinicians and how they can improve practice in order to enhance the care and quality of life for their patients.</td>
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<td>Enabling Sexual Expression in People with Dementia</td>
<td><a href="https://sagelink.ca/enabling_sexual_expression_in_people_with_dementia">https://sagelink.ca/enabling_sexual_expression_in_people_with_dementia</a></td>
<td>The author utilized an analysis of the literature and case studies to provide practical guidance to nurses in relation to sexual expression in people with dementia.</td>
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<tr>
<td>Approach to Inappropriate Sexual Behaviour in People with Dementia</td>
<td><a href="https://sagelink.ca/approach_to_inappropriate_sexualBehaviour_in_people_with_dementia">https://sagelink.ca/approach_to_inappropriate_sexualBehaviour_in_people_with_dementia</a></td>
<td>This article provides family physicians with an update on the approach to diagnosis and management of inappropriate sexual behaviour in persons with dementia.</td>
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