



## Sexuality & Sexual Health in Later Life

Last reviewed December 2019

### Sexual Activity and Aging

<https://www.sciencedirect.com/science/article/pii/S1525861013000789?via%3Dihub>

The goal of this article was to review the prevalence of sexual activity among older adults, any problems experienced with sexual activity and the role of health care professionals in addressing those problems. (OPEN ACCESS)

### Sexuality: Desire, Activity and Intimacy in the Elderly

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3267340/>

This study aimed to discover the patterns of sexual activity and function among older adults. Chronic illness and its impact on sexual function are also discussed. (OPEN ACCESS)

### Contemporary Vistas in Geriatric Sexuality

<https://journals.sagepub.com/doi/full/10.1177/2631831819862889>

The authors discuss elderly sexuality and bio-psychosocial factors, physical changes in aging and comorbid conditions that impact sexual activity. (OPEN ACCESS)

### Sexuality and Older People: Revisiting the Assumptions

<https://www.tandfonline.com/doi/abs/10.1080/0360127950210509?src=recsys>

The authors argue that it should not be assumed that the physical and pathological changes associated with advancing age reduce the opportunity to enjoy sex. Alternative interpretations and expressions of sexuality may be one of the great opportunities of growing older. (PAID ACCESS)

### Sexuality in the Older Adult

<https://www.sciencedirect.com/science/article/abs/pii/S0095454317300544?via%3Dihub>

This article describes age-related changes that impact sexual function in older adults and overviews psychological, spiritual and cultural factors that impact intimacy in later life. (PAID ACCESS)

### Sexual Function in Elderly Women: A Review of Current Literature

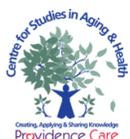
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3349920/>

This article provides a comprehensive overview of sexual health issues of concern for elderly women. (OPEN ACCESS)

### Prevalence and Predictors of Sexual Problems in Men Aged 75-95 Years: A Population-Based Study

<https://www.sciencedirect.com/science/article/pii/S1743609515338571?via%3Dihub>

This article describes a population-based cohort study examining the prevalence and predictors of sexual problems in older men. (PAID ACCESS)



Making Connections & Sharing Knowledge



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### Waist Circumference is Superior to Weight and BMI in Predicting Sexual Symptoms, Voiding Symptoms and Psychosomatic Symptoms in Men with Hypogonadism and Erectile Dysfunction

<https://onlinelibrary.wiley.com/doi/pdf/10.1111/and.12634>

The authors investigated whether the three measurements of obesity, weight, body mass index and waist circumference, correlate with the International Index of Erectile Function-5, the Aging Males' Symptoms (AMS) and the International Prostate Symptom Score (IPSS) questionnaires. They found that waist circumference was the best predictor of health-related quality of life in men with hypogonadism. (PAID ACCESS)

### Frailty and Sexual Health in Older European Men

<https://academic.oup.com/biomedgerontology/article/68/7/837/514532>

This study examined the association of frailty with sexual functioning and satisfaction among older men. (OPEN ACCESS)

### Sexuality and Elderly with Chronic Diseases: A Review of the Existing Literature

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5348839/>

This narrative review sought to determine the impact of chronic disease of sexual function among older adults. (OPEN ACCESS)

### Health Care Professionals' Views on Discussing Sexual Wellbeing with Patients who Have had a Stroke: A Qualitative Study

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0078802>

This article details the findings from qualitative interviews with health care professionals regarding their experiences discussing sexual wellbeing with patients who have had a stroke. (OPEN ACCESS)

### Sexuality, Sexual Health and Older People: A Systematic Review of Research on the Knowledge and Attitudes of Health Professionals

<https://www.sciencedirect.com/science/article/abs/pii/S0260691716000848?via%3Dihub>

The authors discuss the findings of a systematic review of health care professionals attitudes towards sexuality and the sexual health of older people. (PAID ACCESS)

### Sexuality in Older Age: Essential Considerations for Healthcare Professionals

<https://academic.oup.com/ageing/article/40/5/538/46578>

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

### How to Discuss Sex with Elderly Patients

[https://www.mdedge.com/sites/default/files/Document/September-2017/JFP\\_06304\\_Article1W.pdf](https://www.mdedge.com/sites/default/files/Document/September-2017/JFP_06304_Article1W.pdf)

This publication includes practice recommendations for health care professionals. (OPEN ACCESS)

## Sexuality & Sexual Health in Later Life

### Sexuality in Later Life: Opportunity for Reflections for Healthcare Providers

<https://www.tandfonline.com/doi/abs/10.1080/14681990903398047?scroll=top&needAccess=true&journalCode=csmt20>

The authors provide several exercises to assist healthcare providers in assessing their position on the topic of sexuality in later life. (PAID ACCESS)

### Sexually Transmitted Infections and Older Adults

<https://www.healio.com/nursing/journals/jgn/2013-11-39-11/%7B97653f80-3d98-49b7-912f-08dde117f4f7%7D/sexually-transmitted-infections-and-older-adults.pdf>

This article discusses assessment guides, interventions and treatments which can be used to specifically help older adults. (OPEN ACCESS)

### Sexually Transmitted Diseases in the Aging Population

<https://www.consultant360.com/articles/sexually-transmitted-diseases-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. (OPEN ACCESS)

### Vulnerability of the Elderly to Sexually Transmitted Infections

[http://www.scielo.br/scielo.php?pid=S0103-21002017000100008&script=sci\\_arttext&lng=en](http://www.scielo.br/scielo.php?pid=S0103-21002017000100008&script=sci_arttext&lng=en)

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 education health care providers about this topic. (OPEN ACCESS)

### Questions & Answers: Prevention of Sexually Transmitted and Blood Borne Infections Among Older Adults

<https://www.canada.ca/en/public-health/services/infectious-diseases/sexual-health-sexually-transmitted-infections/reports-publications/questions-answers-adults.html>

This webpage addresses the most commonly asked questions about the prevention of sexually transmitted and blood borne infections (STBBIs) among older adults. (OPEN ACCESS)

### Palliative and End-of-Life Care for Lesbian, Gay, Bisexual, and Transgender (LGBT) Cancer Patients and Their Caregivers

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5863535/pdf/nihms947709.pdf>

The objective of this article was to identify the unique needs of LGBT cancer patients and caregivers and discuss recommendations for more effective and inclusive palliative and end-of-life care. (OPEN ACCESS)

### Disclosing a LGB Sexual Identity When Living in an Elderly Long-Term Care Facility: Common and Best Practices

<https://www.tandfonline.com/doi/abs/10.1080/00918369.2018.1486062>

This study sought to investigate perceptions of staff on common and best practices regarding the disclosure of non-heterosexual sexual identity in long-term care facilities. (PAID ACCESS)

## Sexuality & Sexual Health in Later Life

### Sexuality and Elderly with Chronic Diseases: A Review of the Existing Literature

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5348839/>

The authors provide a narrative review aimed at assessing the impact of chronic disease on sexual function in elderly people. (OPEN ACCESS)

### Sexuality and Intimacy in Older Adults

<https://www.sciencedirect.com/science/article/pii/S0197457208002668>

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

### Sexuality in Long-Term Care

<http://www.advocacycentreelderly.org/appimages/file/Sexuality%20in%20LTC.pdf>

This article provides a legal perspective and discusses how to support sexuality in those living in long-term care while ensuring protection for residents from unwanted activities as well as considerations of capacity and consent. (OPEN ACCESS)

### Sexuality and Physical Intimacy in Long Term Care

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4550102/>

The author reviewed the literature on sexuality and aging, the available clinical practice guidelines regarding sexuality in long-term care. (OPEN ACCESS)

### Supporting Residents' Expression of Sexuality: The Initial Construction of a Sexuality Assessment Tool for Residential Aged Care Facilities

<https://bmcgeriatr.biomedcentral.com/track/pdf/10.1186/1471-2318-14-82>

The authors describe the development of an assessment tool which enables residential age care facilities to identify how supportive their organization is of all residents' expression of their sexuality, and improve where needed. (OPEN ACCESS)

### Ethics and Intimate Sexual Activity in Long-Term Care

<https://journalofethics.ama-assn.org/article/ethics-and-intimate-sexual-activity-long-term-care/2017-07>

This case study is used to discuss the challenges associated with maximizing residents' autonomy while ensuring safety. Recommendations are included. (OPEN ACCESS)

### Relational Autonomy in Action: Rethinking Dementia and Sexuality in Care Facilities

[https://journals.sagepub.com/doi/abs/10.1177/0969733018780527?rfr\\_dat=cr\\_pub%3Dpubmed&url\\_ver=Z39.88-2003&rfr\\_id=ori%3Arid%3Aacrossref.org&journalCode=neja](https://journals.sagepub.com/doi/abs/10.1177/0969733018780527?rfr_dat=cr_pub%3Dpubmed&url_ver=Z39.88-2003&rfr_id=ori%3Arid%3Aacrossref.org&journalCode=neja)

This article sought to clarify how to approach capacity determination as it relates to sexual activity and proposed how to theorize patient autonomy in that context. (PAID ACCESS)

### Citizenship, Human Rights, and Dementia: Towards a New Embodied Relational Ethic of Sexuality

[https://journals.sagepub.com/doi/abs/10.1177/1471301216636258?rfr\\_dat=cr\\_pub%3Dpubmed&url\\_ver=Z39.88-2003&rfr\\_id=ori%3Arid%3Aacrossref.org&journalCode=dema](https://journals.sagepub.com/doi/abs/10.1177/1471301216636258?rfr_dat=cr_pub%3Dpubmed&url_ver=Z39.88-2003&rfr_id=ori%3Arid%3Aacrossref.org&journalCode=dema)

The authors argue that supporting sexual rights for persons with dementia requires a particular human rights ontology for citizenship. (PAID ACCESS)

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### Capacity for Sexual Consent in Dementia in Long-Term Care

<https://paltc.org/amda-white-papers-and-resolution-position-statements/capacity-sexual-consent-dementia-long-term-care>

This white paper aims to provide a context for evaluating the capacity to consent to sexual activities by persons with dementia in Long-Term Care. (OPEN ACCESS)

### More Than Capacity: Alternatives for Sexual Decision Making for Individuals With Dementia

<https://academic.oup.com/gerontologist/article/55/5/716/2605290>

This paper argues that there can be a flawed approach to sexual decision making and a finding of incapacity that should not preclude sexual expression. The authors share recommendations that allow for continued discussion of sexual freedom for residents. (OPEN ACCESS)

### 'I Always Look Under the bed for a man'. Needs and Barriers to the Expression of Sexuality in Residential Aged Care: The Views of Residents With and Without Dementia

<https://www.tandfonline.com/doi/abs/10.1080/19419899.2012.713869>

This article describes a qualitative study investigating Long-Term Care residents' perceptions of the needs and barriers to the expression of sexuality. (PAID ACCESS)

### Sexuality Assessment Tool (SexAT) for Residential Aged Care Facilities

<https://www.privacy.org.nz/assets/Uploads/Sexuality-Assessment-Tool-SexAT.pdf>

This tool was developed to help aged care facilities support the expression of sexuality of residents both with and without dementia. (OPEN ACCESS)

### Staff Knowledge and Perceptions of Sexuality and Dementia of Older Adults in Nursing Homes

<https://journals.sagepub.com/doi/abs/10.1177/0898264313494802?journalCode=jaha>

This paper examined the knowledge and attitudes of nursing home staff about older adult sexuality and dementia. (PAID ACCESS)

### Sexuality in the Nursing Home, Part 2: Managing Abnormal Behaviour – Legal and Ethical Issues

<https://www.sciencedirect.com/science/article/abs/pii/S1525861004703473?via%3Dihub>

This article discusses ways to deal with inappropriate sexual behaviours in Long-Term Care settings and the ethical issues involved. (PAID ACCESS)

### A Best Practice Approach to Intimacy and Sexuality: A Guide to Practice and Resource Tools for Assessment and Documentation

[https://admin.rgpc.ca/uploads/documents/sexualitypracticeguidelinesllgdraft\\_17.pdf](https://admin.rgpc.ca/uploads/documents/sexualitypracticeguidelinesllgdraft_17.pdf)

This best practice guideline was developed for Long-Term Care (LTC) homes in Lanark, Leeds & Grenville but may prove helpful for other LTC homes. (OPEN ACCESS)

### Sexuality Practice Guidelines – Sexual Behaviour Assessment

[https://admin.rgpc.ca/uploads/documents/sexuality\\_sexualitypracticeguidelines\\_appendixbsexbehavcass%20draft17%20\(2\).pdf](https://admin.rgpc.ca/uploads/documents/sexuality_sexualitypracticeguidelines_appendixbsexbehavcass%20draft17%20(2).pdf)

This assessment has two parts, and is intended to understand the degree of risk associated with sexual behaviour in Long-Term Care. (OPEN ACCESS)

## Sexuality & Sexual Health in Later Life

### Sexuality and Dementia: For Better or Worse?

<https://pdfs.semanticscholar.org/e19e/6027eb9b260fb4a036e6487417bd6dd7bc17.pdf>

The author discusses some of the complexities which are faced by clinicians and how practice can be improved to enhance care and quality of life for patients. (OPEN ACCESS)

### Sexuality and Physical Intimacy in Long Term Care

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4550102/>

This paper reviewed the literature that was current at the time on sexuality and aging to examine clinical practices and guidelines regarding sexual expression in Long-Term Care. (OPEN ACCESS)

### Sex, Dementia and the Nursing Home: Ethical Issues for Reflection

[https://pdfs.semanticscholar.org/21a3/f7c09fc45541abeab9a3459edc2b1a2915fa.pdf?\\_ga=2.196897516.1320847496.1575994237-617820007.1575906842](https://pdfs.semanticscholar.org/21a3/f7c09fc45541abeab9a3459edc2b1a2915fa.pdf?_ga=2.196897516.1320847496.1575994237-617820007.1575906842)

This article was written by an ethicist working in a Long-Term Care facility in Ontario and focuses on the concepts of autonomy, vulnerability to risk and more specifically the challenges of balancing individual autonomy against the professional and organizational duties of protection. (OPEN ACCESS)

### The Last Taboo: A Guide to Dementia, Sexuality, Intimacy and Sexual Behaviour in Care Homes

[https://ilcuk.org.uk/wp-content/uploads/2018/10/pdf\\_pdf\\_184.pdf](https://ilcuk.org.uk/wp-content/uploads/2018/10/pdf_pdf_184.pdf)

This guide is intended to provide care home workers and managers with information and practical advice on this complex, controversial and sensitive topic. (OPEN ACCESS)

### Sexuality & Dementia Tool Kit

<https://admin.rgpc.ca/uploads/documents/sexuality%20tool%20kit.doc>

This guide is intended to aid in developing policy and guidelines on sexuality and sexual behaviour in Long-Term Care. (OPEN ACCESS)

### Sexuality Practice Guidelines – Assessment of Awareness of Actions

<https://admin.rgpc.ca/uploads/documents/sexualitypracticeguidelines-appendixcdraft17.pdf>

This assessment is based on the work of Litchenburg and Strzepak and is used to determine a resident's awareness and ability to appreciate participation in a relationship in Long-Term Care. (OPEN ACCESS)

### Older Residents' Perspectives on Aged Sexuality in Institutionalized Elderly Care: A Systematic Literature Review

<https://www.sciencedirect.com/science/article/abs/pii/S0020748915002291?via%3Dihub>

The aim of this systematic literature review was to investigate older residents' thoughts on, experiences of and engagement in sexual behaviour and aged sexuality within institutionalized elderly care. (PAID ACCESS)

### Ageism and Sexuality [https://link.springer.com/chapter/10.1007/978-3-319-73820-8\\_10](https://link.springer.com/chapter/10.1007/978-3-319-73820-8_10)

This chapter explores attitudes towards sexuality in later life among the media, young people, older people themselves, and care providers. The authors aim to raise awareness of ageist perceptions and defeating them. (OPEN ACCESS)