

Benefits and Challenges Associated with Sexual Expression in Continuing Care



Over 50%

of people aged 65 to 80 believe that sexual expression is important to their overall quality of life. This includes people who live in continuing care homes.

Sexual expression can provide continuing care residents with:



- Physical health and psychological wellness benefits
- A sense of intimacy and connection
- Opportunities to feel good in and about their bodies



However, there are currently no policies, guidelines, or standards related to sexual expression in Alberta.



There are multiple parties involved in residents' sexual expression. This includes:

- Care home staff and management
- Family members
- Other residents



This can lead to a number of challenges related to:

- Privacy
- Stigma
- Cognitive capacity
- Communication



Clear and compassionate conversations can make it easier for everyone to navigate this aspect of resident life.

Don't be afraid to ask questions!