Sex & Sexuality for Older Adults

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Sage or expert?

- I am a good facilitator and teacher
- Not a medical doctor
- I’m 65 and have been married for 42 years
- Knowledge, good training and experience can help anyone be an effective professional individual
- Anything interesting about your guest lecturer today?
- The BRAIN is our most important sex organ.
What are normal changes as we grow older?

- Many of us want closeness and intimacy as we grow older.
- Many of us desire to continue a satisfying sex life.
- As we grow older that means adapting sex to accommodate any of a number of changes in our partner and ourselves.
- Can a couple or an individual have low desire or libido as they grow older?
- How can that affect a couple’s relationship?
Female changes

- Anatomical changes in aging
  - Vagina shortens and narrows
  - Walls become thinner
  - Less lubrication
  - Painful or less enjoyable intercourse
  - Post menopausal hormone therapy
  - More or less frequent interest in sex
  - Physical changes
  - Emotional changes
Male Changes

- Anatomical Changes
- Performance issues
- Erections are less firm or large
- Erectile dysfunction can be caused by surgery, injury, illness, disabilities, performance anxiety (with a new partner) or alcohol or drugs
- Around 50 to 60% of men in their 60’s have some element of ED
- Ejaculations less volume
Sex and Emotions

- Sex is often a delicate balance between the physical and the emotional

- Older couples have fewer distractions – more privacy and no pregnancy or contraceptive issues and enjoy more intimacy

- Sometimes we worry that our partners will no longer find us attractive

- Rejection? What does it mean to a man to a woman in a romantic relationship?

- What can lessen desire? Examples – performance anxiety or strained relationships
Sex & Emotions continued

- Stress/Depression
- Prostate problems
- Mastectomy
- Hysterectomy
- Incontinence
- Heart disease/ Hypertension
- Chronic pain
- others
Safer Sex

- Do older couples have to concern themselves with Sexually Transmitted Infections?
- Certainly a concern with a new partner
- Condoms should be used for protection
- No such thing as safe sex; only safer sex
- Should a couple get tested before intimacy begins in their relationship?
Sternberg’s Triangular Theory of Love