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## Love, Sex & Alzheimer's

alzheimer's  association

## Workshop Objectives

- To understand changes associated with dementia that impact intimacy
- Explore our attitudes about sexuality and intimacy in persons with dementia
- Discuss challenging situations that can occur and identify helpful resources & strategies

## What are your attitudes about intimacy in later life?

- Is it okay for older adults to be sexual with one another? With themselves? Under what circumstances?
- Is it okay for persons with memory loss to be sexual with others? With themselves? Under what circumstances?



## AD & Intimacy: challenges

- Forgetting the relationship
- Confusion about what to do or say
- Lack of initiation or follow-through
- Challenges recognizing the right time & place to express affection
- Increased or decreased libido

## "I know I love him"

"I just don't know who the heck he is"

**Common Concerns for Families**

- Role confusion
- Guilt
- Frustration
- Fear
- Resentment
- Embarrassment or confusion
- Hygiene & sanitation

**A Thousand Tomorrows**

**Video excerpt & discussion**

**Couple #1**

**Couple #2**

## Couple #2 – One year later

## Common Concerns for Staff

- Resident rights & safety
- Family Preferences
- Embarrassment or confusion
- Personal Values/Beliefs
- Rules & Regulations

One family's story

## Sandra Day O'Connor

## Guidelines: Lichtenberg & Strzepak, 1990

- Is person aware of the relationship?
- Is the person able to avoid exploitation?
- Is the person aware of potential risks?

## Case discussion

- What is our #1 priority? #2? #3?
- What is best for person with dementia?
- What is the family's preference?
- Rules & regulations?
  
- Help! What's the RIGHT answer?

## Questions and Answers