

Sexuality as Part of an Ordinary Home Life



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What does sexuality
mean for you?

‘Sexuality often the source of our deepest oppression; it is also the source of our deepest pain. It is easier for us to talk about – and formulate strategies for changing - discrimination in employment, education, and housing than to talk about our exclusion from sexuality and reproduction’

(Anne Finger, July 1992, New Internationalist)



Sexuality

- Biological
- Psychological
- Social
- Cultural
- Spiritual

Sexual beings from birth to death

Sexuality includes:

- Behaviours
- Emotions
- Knowledge
- Beliefs

Genital sensation $\neq$ sexuality

Friendship

Love

Caring

Romance

Erotic behaviours

Research – People with Disabilities

- Sexual satisfaction & sexual and body esteem important to wellbeing
- Lack of positive role models
- Negative messages about what bodies are desired
- Many excluded from dominant socialisation processes that prepare for love, sex and intimacy

Research – People with Disabilities

- Lack access to meet and mix
- Poked and prodded... but what feels good?
- Policed so intimacy doesn't develop
- Some feel value as sexual partner negated

“I’m more focused on my partner and on the intimacy that we share, while before I was more focused on intercourse.”

(Taleporos and McCabe, 2001)

“Because of disability, options and opportunities for outside recreation are reduced – sex is a most joyous recreation at home. So sex is a major recreation for me.”

“Because of physical restrictions, my lifestyle allows me lots of time to think about sex.”

“The physical restrictions limit me now compared to when I was able-bodied, now I need to look for an alternative.”

Research – Elderly People

- Carers judgemental about erotic behaviours
- Rules & regulations disregard client views
- Sex a moderate need
- Older people are capable, interested and active
- Good for wellbeing!

“I can no longer provide and income,
make decisions or take care of things;
this is the only thing I still have that I can
give to my wife.”

(Davies, H et al, 1998)

FPA Sexuality Philosophy

People have the right to live free of discrimination, regardless of their age, gender, sexual preference, marital status, ethnicity, religion, disability.

People have the right to express their sexuality but without hurt or violation of the rights of others



Convention on the Protection and Promotion of the Rights and Dignity of Persons with Disabilities Eighth session, New York, August 2006

States Parties shall take effective and appropriate measures to eliminate discrimination against all persons with disabilities in all matters relating to marriage, family, parenthood and relationships, on an equal basis with others, so as to ensure that:

23(b) The Rights of persons with disabilities to decide freely and responsibly on the number and spacing of their children and to have access to age-appropriate information, reproductive and family planning education are recognised and the means necessary to enable them to exercise these rights;

What can you do?

- Don't deny – negotiate
- Examine your values and beliefs
- Do you marginalise some?
- Assist – interaction & privacy
- Educate
- Talk

- Create/review policies
- Consider sex surrogates
- Hold a D-Vice party
www.dvice.co.nz
- Contact FPA for training

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www.fpanz.org.nz



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