

Sexuality and Aging



**Debra Hagerty, DNP, NHA, LBSW, CDP,
CADDCT, IP-BC, CDONA, FACDONA**

Objectives

- 1. Learner will recognize the reasons sexual intimacy in aging individuals is normal.**
- 2. The learner will be able to discuss modifications which might support sexual encounters and intimacy.**
- 3. Learner will be able to identify medical conditions and sexual orientations that may impact sexuality.**

POLL

Do you think sexual activity is appropriate for individuals over 65 years of age?

Have you or older experienced any barriers to a fulfilling sexual life?

Sexual Dysfunction

- **Desire disorders:** The lack of sexual desire or interest in sex
- **Arousal disorders:** The inability to become physically aroused during sexual activity, including problems achieving and maintaining an erection (erectile dysfunction)
- **Orgasm disorders:** The delay or absence of orgasm (climax)
- **Pain disorders:** Pain during intercourse (This mostly affects women.)

Poll

Are there any participants that are experiencing any of these disorders?

1 Desire Disorder

#2 Arousal Disorders

#3 Orgasm Disorders

#4 Pain Disorders

Sexual Expression is Normal

No Matter What Age



- **LGBTQ-Double in the next 10 years**
- **2.4 million LGBTQ seniors in the U.S**
- **7 million by 2030**
- **Respectful approach**
- **Correct pronouns**
- **Gender seeking**
- **Bi-Gender**
- **Gender Fluid**



World Health Day 2012
- Ageing and health -

Toolkit for event organizers

GOOD HEALTH ADDS LIFE TO YEARS

World Health Organization

- **Sexuality is a multifaceted phenomenon
Encompasses sex, gender identities and
roles, sexual orientation, eroticism,
pleasure, intimacy and reproduction.**

How do I Get Started Being Intimate Again? Self or Others?

➤ Talking?

➤ Touching?

➤ Caressing

➤ In Chair, on Couch?



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➤ Masturbation

Barriers

- **Attitudes**
- **Religion**
- **Adult Children**





- **Sexuality is experienced and expressed in thoughts, fantasies, desires, beliefs, attitudes, values, behaviors, practices, roles and relationships.**
- **While sexuality can include all of these dimensions, not all of them are always experienced or expressed**

(WHO, 2006)

COVID

Impact on sex

“The COVID-19 episode will likely lead to a large, lasting baby bust. The pandemic has thrust the country into an economic recession. Economic reasoning and past evidence suggest that this will lead people to have fewer children”

(Kearney, & Levine, 2020)

Poll Slide 15

**Do mental health issues
impact a person's sexual
activity?**

- 1. Yes**
- 2. No**

Mental Health Concerns

- **Depression**
- **Social Isolation**
- **Weight Gain-Self Esteem issues**
- **Reduction in activities out of the house**

Duke Longitudinal Study

50% of 80-year-old still have moderate libido

20% Still sexuality active

(Biot-Gordan, 2019)

Healthy Intimate Relationship

Partners are aware of their own emotional vulnerability and physical sensations.

These are experienced positively with understanding that culmination in orgasm is not a goal every encounter .



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Feelings of safety, connection, and affirmation occur in a healthy sexual relationship



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How is Sexuality Expressed

- Hair
- Clothes
- Gestures, hand holding
- Actions, caressing, kissing

Poll

Slide 21 Are there any medications that you are currently taking that might interfere with your sexual Activity.

1. Yes

2. No



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Dementia

Special Considerations

- **Sexually Inappropriate because it is not with their spouse**
- **Disrobing**
- **Public Masturbation**
- **Inappropriate comments, gestures**

Polling

Are there any conditions you are experiencing that prohibit or impede sexual activity



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Polls

Are there any medications that might interfere with your sexual activity?



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Modifications

- **Physically positioned differently-Side Lying positions**
- **Back lying with leg over the man's leg so the penetration can be successful**
- **Chair**
- **Sitting on the bed (Knee arthritis)**



Slide 25 Poll

Are there any medications that you are currently taking that might interfere with your sexual Activity.

- 1. Yes**
- 2. No**

Medications

- **citalopram (Celexa),**
- **escitalopram (Lexapro),**
- **fluoxetine (Prozac),**
- **fluvoxamine (Luvox),**
- **paroxetine (Paxil),**
- **sertraline (Zoloft).**
- **Antipsychotic medications, including thioridazine (Mellaril), thiothixene (Navane), and haloperidol (Haldol)**

- Diuretics, including spironolactone (Aldactone) and the thiazides (Diuril, Naturetin, and others)
- Centrally acting agents, including methyldopa (Aldomet) and reserpine (Serpasil, Raudixin)
- α -Adrenergic blockers, including prazosin (Minipress) and terazosin (Hytrin)
- β -adrenergic (beta) blockers, including propranolol (Inderal) and metoprolol (Lopressor)
- The following medications may decrease sexual desire:
 - Hormones Leuprolide (Lupron), Goserelin (Zoladex)

Slide 29 Poll

Have any of these interfered with your sexual experience?

- 1. Post-Menopausal Vaginal Wall Thinning
Vaginal wall tearing**
- 2. HIV/Other Sexually Transmitted Diseases**
- 3. Pelvic Inflammatory Disease**
- 4. Decrease in immune function increases infection risks**

Hope and Treatment

- **Use of lubricants, moisturizer, or low-dose vaginal estrogen for dryness and pain**
- **Hormonal therapy for reduced libido**
- **Sex therapy/counselling**
- **Use of drugs to increase sexual drive**

Risks for Intercourse

- **Post Menopausal Vaginal Wall Thinning**
- **Vaginal wall tearing**
- **HIV/Other Sexually Transmitted Diseases**
- **Pelvic Inflammatory Disease**
- **Decrease in immune function increases**

Clean Bill of Health?

- **Cardiac**
- **Disease Free-Venereal-Certified**
- **Oxygen-Wear during activity**
- **Erectile Dysfunction**



A recent survey of older women undertaken in 29 countries showed that lack of interest in sex, failure to achieve orgasm and poor vaginal lubrication were the most commonly reported causes of sexual dysfunction.



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Facility Implications

- **Loneliness**
- **Social Distancing is an actual danger to the seniors in nursing facilities**
- **Impact on Intimacy and Sexual Encounters**
- **Mental Health individual Approach reducing negative behaviors i.e., outbursts**

(American Psychological Association, 2020)

Sandra Day O'Conner Story

- **Husband in an assisted living facility**
- **Husband became sexually active with someone else not the her**
- **Justice O'Conner stated we cannot stop him because he doesn't know who it is.**

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