

Back to the National Ageing Research Institute:

Ageing & sexual expression – what have we achieved since 2000?

Dr Catherine Barrett

- Research Fellow: Australian Research Centre in Sex, Health and Society
- Aged Care Consultant: Gay and Lesbian Health Victoria

Associate Professor Anne Mitchell

- Director of Gay and Lesbian Health Victoria



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There's 'sex'

- The global study of sexual attitudes and behaviors
 - International survey of sex and relationships (40–80 year olds)
 - Prevalence and correlates of sexual problems
 - Sample of 13,882 women and 13,618 men from 29 countries.
 - Age was an important correlate of
 - lubrication difficulties among women
 - lack of interest in sex in women
 - the inability to reach orgasm in women
 - erectile difficulties among men
 - Conclusions
 - sexual difficulties are relatively common
 - tend to be more associated with physical health and aging among men than women.

Sexual problems among women and men aged 40-80 years: prevalence and correlates. Identified in the global study of sexual attitudes and behaviors. Laumann, E. O., Nicolosi, A., Glasser, D. B., et al. (2005). International Journal of Impotence Research, 17, 39-57.



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And there's sexual expression

K-Y / VGR ≠ WHO



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K-Y / VGR ≠ WHO



- *Sexuality is a central aspect of being human throughout life and **encompasses** sex, gender identities and roles, sexual orientation, eroticism, pleasure, intimacy and reproduction.*
- *Sexuality is **experienced and expressed** in thoughts, fantasies, desires, beliefs, attitudes, values, behaviours, practices, roles and relationships. ...*
- *Sexuality is **influenced** by the interaction of biological, psychological, social, economic, political, cultural, ethical, legal, historical and religious and spiritual factors.*

World Health Organisation



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In the beginning



Aim

To support the development of practices that promoted sexual health

Method

- Baseline measure of staff knowledge and attitudes
- Work alongside team in 3 units to achieve change over a 12 month period



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What has changed in 10 years?

1. Legislation
2. Information
3. Community perceptions?
4. Research



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Legislation:
Compulsory reporting of unlawful sexual contact



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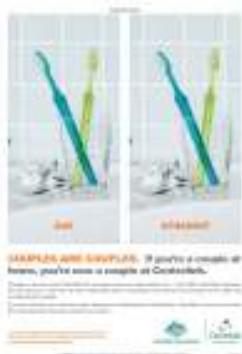
Statute Law Amendment (Relationships) Act (2001)

- A new category of relationships called 'domestic partner' replacing de facto spouse.
- Covers all couples who aren't married, regardless of gender. It includes legal recognition for:
 - inheritance rights
 - 'next of kin' for autopsies & organ donation
 - disclosure of partner's health information
 - Protection from discrimination on basis of marital status

Legislation:
Relationships Act



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Legislation:
Centrelink changes



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Information:
The Department of Health and Ageing



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Information:
The Department of Veterans' Affairs



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Information:
The Department of Human Services Victoria



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Information:
The Royal
Australian
College of
General
Practitioners



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Information:
Alzheimer's
Australia



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Information:
The Stroke
Foundation



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Information: web site content

- Definitions: caring, touch, closeness
- Importance to wellbeing
- Changes with dementia, stroke
- Permission to speak



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**Community
perceptions
& womens'
bodies**



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**Community
perceptions
& ageing
bodies**



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Community perceptions & older men



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Community perceptions & physical attraction



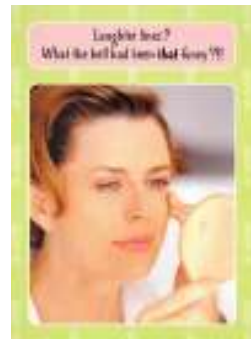
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Just funny birthday cards?



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Or do they reflect community perceptions of ageing?



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Community perceptions: In the media



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Community perceptions: Industry response



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Projects undertaken

1. The experiences of gay people
2. Celebrating achievements
3. Understanding perspectives of older people
4. Educating service providers & older people
5. Preparing services for PLWHA
6. Supporting gay older people



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The
Everyday
Angels
Project



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My People

A project exploring the experiences of GLBT
people in aged care facilities

Research Collaborator
The Royal Melbourne Hospital



Priority for Research Funding



The experiences of
gay, lesbian, and
transgender people
in aged care



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<http://home.mira.net/~janie/dream/index.htm>

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Inclusive practice Guidelines for DHS funded services

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A rainbow tick for QICSA

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Sexual expression – experience and importance

Aim

- Improve the wellbeing of older people by recognising their right to sexual expression

Method

- Stories from older people – case study/creative arts
- Resource kit: service providers and older people
 - Stories
 - Model of care
 - Strategies for change
- Pilot: aged care services and peer education

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Permission to speak

Aim

- The aim of this project is to improve the person-centred communication skills of aged care service providers, particularly in relation to sexual expression.

Method

- Developed by Jenny Gough: Medical Education Officer
- Scenarios
- Provide communication skills workshops
- Rehearsal – experiential learning in simulated setting with actors

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Ageing & HIV/AIDS

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What is your favorite thing from the 1950s?

One is Val's Café

Val's Café was established to support aged care service providers that want to improve the care of older GLBTI people. The Café welcomes gay and straight service providers and offers refreshments, support, education and resources.



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The next 10 years

What would you like to see change in the next 10 years?



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