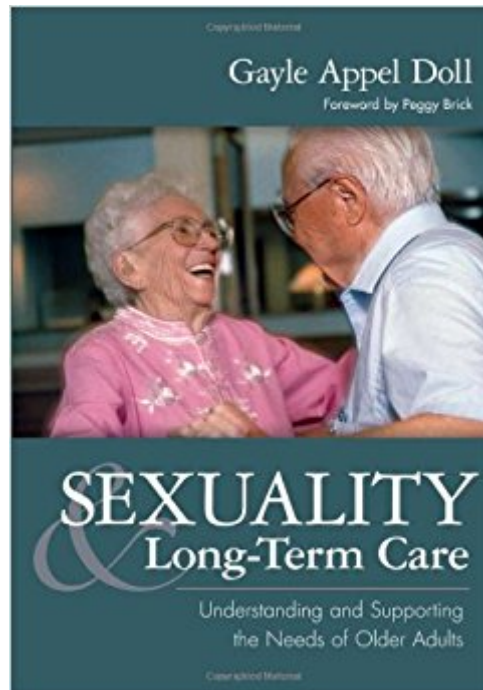




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# Sexuality And Long-Term Care



## Synopsis

The first book to take a person-centered approach to resident sexuality in long-term care, this ground-breaking resource addresses the question of how long-term care facilities can respond to the sexual desires of older adults while balancing individual resident rights against the needs and concerns of the community as a whole. Informative, engaging, and instructive, *Sexuality & Long-Term Care : Understanding and Supporting the Needs of Older Adults* represents sexual expression as a significant part of personality, explains why it is important to honor longings for intimacy, and provides strategies for teaching staff how to effectively, respectfully, and compassionately acknowledge those needs. Case studies illustrate potential issues surrounding resident sexuality and provide ample opportunities for healthy discussion about how the staff handled the situation, what was done well and what wasn't, and how to improve the outcomes. Long-term care administrators, nurses, social workers, counselors, direct care staff, ombudsmen, and others devoted to enhancing the quality of life in nursing homes will learn how to address and prevent inappropriate behaviors, what normal sexual expression is in old age and how dementia affects it, how to accommodate the needs of LGBT residents, ways to protect residents from sexually transmitted diseases, and much more. Valuable tools for staff training are included that encourage staff and managers to explore attitudes and biases about the sexuality of older adults and help organizations develop policies related to this fundamental need. Fully grounded in research, *Sexuality & Long-Term Care* will enlighten anyone who believes sexuality vanishes with age and offers many useful solutions for navigating this controversial issue.

## Book Information

Paperback: 280 pages

Publisher: Health Professions Press; 1 edition (November 2, 2011)

Language: English

ISBN-10: 1932529748

ISBN-13: 978-1932529746

Product Dimensions: 9.9 x 7 x 0.7 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,388,685 in Books (See Top 100 in Books) #91 in Books > Medical Books > Nursing > Long-Term Care #128 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Nursing Home Care #209 in Books > Medical Books > Nursing > Nursing Home Care

## Customer Reviews

For all the innuendos and images surrounding sex in our society, it's a topic that many long-term caregivers are reluctant to bring up with residents and their family members. Sexuality is far more than being about sex, or as Freud might have put it, sometimes a cigar isn't just a cigar. As Gayle Doll explains in her new book, *Sexuality & Long-Term Care: Understanding and Supporting the Needs of Older Adults*, "sexuality encompasses many aspects of a resident's life. This includes the desire for companionship and intimacy, the need for privacy, and holding onto one's identity. Unfortunately, the only time many long-term care facilities address sexuality is when there is a problem," writes Peggy Brick, the president of the Sexuality and Aging Consortium at Widener University, in her introduction to Doll's book. That can mean anything from public inappropriate behaviors to an adult child flipping out upon finding a parent has a new girlfriend or boyfriend. So what can long-term care staff do to mitigate problems yet help residents still enjoy all parts of their lives? That's what is great about Doll's book: Rather than an academic treatise, "*Sexuality & Long-Term Care*" is a workbook, with activities and questions designed to help managers lead staff in creating a positive environment. Those questions can be basic, such as, Does your organization have policies, which include consequences, to deal with employee or client complaints of discrimination or harassment, and is there a follow-up process? Other activities and self-assessments will open up sticky psychological wickets for staff based on one's personal values and background. How does a staff member handle a resident viewing pornography, same-sex residents holding hands, or a dementia patient falling in love? Doll doesn't provide the answers, but she does provide a framework for respecting resident's sexual needs while protecting him or her from harm. If you've been down this road and have thoughts to share, please leave them in the comments below. To sweeten the deal, a commenter will be chosen at random to receive a copy of Doll's book. (Elizabeth Newman, McKnight's Senior Editor McKnight's Long-Term Care News & Assisted Living 2012-01-24)"Rather than an academic treatise, *Sexuality & Long-Term Care*" is a workbook, with activities and questions designed to help managers lead staff in creating a positive environment...Doll...provide[s] a framework for respecting residents' sexual needs while protecting him or her from harm. --Elizabeth Newman, McKnight's Senior Editor McKnight's Long-Term Care News & Assisted Living

As I wanted to give a lecture on the subject in several parents homes, (I am a retired manager) the book was very helpful to me.

This book takes on the reality of the desire for intimacy that exists throughout life, and explores it in the elderly. Gayle Doll uses her insightful approach to guide the reader through thought provoking life experiences of the elderly who maintain the need for close contact and intimacy. Those who care for the elderly are often unprepared to deal with the realities of the need for intimacy regardless of age or disability. This book opens the curtain for caregivers, families and most of all professionals who devote their lives to the ongoing support of our elderly. Well done and comprehensive, this is a must read for all who honor the most frail of our society: the elderly.

If you work in a long-term care facility or your loved one is in one, read this book through and lend it to the staff. Gayle Appel Doll is a greatly respected researcher and advocate for elder sexuality in long-term care facilities. Her book is stunning. It is written clearly for the layperson, plus filled with research references for further study and depth. This book raises the questions that need to be raised, and gives you all the information you need to answer those questions.

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