

SPOD Advisory leaflets:

1. Physically Handicapped People and Sex.
2. Physical Handicap and Sexual Intercourse: Positions for sex.
3. Physical Handicap and Sexual Intercourse: Methods and Techniques.
4. Aids to Sex for the Physically Handicapped.
5. Sex for the Severely Disabled.
6. Mentally Handicapped People and Sex.
7. Your Handicapped Child and Sex.
8. Your Disabled Partner and Sex.

You may also like to read:

- ENTITLED TO LOVE: Dr. Wendy Greengross.
(National Marriage Guidance Council, Rugby)

THE JOY OF SEX: Dr. Alex Comfort.
(Quartet Books)

MORE JOY OF SEX: Dr. Alex Comfort.
(Quartet Books)

SEXUAL OPTIONS FOR PARAPLEGICS AND
QUADRAPLEGICS: Drs. Mooney, Cole and Chilgren.
(Little Brown, New York – available through medical
booksellers in this country)

*Available from SPOD

SPOD
provides

- an Advisory and Counselling Service for disabled people in Sexual difficulty.
- an Information Service for Professional and Voluntary workers among the disabled.
- educational and training measures on the sexual aspects of disability.



Advisory leaflet no. **5**

Sex for the severely disabled

This series of educational leaflets is designed to provide factual information and advice which may overcome or reduce the sexual problems which are met with by many disabled people.

The full series is listed on the back of this leaflet.

Further or more detailed information can be provided on request. Where personal counselling is desirable, SPOD can arrange for this in the client's home area.

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Sex for the severely disabled

Many people who are seriously handicapped in other ways can and do, of course, lead full and satisfactory sexual lives. But there are some whose disability makes intercourse unsafe, painful or very difficult. Is it possible for them to obtain both sexual relief and enjoyment?

Generally speaking, the answer is, "Quite certainly". Of course it isn't easy to establish hard and fast rules. Every problem has to be looked at individually. What is good for one person may not be good for another.

Before ruling out sexual intercourse as impossible, partners should really be satisfied in their own minds that this is a fact.

In other leaflets of this series, positions, methods and aids for sex have been discussed which may help to make intercourse possible. Have you tried any of these? They should *not* be considered as kinky and it could well be that they might help you.

Even when intercourse is really out of the question, there's no need to give up all hope. Love-making can be carried out in other ways

By the use of hands, for instance. If this is done in a loving and sensitive manner, the relief and satisfaction provided can be considerable and the experience can be very pleasant indeed.

Just how it is done depends on the likes and dislikes of the persons concerned. Some people are most responsive to a delicate caressing of the sexual organs, others prefer a more vigorous movement; most people, perhaps, prefer a combination of these. Couples should not be shy about telling each other what they like best and guiding each other during love-making.

So far as the man is concerned, he will obtain most satisfaction through the glans penis – the smooth knob at the top of the penis. A woman finds her biggest thrill through the clitoris, the small, penis-like organ just inside the inner lips of the vulva.

It is usually through the caressing and stroking of these parts that the partners will reach the peak of sexual enjoyment. Orgasm, the brief and extreme sensation at the climax, forms this peak for most people, but it is not an absolute necessity of pleasure. Sometimes it cannot be achieved yet the experience is very pleasant all the same.

Some people obtain great satisfaction from oral-genital sex, which amounts to an imitation of sexual intercourse with the mouth playing the part of the female organ or the tongue playing that of the male. Other people may not like this, and couples must decide between themselves whether or not to try it and whether they find it pleasant.

In this kind of love-making, the woman may suck the man's penis, sliding her mouth backwards and forwards on it, or she may caress the penis with her lips, tongue and teeth (this has to be done gently!).

The man can play a reverse role, his tongue sliding in the woman's vagina, or caressing the sexual parts – especially the clitoris. Gentle sucking can, again, be pleasant.

Blowing, or insertion of the penis deep into the woman's throat, are not to be recommended. Some people do enjoy the latter, but there is a danger of causing retching or even choking.

Anal intercourse, the insertion of the penis into the back passage, is possible but there are health risks and in any case it is still illegal even between husband and wife.

Where no feeling exists in the sexual organs, it is often found that other parts of the body increase in sexual feeling. In these circumstances, extreme pleasures can often be obtained by the stroking and caressing of the breasts, neck or other parts of the body.

When feeling is lost below a certain level of the body, the part of the body immediately above this level sometimes becomes particularly sensitive in this way.

What if one has no sexual partner? Self-masturbation can provide a great deal of relief and satisfaction. For some people this is made more enjoyable by looking at sexy pictures or reading 'juicy' stories. Certainly a vivid imagination can be helpful at these times.

Don't forget that, although the body usually provides its own juices as lubricants, some substitute such as KY Jelly, obtainable from chemists, may be needed. If KY Jelly cannot be obtained, Baby Oil or even saliva can help.

If this leaflet doesn't suggest the right answer for you to your problems don't hesitate to write to SPOD. More information or advice can be provided. Or, if necessary, SPOD can arrange for personal counselling in your home area.

Or you may care to read one or two of the books mentioned in the book list on the back of this leaflet, which contain a good deal more information.