



Intimacy & Sexual Behaviour Among Older Adults in Long Term Care *AN ONLINE WORKSHOP FOR HEALTHCARE & OTHER PROFESSIONALS*

When: Monday, May 7th to Sunday, June 3rd, 2018 (4 weeks) ONLINE weekly at your discretion
Cost: \$240 (Students \$120) Registration Deadline: Monday, April 30, 2018
This workshop will be offered only if there is sufficient enrolment.

Workshop Objectives

1. Explore our own values and beliefs about intimacy, aging and the relationship between these sensitive topics
2. Appreciate the challenges presented by the desire for intimacy when faced with physical, mental, psychological, social and environmental barriers
3. Increase our awareness of strategies and opportunities we can embrace

WEEK 1 – Intimacy & Aging: Myths & Facts

- What is intimacy? The importance of a shared understanding
- Myths and facts related to aging and intimacy
- Revealing the barriers and biases we face

WEEK 2 – Intimacy & Aging in Long Term Care – The Relationship Challenge

- Intimacy and affection with later life losses
- Maintaining any relationship in long term care
- Issues of privacy – whose problem is it?

WEEK 3 – Intimacy as part of Good Dementia Care – Is this even possible?

- Sexual health and well being
- Communication; confrontation; consent – whose problem is it?
- Tips for understanding and managing sexual behaviour

WEEK 4 – Embracing Intimacy & Aging!

- Sharing of experiences, strategies and approaches

Instructor: Sylvia Davidson MSc; OT Reg.(Ont.)

Sylvia is an occupational therapist with more than 25 years of clinical experience, working with older adults in acute care, rehabilitation and long term care. She has presented on the topic of intimacy and aging at national and international events and currently chairs an online network for occupational therapists working in dementia care, supported by the Canadian Association of Occupational Therapists. Sylvia believes passionately in the importance of intimacy as a component of well-being and healthy aging.

Registration and payment available online at www.aging.utoronto.ca