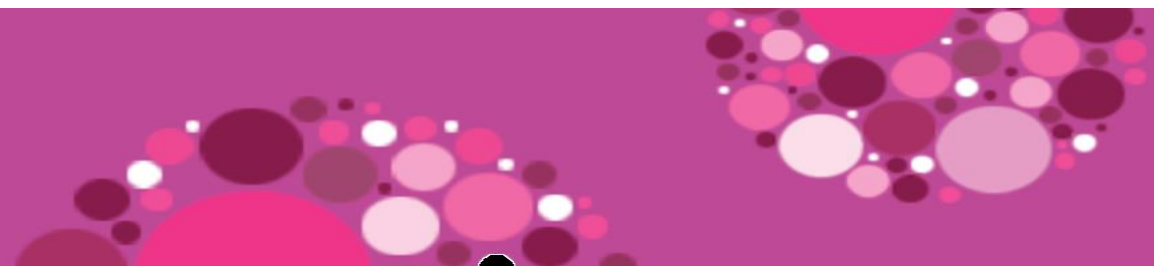


Welcome to today's webinar

- Now that you have joined, you will notice that you are on mute.
- It will stay on this slide and you will not hear anything until approximately 2:05pm.
- If you have any questions throughout the webinar, please write them in the Private Chat section located in the below right panel.
- There will be opportunity to have your questions answered at the end.
- This webinar will be put on the DAA website afterwards (with no audio).
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INTIMATE MOMENTS – RELATIONAL WELLBEING AND DEMENTIA

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THEMES

- There's no place like home
- Double beds and nice warm bodies
- (Re)Negotiating relationships



SEX AND WHY IT'S GOOD FOR YOU...

- Helps keep your immune function healthy
- Boosts your libido
- Improves women's bladder control
- Lowers blood pressure
- Eases stress and tension
- Good exercise
- Good for your heart
- Lessens pain
- Improves sleep
- Increases sense of wellbeing



SEX AND OLDER PEOPLE

- Old people don't have sex
- People who are ill don't have sex
- Therefore, old ill people definitely don't have sex

Byer/Shainberg/Galliano *Dimensions Of Human Sexuality*, 5e. Copyright © 1999. The McGraw-Hill Companies, Inc. All Rights Reserved.

% of People Still Sexually Active with Partners by Age

PERCENTAGE OF PEOPLE STILL SEXUALLY ACTIVE WITH PARTNERS, BY AGE

SEXUALLY ACTIVE WITH PARTNERS		
<i>Age</i>	<i>Women</i>	<i>Men</i>
70-74	30%	65%
75-79	22%	53%
80-84	9%	48%

Source: Data from E. Laumann, J. Gagnon, R Michael, and S Michaels *The Social Organization of Sexuality* (Chicago University of Chicago Press, 1994).

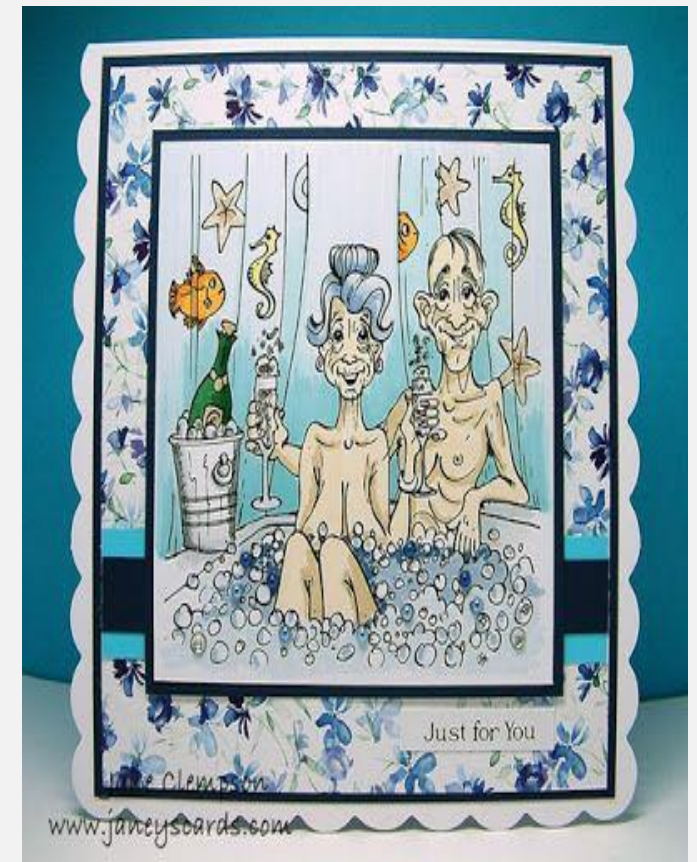
DOUBLE BEDS AND NICE WARM BODIES

- Things got worse anyway and eventually we had to jack it in all together which was a bit disappointing for Alice but by that time she was into dementia so we had a cuddle every night and a little bit of a play and that's as far as it got obviously. (Cyril)



LET'S TALK ABOUT SEX

- “You didn’t ask me too many intimate details because I don’t think it’s necessary. Sex is sex.” (Lily)
- “Absolutely and I think what happens in our relationships is its much more about holding hands and cuddling” (Jane)
- “It does come to that eventually but I think we had a jolly good run is all that I can say. I mean I’m no glamour puss and he’s not either but by Jove we did enjoy it. I mean I can say this to you because you’re doing this, I nearly said to my daughter-in-law yesterday and I thought Oh God be quiet, this morning I was saying something – that you were coming – and I thought no, be quiet. I don’t think she’d be....see this....as quite the thing (Lily)



THAT'S NOT LEONARD! – SEXUAL IDENTITIES AND DEMENTIA

- I suppose I never got over the fact of finding him getting dressed up in a ladies clothing in the bedroom, a wig on, makeup, high heels I.....that wasn't Leonard (Emily)
- I've caught him dressing up, oh right, put it behind you, don't say anything, but having to keep all these secrets isn't easy (Emily)



THAT'S WHAT I MISS...

- “Yes, we both wanted the kisses but, of course, as I say we couldn't go any farther than that, then of course when she fell off, when she fell and couldn't come back up again, we were both sleeping together on the same bed to start with and then of course the carers couldn't lean over and sort her out and this is why we had to get rid of the original bed...”(Ronnie)



THAT'S WHAT I MISS...

- “And how did that feel for you?” (Jane)
- “Terrible. That’s the one thing I miss, is having a nice warm, forget the sex business, to have a nice warm body to cuddle at the side of me. That’s what I miss, I’d love to have another nice warm body so we can have a kiss and a cuddle, forget the sex again, forget that, but to have a nice warm body to just go lie at the side of, or back or whatever, just to miss having that kiss and cuddle to go to sleep on, I miss that.” (Ronnie)



THAT'S WHAT I MISS...

- It was, fortunately it had been changed that week and as I say he never, ever wet the bed and I can't change his bed and I go [getting teary] in ever night and lay in it and talk to him and this is what people don't understand you're still living, you're still living that awful loss the whole time it's not just you go in and see them and leave them, it's hard for people to understand that you're grieving the whole time (Betty)



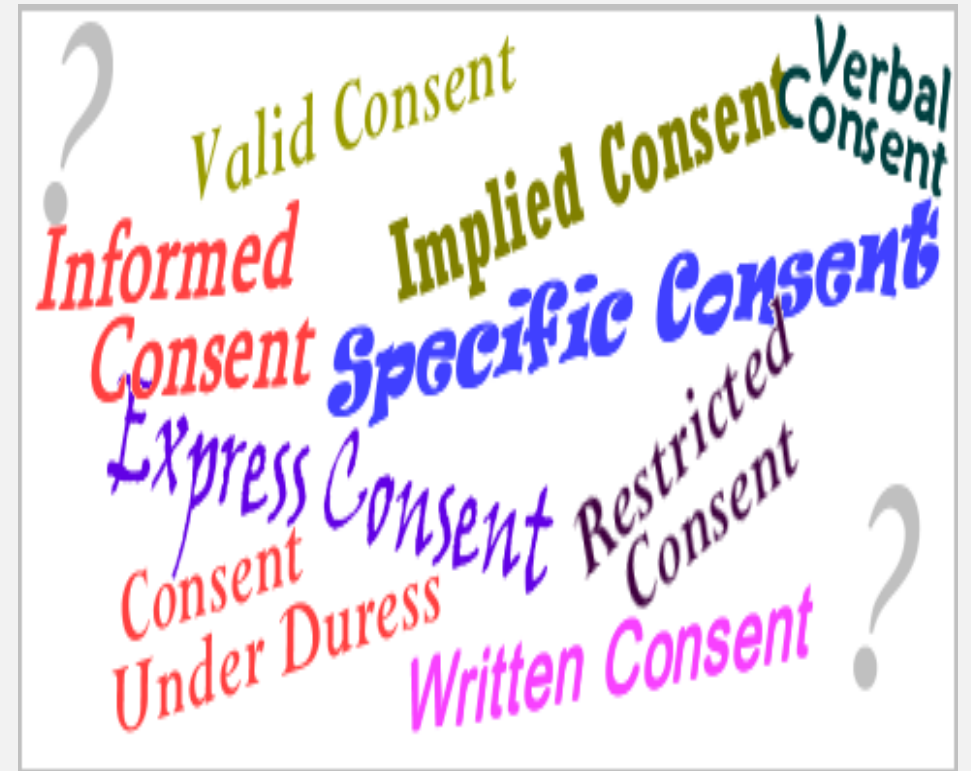
CAN'T SAY NO – CONSENT, CAPACITY & COMPLEXITY

- Well I would say that Maggie's more, she appreciates it more now than she did years ago, so I don't see any change, other than she seems to enjoy it more but I think that's because she's relaxed and has no inhibition in any way. But otherwise it hasn't changed in any other way either in frequency or intensity but I think it's a little more intense now I think (Geoff)



CONSENT & CAPACITY

- the last time we had sex was on holiday three years ago that doesn't mean that in the months following that I didn't try to have sex. I'm still viable despite what young people think....
- But either I got the feeling that I mean the desire for sex had gone and I always tried to give as much pleasure as I got and when I didn't see the pleasure exhibited and then if I petted her she would find it funny she wasn't sure why I was doing it so it's like if you can imagine you're trying to be romantic and your partner laughs it's not exactly conducive to romance and that it went from disinterest to what are you doing to stop it and so I think I probably made some effort for a year or so after we had sex the last time (Martin)



EVERYDAY INTIMACIES

- Oh yes, funny enough we do go out to Morrison's. I do have a system where I go around about 5 o'clock and do a shop with Rita then have a meal. She has a chicken tikka masala and I have a fish and chips orand it suits us well because the meals aren't very big so I suppose in a way we still going out to a restaurant although it's a bit limited. But there you are (Bernard)

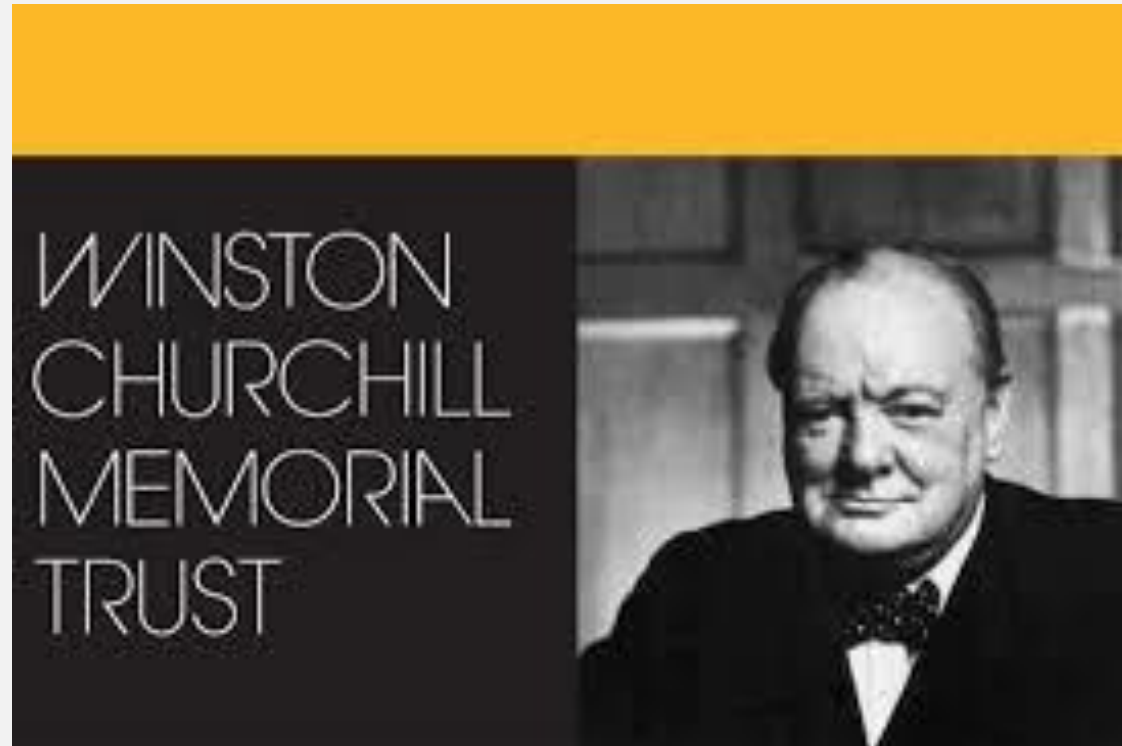


LOVE IN THE FACE OF DEMENTIA

- It's the conversation that you miss because suddenly its.... It was very slow, David's decent, it's been very slow. I did... looking back I went on for far too long for my own sake, but you know, been married to him for 57 years and I'd known him all those years before and you know your course is you know he's just part of me, it doesn't just suddenly stop (Elsie)



WINSTON CHURCHILL FELLOWSHIP



LGBTI – THE QUEST FOR INCLUSIVE SERVICES

- Family objections/interference
- Marriages ending
- Being widowed
- Fear
- Objectification
- Other Residents
- Isolation



LESSONS LEARNED

- Political input
- Executive board support
- Project lead/officer
- Skilled workforce
- Accredited training
- Ongoing cultural change



GOOD PRACTICE

- Happy hour
- Marigold Circle
- Celebrate Ageing
- Our hearts are bigger
- Intergenerational working



THANKS FOR LISTENING 😊



Thank you

We hope you enjoyed today's webinar. These are open to everyone, so please forward on the details for future webinars.

Questions, please email dementiaactionalliance@alzheimers.org.uk

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