

# Supporting the Sexual Health of LTC Residents Living with Dementia

## Building Care Teams' Confidence through E-Learning

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# Acknowledgements



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# Learning Objectives



By the end of this webinar, you'll be able...

1. To describe the goals and intended audience of the *Supporting the Sexual Health of People living with Dementia* online program;
2. To summarize the collaborative efforts, research and engagement that informed the development of the online program;
3. To list the key topics covered in each module of the online program; and
4. To access the online program and its accompanying resources.



# Background



Behavioural Supports Ontario (BSO) provides behavioural health care services for older adults in Ontario with, or at risk of, responsive behaviours associated with dementia, complex mental health, substance use and/or other neurological conditions.

Increasing number of referrals to BSO Teams due to individuals with dementia presenting with sexual expressions of risk.



Increasing number of requests for education/in -services from Clinical Educators on the topic of sexual expression and dementia.





# Goals:

To create a FREE online program that equips healthcare providers (1) to support the sexual health needs of people living with dementia; and (2) to respond to the responsive sexual behaviours of people with dementia.

# Methods:

- Literature Review : 300+ academic articles, supplemented by grey literature
- Consultations with healthcare providers, people with lived experience and topic experts
- Pilot: Developed and evaluated e -module 1 using pre - and post - learning surveys that informed the creation of e -modules 2 and 3

# Results:



A 3-module online program called

*Supporting the Sexual Health of*

*People with Dementia* :

- E-Module #1: Dementia & Sexuality: An Introduction  
*(also available in French)*
- E-Module #2: Communicating with Long -Term Care Residents about Sexual Health
- E-Module # 3: Assessing and Responding to Sexual Expressions of Risk





Module 1:

# Dementia and Sexuality: An Introduction

## Learners...

- Engage with case studies of people living with dementia living in community, retirement homes and in long-term care homes.
- Rethink common myths and stereotypes about sexuality and dementia.
- Recognize the significance of sexuality and intimacy to the lives of people with dementia.

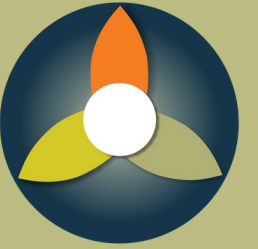


This module is also available in French:  
*La démence et la sexualité: une introduction*



## Module 2:

# Communicating with Long Term Care Residents about Sexual Health



### Learners...

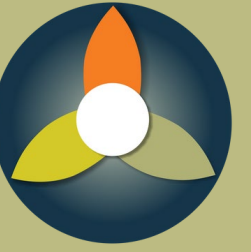
- Continue to follow characters from module 1, whom now reside in LTC.
- Engage in structured conversations to identify and support unmet sexual health needs.
- Use worksheets to set conversation goals, summarize findings, and action next steps.



Prerequisites:







Accompanying Resource

# How to Engage Long-Term Care Residents in Conversations about Sexual Health



# Accompanying Resource



## Sexual Health Conversation with a LTC Resident: Team Planning Worksheet

A tool to guide structured conversations rooted in the PIECES™ acronym

- Completed prior to meeting with a resident
- Determines goals
- Identifies current knowledge, barriers and enablers

Behavioural Supports Ontario Soutien en cas de troubles du comportement en Ontario		Legal Name:	Pronoun(s):
<b>Sexual Health Conversation with a LTC Resident: Team Planning Worksheet</b>		Preferred Name:	
		Gender Identity:	
		Sexual Orientation:	
		DOB (dd/mm/yyyy):	
		Other ID:	
<b>Resident's Sexual Health</b>			
Priority Concern(s):			
Conversation Goal(s) <sup>1</sup> :			
<b>Resident's Sexual Health Barriers &amp; Enablers</b>			
	What do we understand about the resident's sexual health?	What do we identify as <b>barriers</b> that impact the resident's sexual health?	What do we identify as <b>enablers</b> that impact the resident's sexual health?
Physical			
Intellectual			
Emotional			
Capabilities			
Environment			
Social <sup>2</sup>			
<b>Worksheet Documented By</b>			
Name(s) of Team Member(s):		Role(s)/Organization(s):	
Name of Lead:		Contact Details of Lead (phone number, e-mail):	
Signature of Lead:		Date:	
For instructions on how to fill in this worksheet, refer to <i>Guidelines: How to Engage Long-Term Care Residents with Dementia in Conversations about Sexual Health</i> . Also, complete the accompanying e-learning program about sexual health at: <a href="http://ALZeducate.ca">ALZeducate.ca</a> .			
<sup>1</sup> The conversation goal(s) may change as your team shares information while completing this worksheet.			
<sup>2</sup> Pieces Canada has granted permission for the use of the PIECES acronym in <i>Sexual Health Conversation with a LTC Resident: Team Planning Worksheet</i> .			

# Accompanying Resource Sexual Health Conversation with a LTC Resident : Summary & Action Plan



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**Sexual Health Conversation with a LTC Resident: Summary & Action Plan**

Legal Name: \_\_\_\_\_ Pronoun(s): \_\_\_\_\_  
 Preferred Name: \_\_\_\_\_  
 Gender Identity: \_\_\_\_\_  
 Sexual Orientation: \_\_\_\_\_  
 DOB (dd/mm/yyyy): \_\_\_\_\_  
 Other ID: \_\_\_\_\_

**Conversation Summary**

Initial Conversation  Follow-up Conversation Conversation Date: \_\_\_\_\_

People Present: \_\_\_\_\_ Role/Relationship: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What were the key points we identified during the conversation?

\_\_\_\_\_

**Sexual Health Needs, Barriers & Enablers**

Sexual Health Need(s)	Barrier(s)	Enabler(s)

**Actions to Support the Resident's Sexual Health**

How will we support the resident's sexual health need(s)?

Action(s)	Most Responsible Person	Time Frame
		<input type="radio"/> Immediate <input type="radio"/> Short-Term <input type="radio"/> Specific Date: _____
		<input type="radio"/> Immediate <input type="radio"/> Short-Term <input type="radio"/> Specific Date: _____
		<input type="radio"/> Immediate <input type="radio"/> Short-Term <input type="radio"/> Specific Date: _____

**Action Plan Documented By**

Name of Lead: _____	Role/ Organization: _____
Contact Details of Lead: (phone number, e-mail) _____	Date: _____
Signature of Lead: _____	

For instructions on how to fill in this worksheet, refer to *Guidelines: How to Engage Long-Term Care Residents with Dementia in Conversations about Sexual Health*. Also, complete the accompanying e-learning program about sexual health at: [ALZeducate.ca](http://ALZeducate.ca).

A tool to guide documentation, care planning, and follow-up

- Completed after meeting with the resident
- Identifies key points of conversation
- Documents agreed on actions, and who is responsible for follow-through





# Understanding and Responding to Long -Term Care Residents' Sexual Expressions of Risk

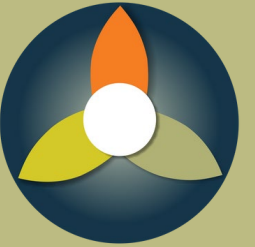


## Learners ...

- Continue to follow the stories of previous, as well as new characters .
- Describe responsive sexual behaviours using respectful, non -judgmental, objective language .
- Assess risk associated with sexual expressions, weighing likelihood and severity of harm .
- Identify helpful tools and resources for observing, assessing and responding to residents' responsive sexual behaviours.

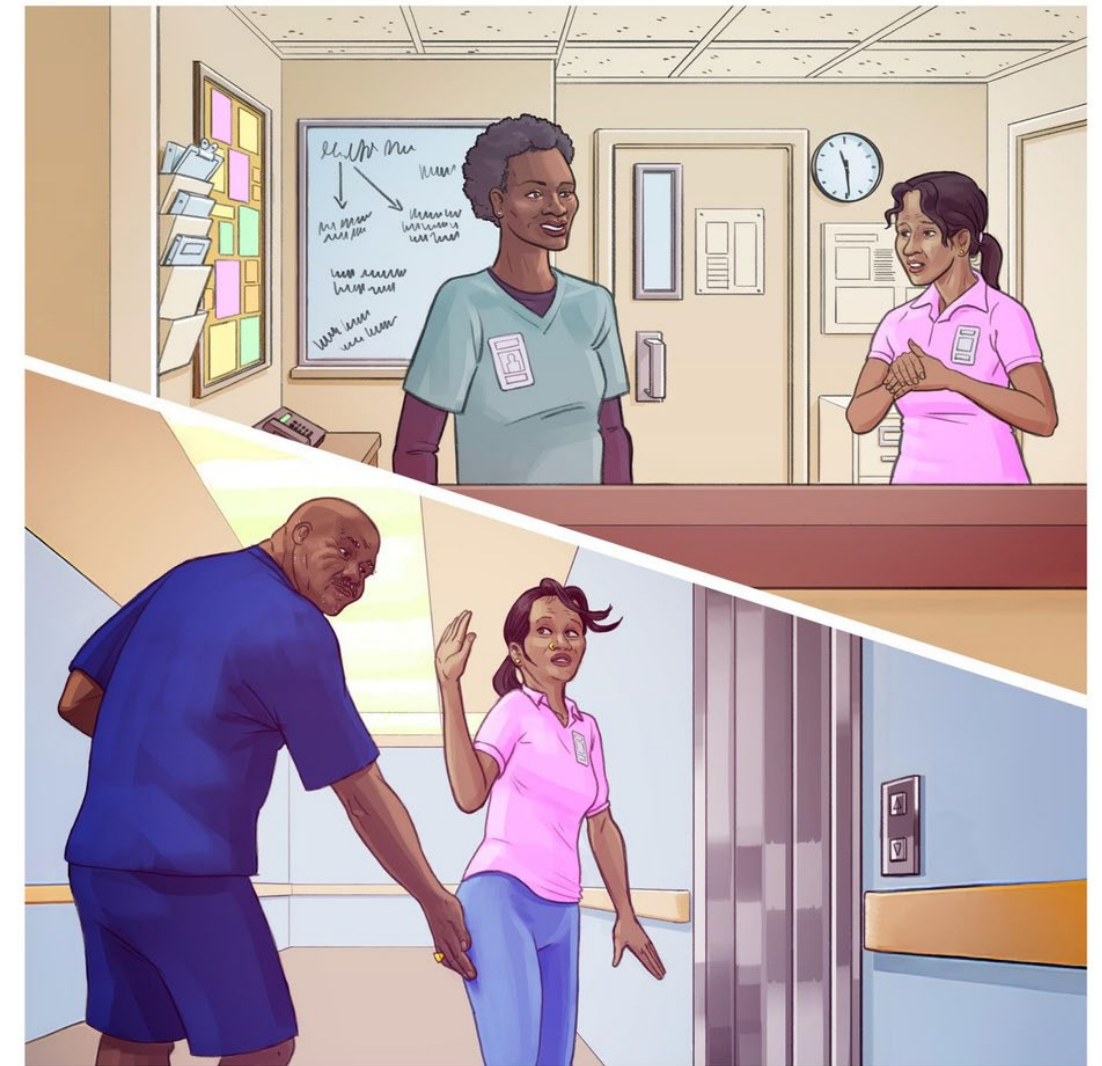
Prerequisites:





Accompanying Resource:

# Assessing and Responding to Sexual Expressions of Risk



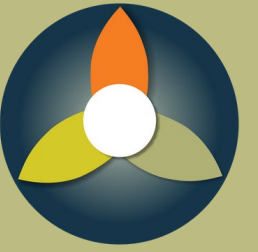
**Assessing and Responding to Sexual Expressions of Risk**



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# Learning Activities



Sexual expressions of risk are more prevalent in individuals with mild cognitive impairment than in those living with a moderate stage of dementia.

True

False

**SUBMIT**

## True/False Learning Checks

Click around the room to see what Isabel observes as she scans the space:

## Environmental Observations

In the section below, you'll find a list of psychological and physical risks commonly associated with responsive sexual behaviours. Your task is to sort each item into one of two categories: **Psychological Risks** or **Physical Risks**. Simply drag and drop each item into the appropriate category.

Isolation & Withdrawal

Psychological

Physical

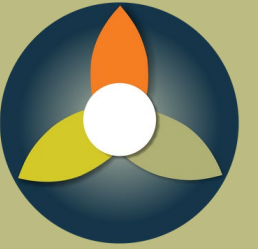
## Categorization Exercises

Hi Shanice. I'm doing alright. Thanks. I'm concerned, though, about Lotti. She has been acting quite differently over the past two weeks.

## Case Scenario Interactions



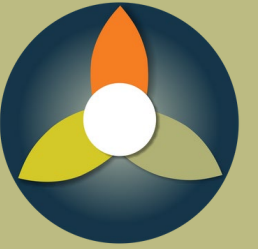
# Accessing the Modules



- **Surge Learning** - [surgelearning.ca](https://surgelearning.ca)
  - Must be part of an organization which subscribes to the platform.
  - Once logged in, find the Behavioural Supports Ontario (BSO) Category in the library.
- **ALZeducate** - [alzeducate.ca](https://alzeducate.ca)
  - Create a free account.
  - Click *Education* → for *Health Care Providers*
  - Click *Courses for Health Care Providers*
- Accessible on computers, tablets and smartphones.
- Full narration available of each module.
- Certificates of completion available after each module.



# Evaluation



- Learners are invited to complete a pre - and post - learning survey.
- Data collected will be used to evaluate whether e -modules 2 and 3 in the series meet their objectives and learners' overall satisfaction with the online program.





# Help us Promote the Online Program



**Supporting the Sexual Health of People Living with Dementia**  
Access practical tools by completing the **free** online program!

**Learn about Sexuality & Dementia:**

- ♥ Understand residents' sexual health needs with empathy.
- Gain confidence to have meaningful conversations about intimacy.
- ♦ Learn strategies to address risky sexual behaviours.
- 👥 Collaborate with your team to create actionable care plans.

**Start today!**

**Supporting the Sexual Health of People Living with Dementia**  
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**Learn about Sexuality & Dementia**

- ♥ Understand the sexual health needs of people with dementia
- Gain confidence to have meaningful conversations about intimacy
- ♦ Learn strategies to assess and respond to risky sexual behaviours
- 👥 Collaborate with your team to create actionable care plans

**Start today!**

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Funding support provided by: **RGPCentral** **Alzheimer Society**

**Promotional Resources for Online Program**

Download promotional items with information about the online program.



-  ProvincialBSO@nbrhc.on.ca
-  <https://brainxchange.ca/BSO>
-  1-855-276-6313
-  @BSOProvOffice
-  BSO Provincial Coordinating Office

