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## Investigating the sexual activities of adults with physical impairments

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**Background:** A satisfying, safe and pleasurable sexual life has been shown to be important to perceived well being, quality of life and general physical health. Physical impairments can have a profound effect on sexual activities. Whilst progress has been made with medical interventions related to sexual function, sexuality is often ignored by health professionals, such as occupational therapists. Adults with physical impairments mostly use their own creative problem solving with sexual activities.

**Aim:** This study is investigating the practices, equipment, positions and adaptive strategies used by adults with physical impairments during their sexual activities. **Methods:** Semi-structured interviews are being used to collect qualitative data from adults with physical impairments (n=13); and sex workers who have experience working with adults with physical impairments (n=2). Participants from the former group are adults who feel they have adapted well to their impairment and who wish to offer strategies and advice to others about sexual activities. Participants are volunteers recruited through sporting or artistic community groups for people with disabilities, disability support groups, adult book shops and 'Touching Base', an organisation that provides training to sex workers working with people with disabilities. Eligible participants are 18 years or older, have had their impairment for 5 or more years and have been sexually active in the last 3 years. Data are being analysed for categories and themes. **Results:** Findings from this study will be presented and will include descriptions from participants of sexual activities, including all forms of romantic and intimate touch, partnered sex and masturbation. Adaptations used by participants will be categorised and will include changes made to technique, equipment, environment, timing and attitude. **Conclusion:** This research will provide specific suggestions and advice from adults with physical impairments to improve the educational materials currently provided by health professionals, including occupational therapists.