

Disability Resource Hub Disclaimer

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Sexuality and Relationship Other resources

Summary: The Sexuality and Relationship Other resources contains additional information and links relating to supporting a person with disability to explore and express their sexuality.



Other resources

Sexuality and Relationship

1. General resources
2. Aboriginal resources
3. CALD resources
4. Legislation
5. Decision Making Checklist
6. Link to ELMO e-learning module

1 General resources

Family Planning NSW

Family Planning NSW training courses for disability workers (Section 1.5.1 Education) <http://www.fpnsw.org.au/education>

Family Planning NSW Talkline (Section 1.5.1 - Education)
<http://www.fpnsw.org.au/talkline>

Family Planning NSW parent forums (Section 1.5.1 - Education)
<http://www.fpnsw.org.au/parentforums>

Women's health

Being a healthy woman (Section 1.6 – Reproductive and Sexual Health)
<http://www.health.nsw.gov.au/disability/Pages/being-a-healthy-woman.aspx> or
www.fpnsw.org.au/beingahealthywoman

Health Fact Sheets (Section 1.6 – Reproductive and Sexual Health)
http://www.fpnsw.org.au/index_factsheets.html

Family Planning NSW Contraceptive Kit or samples of types of contraception (\$260) <http://www.fpnsw.org/categories/Bookshop/Contraception/>

Pregnancy birth and baby website www.pregnancybirthbaby.org.au/being-a-mother

Decision making

Safe Sex and Fun (Section 1.8 – Supported Decision Making and Consent)
<http://www.fpnsw.org.au/sexsafeandfun>

Supporting decision making (Section 1.8 – Supported Decision Making and Consent) www.fpnsw.org.au/supportingdecisionmaking

Assessment of Sexual Knowledge tool (ASK) (Section 1.8 – Supported Decision Making and Consent) <http://www.cddh.monash.org/products-resources.html>

Resources about sex

General disability resources http://www.fpnsw.org.au/745097_54.html

All About Sex Fact Sheets (Section 1.10 - Having the Conversation)
<http://www.fpnsw.org.au/allaboutsex>

Sexuality Education Counselling and Consultancy Agency (SECCA) has a number of free pamphlets including:

- Safer sex and condoms
- Sexual health and HIV/AIDS
- Pap smears

<http://secca.org.au/>

Independent Living Centre NSW (Section 1.12.2 – Sex aids)

https://www.ilcnsw.asn.au/home/what_we_do/what_we_do

Sexuality Concepts Resource (Section 1.5.1 - Education)

<http://secca.org.au/library/sexuality-concepts-sexuality-education-resource/>

Sex and gender – guidelines for recognition

<https://www.ag.gov.au/Publications/Documents/AustralianGovernmentGuidelinesontheRecognitionofSexandGender/AustralianGovernmentGuidelinesontheRecognitionofSexandGender.PDF>

Devices

'About Relationships' has an article with links to more resources about adapting sex toys for the needs of an individual with disability

http://sexuality.about.com/od/adaptingsextoystips/a/sex_toy_access.htm

PleasureABLE is a sexual device manual for people with disability

http://www.dhrn.ca/files/sexualhealthmanual_lowres_2010_0208.pdf

UK company that makes furniture to help people be comfortable during sex

<http://www.whysleep.co.uk/html/lovingangles/default.asp?c=09051904>

An Occupational Therapy sexuality group - the Liberator can't be sourced locally anymore but can be ordered from the US <http://www.theliberator.com.au/>

Inflatable wedge cushion <https://www.wildsecrets.com.au/p/85619/pipedream-inflatable-sex-position-master>

Technical Aids for the Disabled - build and modify equipment for people with physical limitations to help them live independently <http://www.tadnsw.org.au/>

Academic research

Australian Research Centre in Sex, Health and Society, La Trobe University

<http://www.latrobe.edu.au/arcshs/publications/all>

Disability organisations

Cerebral Palsy Alliance (formerly The Spastic Centre of NSW) will respond to enquiries about services and support for people with impaired mobility.

Phone: 1300 888 378

Website: <https://www.cerebralpalsy.org.au/contact-us/>

Self Advocacy Sydney provides training in many areas including self-advocacy, and friendships and relationships.

Phone: 02 9622 3005

Website: <http://www.sasinc.com.au/index.php/our-services/>

Touching Base

Phone: 0424 591 409

Website: <http://www.touchingbase.org/>

2 Aboriginal resources

FACS Statement of commitment

http://intranet.facs.nsw.gov.au/data/assets/file/0008/279854/A2_Statement_of_Commitment_for_web.pdf

Service charter for Aboriginal clients

http://intranet.facs.nsw.gov.au/data/assets/file/0010/279856/Charter_of_standards_DL_for_web.pdf

Aboriginal Cultural Inclusion Framework

http://intranet.facs.nsw.gov.au/data/assets/file/0011/279857/Aboriginal_Cultural_inclusion_Framework_for_web.pdf

Australian Indigenous Health *InfoNet* <http://www.healthinfonet.ecu.edu.au/other-health-conditions/sexual/resources>

Adolescent sexual health guideline

http://www.healthinfonet.ecu.edu.au/uploads/resources/26356_26356.pdf

Cultural respect and communication guide: a resource to assist sexual health service delivery to Aboriginal communities (2009)

<http://www.healthinfonet.ecu.edu.au/key-resources/promotion-resources?lid=19163>

Early detection and treatment of sexually transmissible infections and blood-borne viruses – a manual for improving access to early detection and treatment programs for Aboriginal People and Communities in NSW

http://www.ahmrc.org.au/index.php?option=com_docman&task=cat_view&gid=26&Itemid=45

Pap smears <http://secca.org.au/wp-content/uploads/2011/08/Pap-Smear-Pamphlet1.pdf>

3 CALD resources

Nothing for them. Understanding the support needs of Lesbian, Gay, Bisexual and Transgender (LGBT) young people from refugee and newly arrived backgrounds

<http://www.latrobe.edu.au/arcs/hs/publications/all>

Centre for Culture, Ethnicity and Health

<http://www.ceh.org.au/resources/publications#sexualhealth>

Multicultural Sexual Health Network http://www.ceh.org.au/our-programs/our_programs_mhss/mshn

Diversity in disability <http://www.diversityindisability.org/>

4 Legislation

[*Disability Inclusion Act NSW 2014*](#)

[*Children and Young Persons \(Care and Protection\) Act 1998*](#)

[*Crimes Act 1900*](#)

5 Decision making checklist

Before talking to a person about their wishes and needs to learn more about or explore their sexuality, ask yourself the following questions.

- Are you aware that the person has the right to express and be respected for their sexual orientation and preferences?
- Do you know that these rights are embedded in a United Nations Convention as well as the NSW Disability Inclusion Act?
 - Is the person aware of these rights?
- Do you understand how the person communicates?
 - Would you know if the person has understood you?
 - How does the person consent to or agree with information you provide?
 - Do you know how to decide if the person understands enough to give their consent about sexual matters?
- Are you the right person to be having a conversation about sexuality and related issues?
 - How much do you understand about this person and their sexuality needs?
 - What are your views about sexuality in general and this person's interests in particular?
 - Have you had negative sexual experiences that will affect your ability to help the person with theirs?
 - Do you have any prejudices or religious objections towards same sex relationships?
 - Do you think you have the skills to assist the person?
 - If not, who would you refer the person to for professional guidance or counselling about their sexuality?
 - Do you know if the person has experienced past sexual trauma?
 - Who would you talk to if something came up that you could not handle?
- Do you know where to get information that is accurate, factual and relevant to the person's wishes and needs?
 - Do you know who to ask to get more of this information in a format the person can understand?
 - How do you maintain the person's privacy while helping them to be informed?

- If you seek help from an external source, psychologist, counselor, social worker, how would you maintain the person's privacy?
 - Would you need to get the person's permission to seek external help?
 - If not, at what stage would you involve the person?
- Are you aware of any family, religious or cultural barriers that could arise about the person exploring their sexuality?
 - Do you have an idea how to support the person's rights and to manage these barriers?
- Does the person have physical disability that might restrict their capacity to have sex?
 - What supports would you seek for the person to help overcome this restriction?
 - Do you know who to ask for help?
- Do you know if the person has a history of sexual behaviors of concern?
 - Is the person on medications to reduce their interest in sexual activity?
 - If so, what are your responsibilities to protect the person and others from harm?
 - Who should you talk to if you have concerns?

6 Link to ELMO e-learning module for Sexuality and Relationship Guidelines

Good to Great Portal

URL: <http://www.elearn.com.au/adhc/goodtogreat>

Username: adhc

Password: goodtogreat