

How Many Shades of Gray?



Sexuality, Dementia and Long Term Care
Jane Marks, CDP

Or – Eeeeww or OK???



The power to make it better.®

Sex, Romance, and Relationships

AARP Survey of Midlife and Older Adults

April 2010

Surveyed individuals age 45 to 85 in their own homes.

Baby Boomers

Baby Boomers

Leading Edge Boomers, 1947-1956

Trailing Edge Boomers, 1957-1966

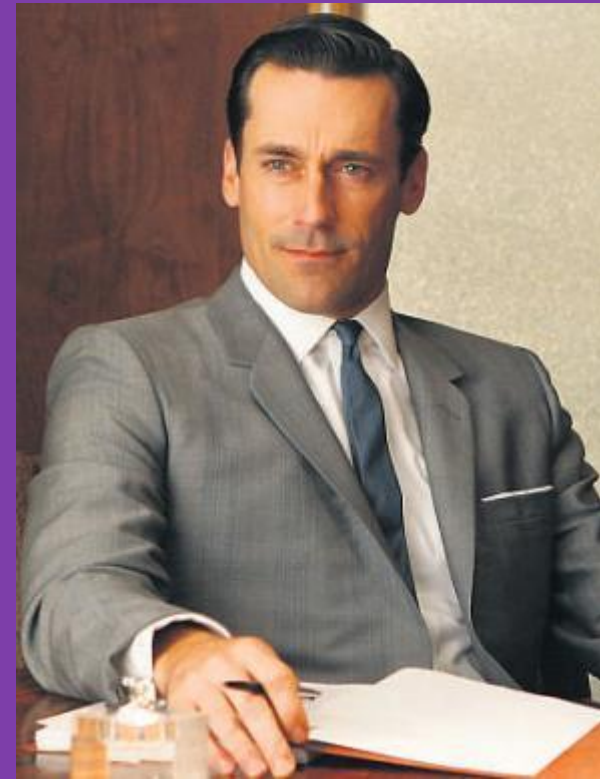
Well established in careers, hold positions of power.

Large majority of major law firm leaders and , corporate executives are boomers.

Nearly 70 % of law firm partners are boomers

Like control

Invented overtime and the concept of “workaholic”



Values

Individual choice

Community involvement

Prosperity

Ownership

Self-actualizing

Health and wellness



Attributes

Adaptive

Goal-oriented

Focus on individual choices and freedom

Adaptive to a diverse workplace

Positive attitude



More highly educated
Witnessed and participated in some of the most important
social change in history,
Civil rights movement,
Anti war campaigns
Women's liberation

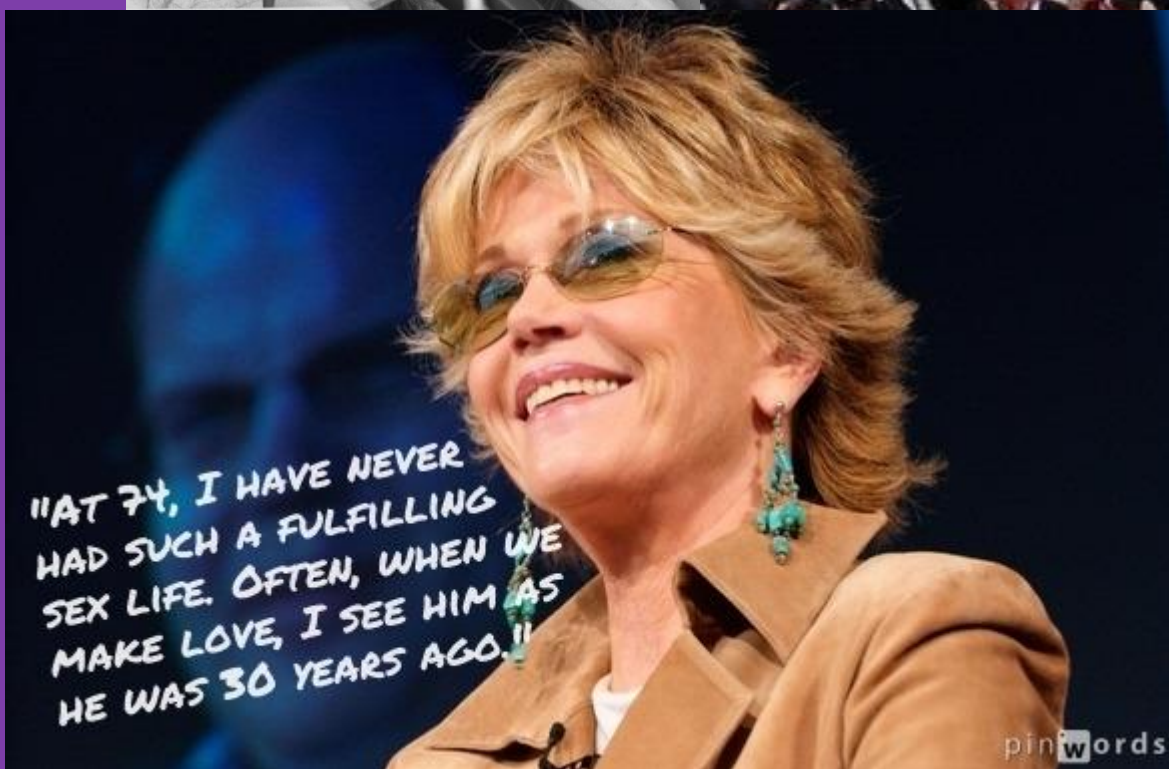






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So what did THEY say about sex??



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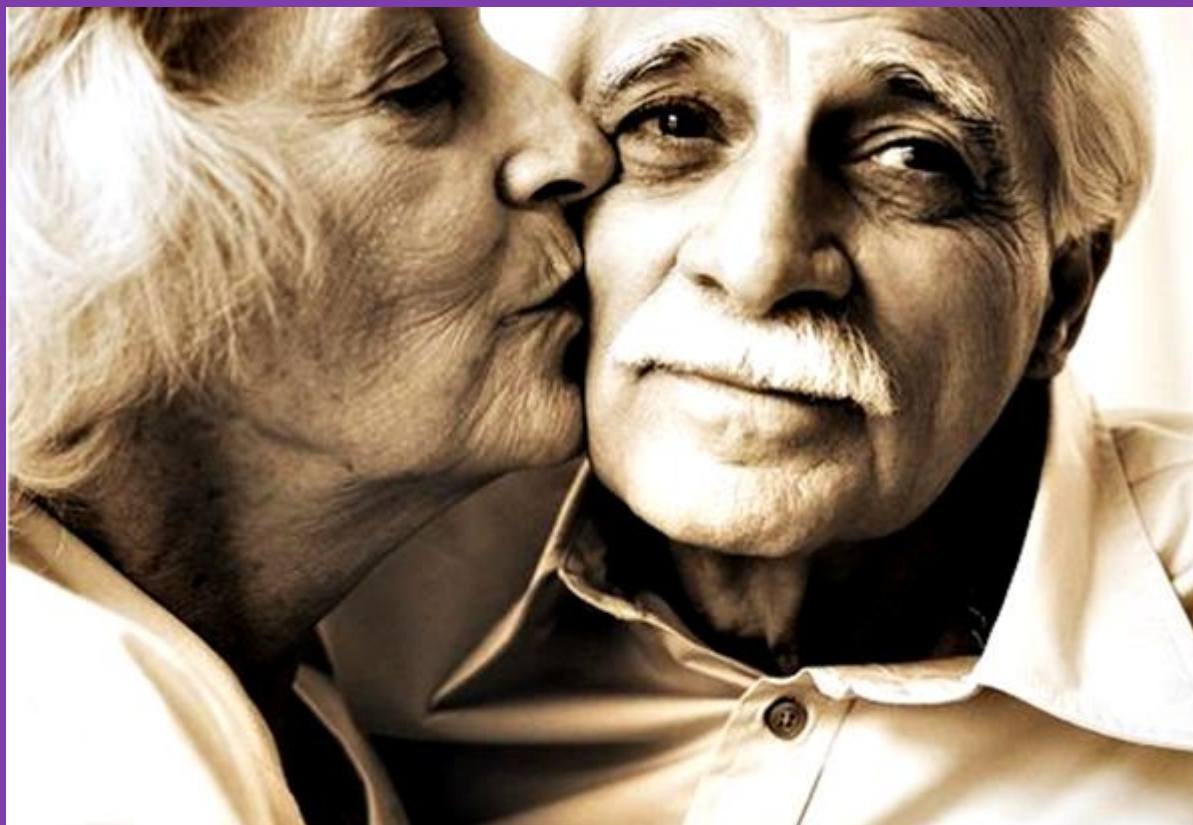
83% DISAGREED that sex was only for younger folks.

25% said they had sex once per week.

21% of men over age 70 said they had sexual thoughts, fantasies, erotic dreams three times per week.

One in five say they engage in physical stimulation once per week.

Mr. Alvarez and Martha



Shortly after moving to the assisted living, Mr. Alvarez developed a relationship with another resident, Martha. Martha has early stage dementia, Mr. Alvarez does not.

Staff members were quite vocal about the relationship. One staff member said “ I think I am marred for life, after walking in on them!”

One evening when he and Martha were “busy” Mr. Alvarez fell out of his single sized bed and broke his wrist! He then asked his daughter to get him a larger bed!

After a few weeks, Martha’s daughter began complaining about the relationship. She wanted it “stopped”. So, at night after both were settled in their own rooms, the assisted living staff began locking both Mr. Alvarez and Martha’s door from the outside. Mr. Alvarez’ daughter found out and felt that was dangerous and insisted they stop locking his door.

Staff then instituted a rule that “ when one resident visits another resident in their room, doors MUST remain open.”

FLA Assisted Living Regulations:

Maintain a general awareness of the resident's whereabouts. The resident may travel independently in the community.

<https://www.flrules.org/gateway/RuleNo.asp?title=ASSISTED%20LIVING%20FACILITIES&ID=58A-5.0182> 58A-5.0182 Resident Care Standards.

Be treated with consideration and respect and with due recognition of personal dignity, individuality and the need for privacy

Unrestricted private communication, including receiving and sending unopened correspondence, access to a telephone, and visiting with any person of his or her choice, at any time between the hours of 9 a.m. and 9 p.m. at a minimum

<http://elderaffairs.state.fl.us/faal/consumer/resbor.php>



Mr. and Mrs. Jones

Mrs. Jones was 76 and had Alzheimer's. Her husband was 78 and her care had become too much for him, so he placed her in a nursing home.

Mrs. Jones loved to kiss and fondle Mr. Jones when he visited. One day, Mrs. Jones was quite amorous, and her room mate was at an activity. Mr. Jones closed the door of the room at the nursing home and lay on the bed with Mrs. Jones. They began to "have relations". A staff person walked in to the room and was "appalled at what she saw." She insisted Mr. Jones leave and the facility then filed charges, accusing Mr. Jones of abusing his wife.

Mr. Jones, who had been attending an Alzheimer's Association support group, then contacted the Alzheimer's Association for some advice and assistance.

Florida Nursing home regulations:

- A resident may associate and communicate privately with persons of his or her choice.
- A married resident shall be assured privacy for visits by his or her spouse.
- Make choices about aspects of his or her life in the nursing home that are significant to the resident.

http://www.leg.state.fl.us/Statutes/index.cfm?App_mode=Display_Statute&Search_String=&URL=0400-0499/0429/Sections/0429.28.html

But she has dementia.



Humans in general are not all that great at remembering facts. But we are good at remembering how to perform physical tasks.

Who was the U.S. President when WW I began??

What year did WW II begin?







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We are very good with emotional memories.



Feelings, associated with people, events,
places, music, smells



Sex has both an emotional memory as well as physical memory.



By eight weeks baby in womb can feel touch around his lips



Your hands and mouth have more nerve endings than other parts of the body.

Physical attributes of the disease

Retrogenesis* "Back to Birth"

<i>Child Development</i>			<i>Alzheimer's Disease</i>
Age	Acquired Ability	Stage	Lost Ability
1 - 3 months	Can hold up head	Mild	No difficulty at all
2 - 4 months	Can smile	Mild	Some memory Trouble begins to affect job/home
6 - 10 months	Can sit up without assistance	Mild	Much difficulty maintaining job performance
1 year	Can walk without assistance	Moderate	Can no longer hold a job, prepare meals, etc.
1 year	Can speak with one word	Moderate	Can no longer select proper clothing for season
15 Months	Can speak 5 - 6 words	Moderate	Can no longer put on clothes properly
2 - 3 years	Can control bowels	Moderate	Can no longer adjust bath water temperature
3 - 4.5 years	Can control urine	Moderate	Can no longer use toilet without assistance
4 years	Can use toilet without assistance	Moderate	Urinary incontinence
4 - 5 years	Can adjust bath water temperature	Moderate	Fecal Incontinence
4 - 5 years	Can put on clothes without assistance	Moderate	Speech now limited to six or so words per day
5 - 7 years	Can select proper clothing for occasion or season	Severe	Speech now limited to one word per day
8 - 12 years	Can handle simple finances	Severe	Can no longer walk without assistance
12+ years	Can hold a job, prepare meals, etc	Severe	Can no longer sit up without assistance Can no longer smile Can no longer hold up head

* From "The Forgetting Alzheimer's Portrait of an Epidemic" by David Shenk

“Don’t run to call your neighborhood psychologist when your little girl rocks on her tricycle seat or your little boy puts his hands down his pants.” Instead, stop and consider why this subject makes you squirm. The very word “masturbation” gives many adults a deeply uncomfortable jolt, accompanied by heavy doses of guilt. If a child pulls his ear or strokes his arm, no one notices. So why do parents ignore the little boy who pulls his ear but worry and scold when he pulls his penis? It’s either because genitals are considered bad, mysterious, or off-limits, or they believe that genital rubbing is a sure sign of psychological disturbance. Neither of these are true.



Most children play with their genitals—expect this somewhere between age of two and six. The reason genital fondling bothers adults is that we tend to view children’s actions through adult eyes. **To a child, masturbation is a normal part of discovering these parts of his or her body and the pleasurable feelings that come from them. In exploring their bodies, babies discover that some parts feel more pleasurable than others.** Once these areas are discovered those little hands are frequently found there. To a child, massaging his or her genitals is pleasure. It is not “wrong” or “dirty.” Only if a child hears these terms from adults (or picks up on their anxiety) does he or she become worried and confused. “

Dr. William Sears MD, pediatrician and author of 30 books on child rearing.

Disease symptoms:

No filter.

Repetitive behavior

Cursing, yelling, walking,
pacing

Behavior Management Goal:

- Address safety concerns
- Increase emotional well being.



Distraction...

Won't work!!!



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Competition might work!

The Busy Hands Fidget Apron

Fishsticks Designs



Masturbating or having sex is a physical, tactile, energizing activity.

- Hitting
- Popping bubble wrap
- Walking
- Throwing a ball
- Batting a balloon
- Petting an animal
- Dry brushing



Case Study:

Marion – 82 years old

Toilet tissue roll





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**“All great
changes are
preceded by
chaos.”**

Deepak Chopra

happytoinspire

The call button



I'm young and I'm hot!



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People need people.

The heart wants what the heart wants.



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“Whatever makes him joyful.”



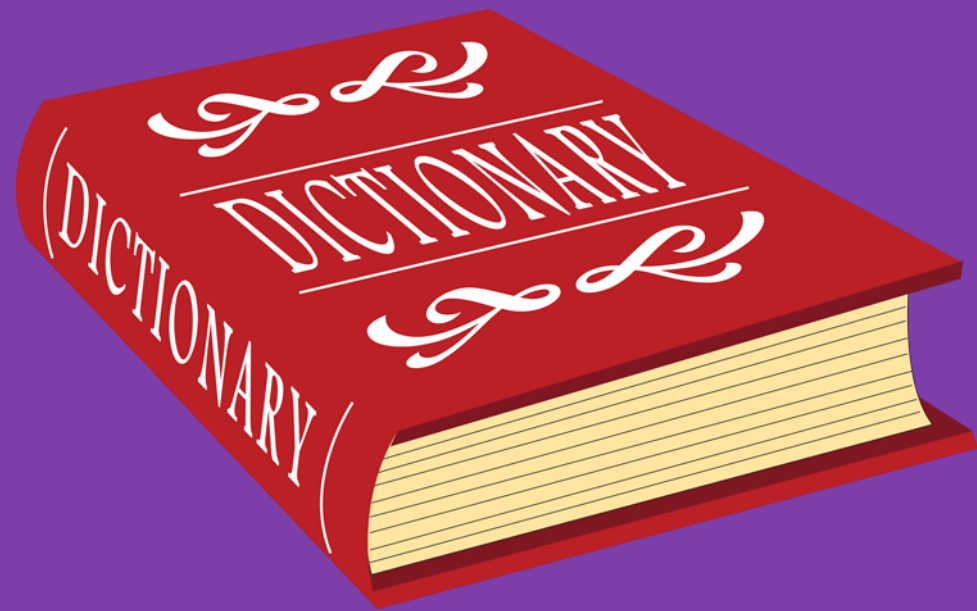
Family members

Staff members

Capacity and consent issues

In the case of an incapacitated person, the legal representative may refuse visits on behalf of the resident ONLY if the legal representative demonstrates that visits have a harmful effect on the resident.

Merriam-Webster
Medical



Definition of MENTAL CAPACITY. 1 :
sufficient understanding and memory
to comprehend in a general way the situation in
which one finds oneself and the nature,
purpose, and consequence of any act or
transaction into which one proposes to enter.

There is no bright line dividing those who are competent from those who are not. A person can be competent to make some decisions but not others.

For example, a person may be able to express her opinion about whom she trusts to handle her money, but not be able to fill out an income tax form. She may be able to decide she wants a flu shot, but not to decide which treatment is best for her breast cancer.

For example, a person in the early stages of Alzheimer's Disease, or one with mental retardation or a head injury, may be able to tell a lawyer that she wants her sister to handle her financial matters, and to execute a legally binding power of attorney.

The People's Law Library of Maryland

http://www.peoples-law.org/files/guardian_ch2.pdf



So to decide, you consider:

How complicated the decision is; whether it is consistent with the way the person has lived her past life; and how dangerous the consequences are..

Sexual Consent power of attorney



And another thing...

L G B T



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American Nurse Today

- **Health disparities among LGBT elders**
- The IOM report detailed the following health needs and issues of LGBT elders:
 - Transgender elders may experience negative health outcomes from long-term hormone use.
 - HIV/AIDS affects older as well as younger LGBT individuals. However, few HIV prevention programs target older adults—a cohort that has been deeply affected by losses inflicted by AIDS.
 - LGBT elders exhibit crisis competence (a sense of resilience and perceived hardiness)
 - They experience stigma, discrimination, and violence across the life span.
 - They are less likely to have children than heterosexual elders and thus less likely to receive care from adult children.

In 2011, two important reports were released.
The Institute of Medicine (IOM) issued *The Health of LGBT People*, and
The Joint Commission released a report about improving
healthcare experiences for LGBTQ
patients, families, and communities.

- See more at: <http://www.nursingcenter.com>

AMDA – American Medical Director's Association is dedicated to excellence in patient care and provides education, advocacy, information and professional development to promote the delivery of quality post-acute and long-term care medicine

Clinical Practice and Policy:

By virtue of this White Paper, AMDA recognizes and addresses the need to provide ethical, responsible, and equitable treatment and quality care to LGBT and all other individuals in LTC.

AMDA will partner with the American College of Physicians (ACP), American Association of Family Practitioners (AAFP), American Medical Association (AMA), and other professional organizations fostering non-discrimination based on sexual orientation or gender identity.

AMDA will seek input on LGBT LTC issues from LGBT advocacy organizations including Services and Advocacy for LGBT Elders (SAGE), National Senior Citizens' Law Center, National Center for Transgender Equality, Lambda Legal, National Gay and Lesbian Task Force, and others.

American Society on Aging
www.asaging.org

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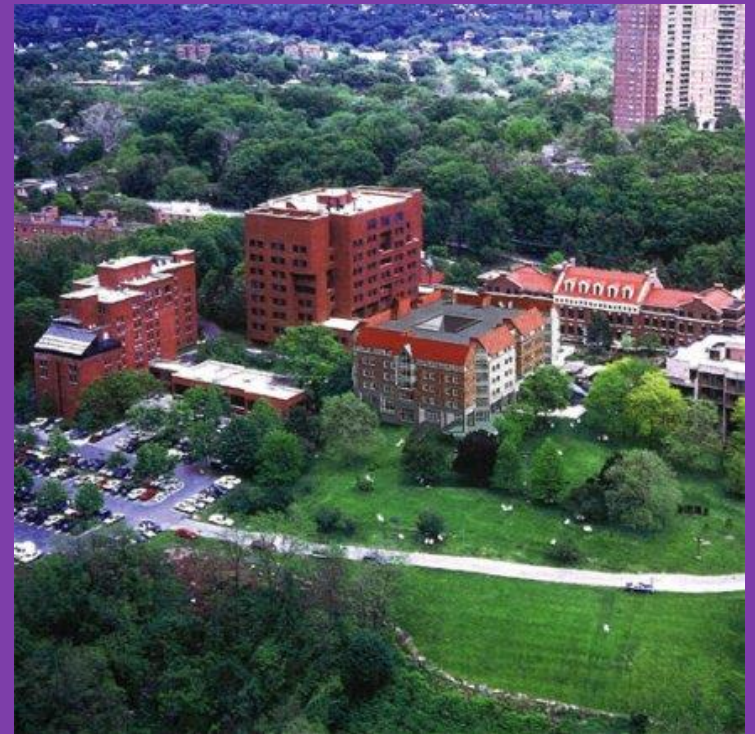
Boom Boom Room



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What do *you* think?

The Hebrew Home for the Aged in Riverdale New York
North of New York City near Yonkers.



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Our goal is to provide care in a warm, homelike environment and in a manner, which preserves and enhances independence and dignity. Such care should be provided on the basis of a continuum of care in which older people can live, learn and flourish.

Our Values

In fulfilling its mission, The Hebrew Home believes in a person-centered philosophy of service, dedicated to:

- ***Celebrating our residents as unique individuals, deserving of dignity and respect;***
- ***Fostering independence, meaning, comfort and personal choice throughout all aspects of life;***
- ***Empowering our staff to support our residents' choices;***



A few years ago the Hebrew Home at Riverdale defied conventional wisdom and planned the ultimate field trip for residents. Dubbed the "Chutzpah Mission," the group of residents ranging in age from 77 to 93, along with a doctor and a team of nurses and orderlies from the Hebrew Home, flew to Israel where they spent a glorious two weeks. It was a first ever overseas mission from a nursing home in the United States. Shown here are staff and residents in front of the Western Wall in Jerusalem. Now that's living well!

Riverdale has a Sexual Rights Policy

World Association for Sexual Health established in 1978

Sexual rights are fundamental and universal rights.

World Association for Sexual Health (WAS) promotes sexual health throughout the lifespan and through the world by developing, promoting and supporting sexology and sexual rights for all. WAS accomplishes this by advocacy actions, networking, facilitating the exchange of information, ideas and experiences and advancing scientifically based sexuality research, sexuality education and clinical sexology, with a trans-disciplinary approach.

Declaration of Sexual Rights

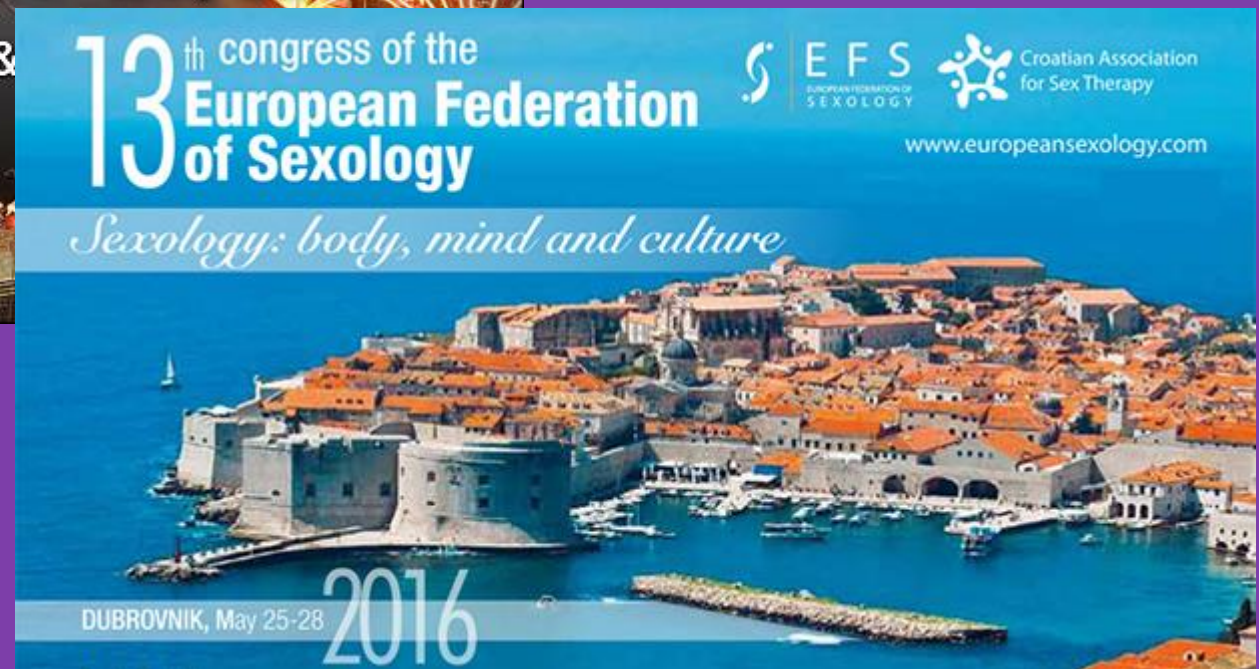


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WORLD ASSOCIATION
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SSASS **WAS**



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**Croatian Association
for Sex Therapy**

www.europeansexology.com

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Your thoughts???

