

Sex Awareness for Seniors: It's Okay


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Photography

AcclaimImages.com

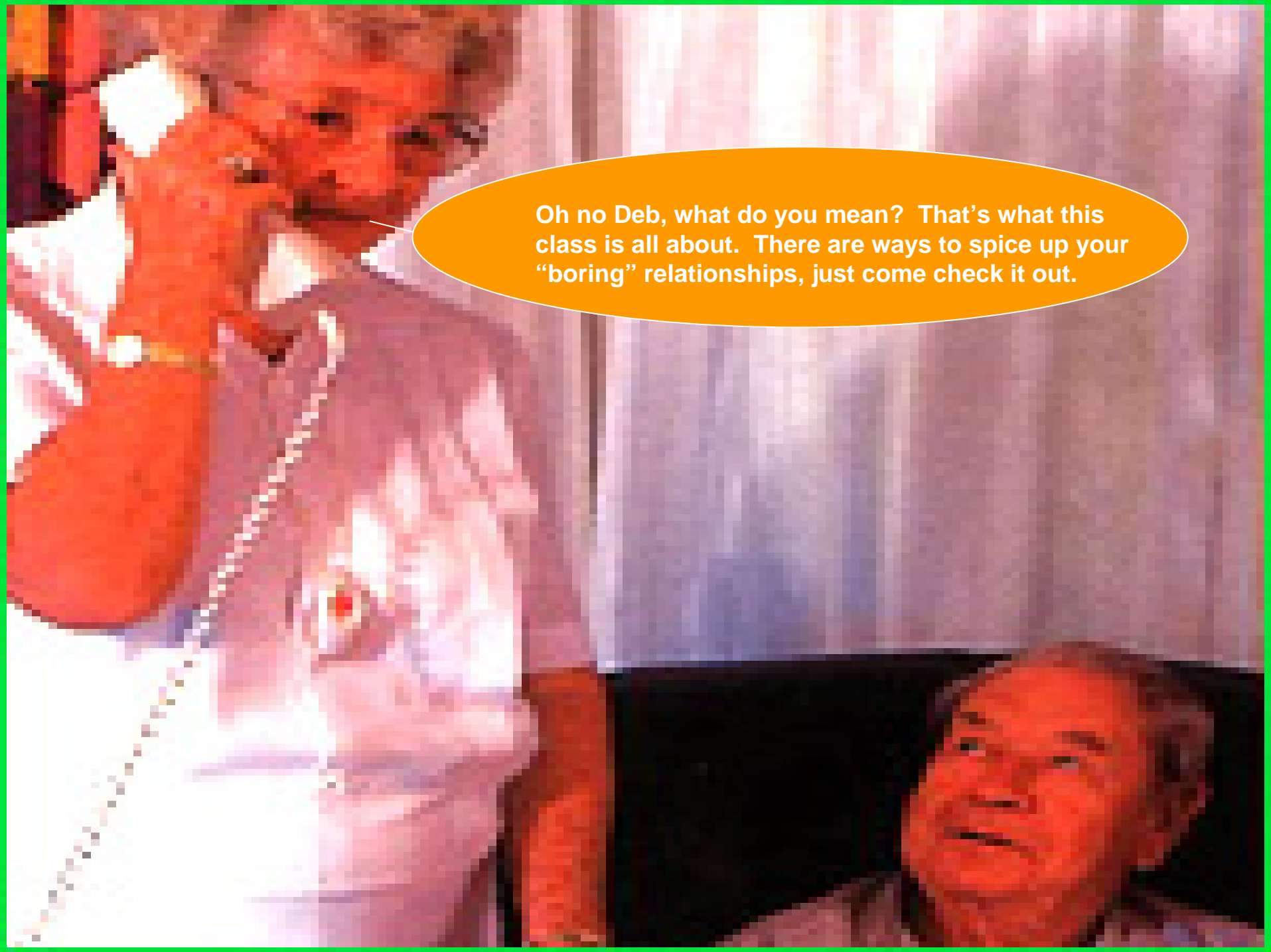
Photography

A photograph with a green border. On the left, a woman with blonde hair is talking on a white corded telephone. On the right, a man with dark hair is smiling. A yellow speech bubble with a white border is positioned in the upper right, containing text. A thin white line connects the speech bubble to the woman's phone.

Hey Deborah it's Barb, I was just calling to let you know I won't make it over tonight, Phil and I have our weekly Sunday night sex talk class at 7:00 and afterwards we're having some alone time.

An elderly woman with short, wavy white hair and glasses is shown from the chest up. She is wearing a dark blue jacket over a white turtleneck. She is holding a black mobile phone to her ear with her right hand. The background is an office with cubicles, shelves, and framed pictures on the wall. An orange text box is overlaid on the left side of the image, with a white line pointing from the text to the woman's face.

I don't know Barb, since Bob died my romantic relationships haven't been so great. It's just not the same as it was when Bob was alive.



Oh no Deb, what do you mean? That's what this class is all about. There are ways to spice up your "boring" relationships, just come check it out.

Well, I'll give it a try...but I'm not promising anything.



A photograph of a woman in a white dress and a man in a suit. The woman is on the left, looking towards the man on the right. A yellow speech bubble is overlaid on the image, containing the text "You don't have to, I'll see you there." The background is a window with vertical blinds.

You don't have to, I'll see you there.

An hour later in the sex therapy class



Deb, I'm so glad you made it...I know you

SUNDAY NIGHT SEX TALK

Okay everybody...welcome to Sunday night Sex Talk...let's start by hearing some of the things you all, as elderly, believe about elderly and sex




SUNDAY NIGHT SEX TALK



I heard my granddaughter say the other day that elders are too old to have sex. And that they have lost their sexual desires and are physically unable to perform.

Not to mention that women feel sex is undignified and disgraceful.



**And that men are
considered
dirty old men.**

SUNDAY NIGHT SEX TALK



Okay...well what are some statistics you know about sex and elderly?

For women 37% are sexually active, 62% say sex is equally satisfying as it was at 40 yrs. Also women are not sexually active often because they do not have a partner.

Oh, and 69% of women say sex is equally as emotionally satisfying as it was at 40 yrs. And 47% say sex is important to a relationship.

For men 61% are sexual active, 61% say sex is better than or equal to what it was at 40 yrs. And 76% say sex is equally emotionally satisfying as it was at 40 yrs.

72% of men say sex is important to a relationship



SUNDAY NIGHT SEX TALK

Okay, that's very good information...now let's look at STDs. A lot of elderly don't see themselves as at risk for an STD, but there are risks.

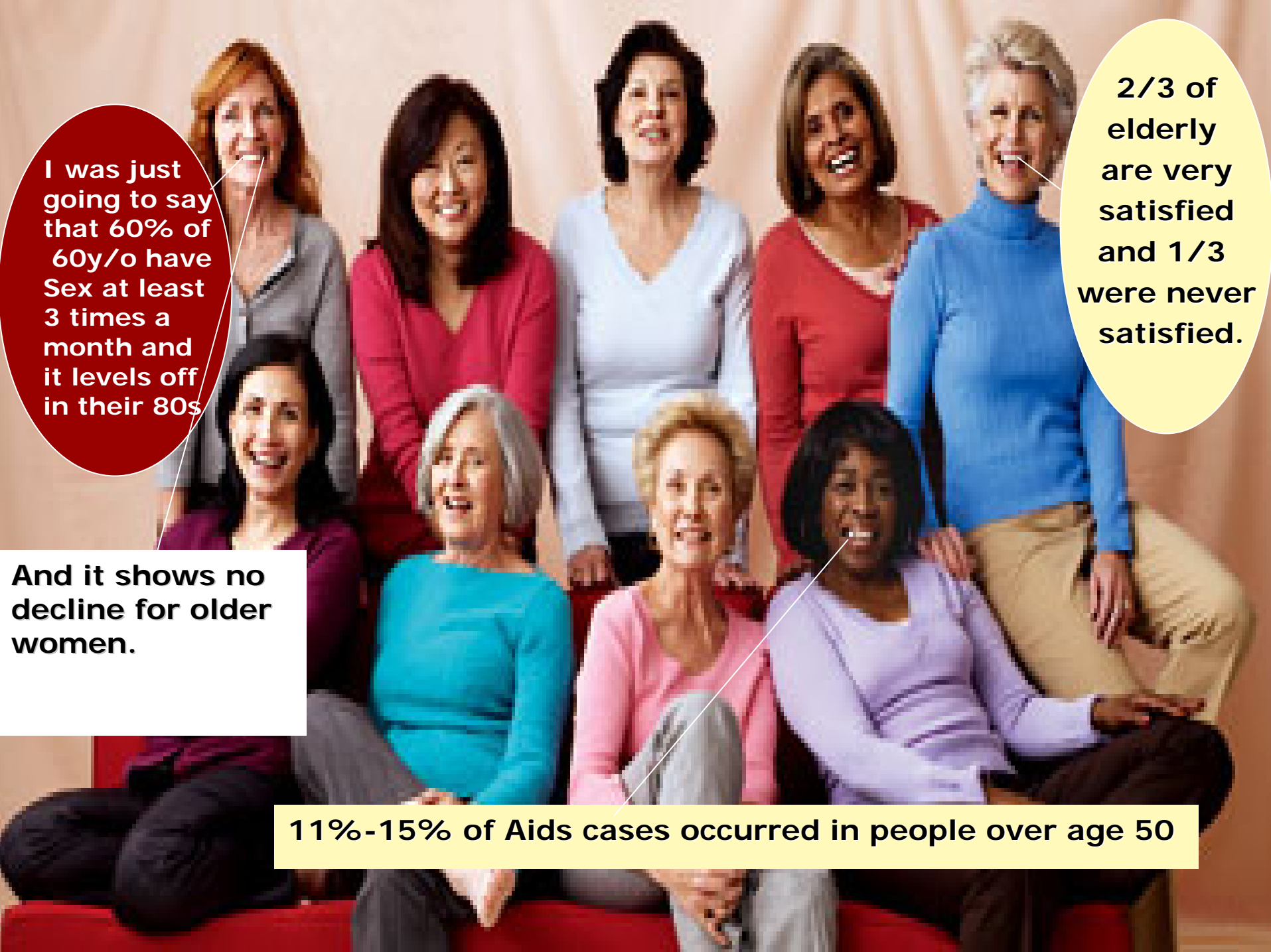
HIV is on the rise with seniors. A collapsed uterus can complicate penetration and vaginal dryness can lead to increased incidence of sexually transmitted diseases.





I can also add that Incontinence, heart disease, diabetes and medication can contribute to erectile dysfunction

Did you ladies have a question?



I was just going to say that 60% of 60y/o have Sex at least 3 times a month and it levels off in their 80s

2/3 of elderly are very satisfied and 1/3 were never satisfied.

And it shows no decline for older women.

11%-15% of Aids cases occurred in people over age 50

SUNDAY NIGHT SEX TALK




That's right...did you also know that good sex prompts the release of substances that boost immune system and releases endorphins that act as a pain killer (endorphins make you happy)? Good sex also reduces anxiety and benefits the heart and lungs by increasing breathing and circulation that helps us relax and feel good.

SUNDAY NIGHT SEX TALK

WHOA!

See Betty, I
told you sex
was good

I didn't
know
that

A woman with long, straight blonde hair and blue eyes is looking directly at the camera. She is wearing a dark top. The background is slightly out of focus, showing what appears to be a decorative arrangement of thin, dark branches with small, warm-toned lights. A large, bright orange speech bubble with a white border is positioned to the right of her face, containing text. The overall background of the slide is a solid orange color with some faint, darker orange lines.

Alright! Let's calm down, it's about time to end class for today. But before we say goodbye here is some advice to take with you.

Sexual education is very important no matter your age so never be afraid to ask questions. Also, because You're elderly does not mean you can't get an STD, so remember to practice good condom use and encourage your friends to do the same.