

The team at Harbourview Lodge supports open conversations about intimacy and sexual health in long-term care.

For more information, please contact:

- › Phone: 902-885-3682

This pamphlet is just a guide. If you have questions, please talk to your health care provider.

We are here to help you.



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# Intimacy in Long-term Care

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*Prepared by: Harbourview Lodge  
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The information in this pamphlet is to be updated every 3 years or as needed.



**Sexual health** is a person's physical, emotional, mental and social wellbeing in relation to sexuality.<sup>1</sup>

Harbourview Lodge uses a model of care called the **Eden Philosophy**. Our goal is to improve feelings of loneliness, boredom, and helplessness in the elder population. At Harbourview Lodge, every elder can make their own choices to add meaning to their lives and relationships. This helps to lower loneliness.

Expressing sexuality is an important part of the aging process. People can feel the need for closeness, intimacy (a close personal or romantic relationship), feelings of attractiveness, and sexual pleasure across their lives.

For some elders, your sexuality may be more focused on companionship, close communication, and a desire for pleasure than it was at other times in your life. This may not be the case for every elder. Every person expresses sexuality in their own way. This expression is based on your personal values, your beliefs, and your past experiences.

The team at Harbourview Lodge supports elders' decisions to have intimate relationships. We promote a respectful and non-judgmental environment.

Being open about the need for intimacy decreases problematic sexual behaviours by supporting appropriate and safe expressions of sexuality.<sup>2</sup>

We promote healthy sexual expression to help improve the physical and emotional health, safety, and well-being of all our elders, including those with dementia.



<sup>1</sup> World Health Organization

<sup>2</sup> Supporting Sexual Health and Intimacy in Care Facilities  
Vancouver Coastal Health Authority, July 2009