

We, the staff and Leadership at Harbourview Lodge, encourage open conversations about intimacy in long term care.



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The information in this pamphlet is to be updated
every 3 years or as needed.



Intimacy in Long Term Care

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Sexual Health is a state of physical, emotional, mental and social wellbeing in relation to sexuality.¹

Harbourview Lodge has adopted the Eden Philosophy of care, which strives to eliminate the three plagues of Loneliness, Boredom and Helplessness. Harbourview Lodge will honour the ability of each Elder to make choices within their capacity in an effort to provide meaning and reduce loneliness and helplessness in their everyday life.

The need for human closeness, intimacy, touch, feelings of attractiveness and sexual pleasure exists throughout the life cycle. The expression of sexuality is based on individual and personal decisions that are structured by personal values, beliefs and past experiences. In the Elder population, sexuality shifts its focus from procreation to an emphasis on companionship, close communication and a pleasure-seeking relationship. (Pangman V., 1998)

Staff at Harbourview Lodge support Elders' decisions to engage in intimate relationships. We promote a respectful and non-judgmental environment.



We strive to promote healthy sexual expression, thereby improving the health and emotional status, as well as the physical safety, of all clients, including those with dementia.

Openly acknowledging the need for intimacy decreases problematic sexual behaviours by supporting appropriate and safe expressions of sexuality.²

¹ World Health Organization

² Supporting Sexual Health and Intimacy in Care Facilities

Vancouver Coastal Health Authority, May 2008

