



Sex & Sexuality for Older Adults

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Sage or expert?

- I am a good facilitator and teacher
- Not a medical doctor
- I'm 65 and have been married for 42 years
- Knowledge, good training and experience can help anyone be an effective professional individual
- Anything interesting about your guest lecturer today?
- **The BRAIN is our most important sex organ.**



What are normal changes as we grow older?

- Many of us want closeness and intimacy as we grow older
- Many of us desire to continue a satisfying sex life
- As we grow older that means adapting sex to accommodate any of a number of changes in our partner and ourselves
- Can a couple or an individual have low desire or libido as they grow older?
- How can that affect a couple's relationship?



Female changes

- Anatomical changes in aging



- Vagina shortens and narrows
- Walls become thinner
- Less lubrication
- Painful or less enjoyable intercourse
- Post menopausal hormone therapy
- More or less frequent interest in sex
- Physical changes
- Emotional changes

Male Changes

- Anatomical Changes
- Performance issues
- Erections are less firm or large
- Erectile dysfunction can be caused by surgery, injury, illness, disabilities, performance anxiety (with a new partner) or alcohol or drugs
- Around 50 to 60% of men in their 60's have some element of ED
- Ejaculations less volume



Sex and Emotions



- Sex is often a delicate balance between the physical and the emotional
- Older couples have fewer distractions – more privacy and no pregnancy or contraceptive issues and enjoy more intimacy
- Sometimes we worry that our partners will no longer find us attractive
- Rejection? What does it mean to a man to a woman in a romantic relationship?
- What can lessen desire? Examples – performance anxiety or strained relationships

Sex & Emotions continued



- Stress/Depression
- Prostate problems
- Mastectomy
- Hysterectomy
- Incontinence
- Heart disease/ Hypertension
- Chronic pain
- others

Safer Sex



- Do older couples have to concern themselves with **Sexually Transmitted Infections?**
- Certainly a concern with a new partner
- Condoms should be used for protection
- No such thing as safe sex; only safer sex
- Should a couple get tested before intimacy begins in their relationship?

Sternberg's Triangular Theory of Love

