

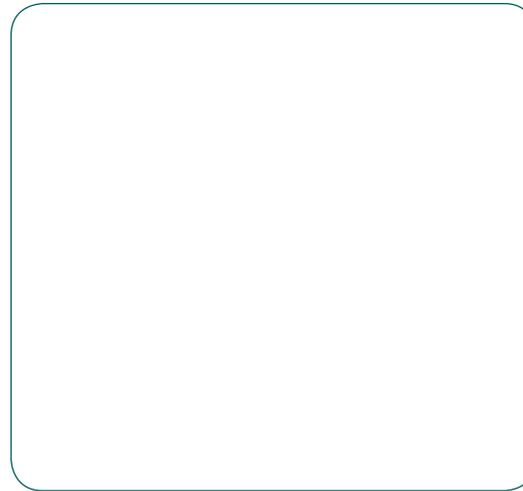
How to Support Your Loved One

- Look for alternate ways to express affection, such as reading from a favourite book, playing cards, and colouring together.
- Have an understanding and patience that your relationship may be changing.
- Find enjoyable activities that you can continue to share with your partner.
- Try not to judge.
- Seek professional assistance should you require support with your thoughts and emotions.
- Support groups are available as it may help to speak to others with similar experiences.

Resources Available

Speak with the care manager or social worker if you have any questions or concerns regarding intimacy & sexuality.

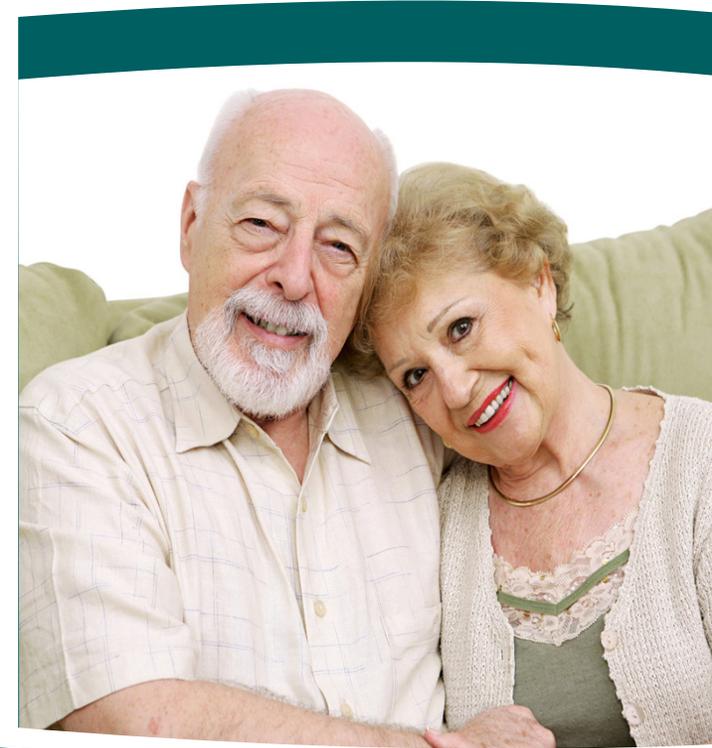
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For more info visit: www.alzheimers.ca



Intimacy and Sexuality in People Living with Cognitive Impairment



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leaders in continuing care

Our intimacy needs change when living with dementia

Intimacy

All people have the desire for companionship and intimacy, including those living with a dementia diagnosis.

This can include friendships, companions, relationships or marriages.

Intimacy comes in various forms and can be seen as a hug, hand holding, or having sex.



Disinhibition

The dementia disease process may cause your loved one to act in ways that they did not display previously.

They may express their sexuality in ways that others may consider inappropriate, due to their illness.

Individuals may have more interest in sexual activity and their interest may also significantly decrease.



Mara Botonis, When Caring Takes Courage



Misinterpretation of Actions

People living with dementia may have difficulty expressing themselves and their actions and may be interpreted incorrectly. An example would be a resident removing their pants in a common area, but is trying to communicate they need to use the bathroom.

Seeking New Partners

At times, people living with dementia may not recognize loved ones, or be aware that they are in a relationship, so they may seek companionship and relationships with others. This can be painful and upsetting for partners.