

How to contact the service?

You can contact the Sexuality Clinic Coordinator on 9808 9347 to make an appointment.

A medical referral is not required.

What is the cost?

The costs to attend the Sexuality Clinic as an outpatient is as follows:

- ❖ Comprehensive assessment – \$120
- ❖ Ongoing costs for proceeding with management plan – \$80 per session

The clinic has the capacity to provide a service for clients who do not have financial means. This capacity is limited to 2 clients at any one time.

Clinic Hours

The clinic will be open one day per month between the hours of 9am and 5pm.

Clients will be informed of available appointment times when contacting the Clinic. **Bookings: Tel: 9808 9347**

“Sexuality is a central aspect of being human throughout life and encompasses sex, gender identities and roles, sexual orientation, eroticism, pleasure, intimacy and reproduction. While sexuality can include all these dimensions, not all of them are always experienced or expressed. Sexuality is influenced by the interaction of biological, psychological, social, economic, political, cultural, ethical, legal, historical, religious and spiritual factors (WHO, 2002).

World Health Organisation (2002) Excerpt from Department of Reproductive Health and Research (RHR), *Gender and reproductive rights, “Working Definitions”* www.who.int/reproductive-health/gender/sexualhealth.html

ROYAL
REHABILITATION CENTRE SYDNEY

SEXUALITY CLINIC

*Maximising Abilities
- Optimising Lifeskills*

Sexuality and Acquired Disability

Being sexual is a normal aspect of human life. Sexuality incorporates: who we are, body image and self worth, the act of sex, our values and attitudes, the ability to give and receive pleasure and our quality of life.

Acquired disability may have an impact on an individual's sexuality. Sometimes people with acquired disability and/or their partners may find adjusting to these changes challenging and they may have questions about their sexuality.

Who are we?

ROYAL REHAB sexuality clinic is a multidisciplinary service consisting of:

- ❖ A Clinical Nurse Consultant with sexual health and acquired disability qualifications.
- ❖ Occupational therapists, physiotherapists, social workers and clinical psychologists with extensive qualifications and experience in sexual health issues and rehabilitation.

The team is supported by Rehabilitation Medical Specialists.

Services available

ROYAL REHAB Sexuality Clinic offers a range of possible options to support people with acquired disability and their partners to learn to talk about sexuality and sexual health concerns in a confidential environment.

Services available include:

- ❖ Provision of sexuality assessments and identification of sexuality and human relation needs for people with acquired disability.
- ❖ Individualised therapy based on the person's needs.
- ❖ Individual or couple counselling.
- ❖ Education sessions (individual or group) for people with acquired disabilities, partners, parents, and carers.
- ❖ Telephone consultation and advice for people with acquired disabilities, partners, parents, carers, professional and community organisations.
- ❖ Design and deliver sexuality educational programs for professional and community organisations

Who can benefit from our service?

The service is available to people with acquired disability who may have sexuality and sexual health concerns.

Some common areas of concern include:

- ❖ Altered body image
- ❖ Changes in sensation, mobility, bladder or bowel function that is affecting a person's sexuality.
- ❖ Difficulties communicating
- ❖ Alteration in sexual functioning – changes in erection, ejaculation, orgasm, lubrication
- ❖ Relationship issues
- ❖ Inappropriate sexual behaviour
- ❖ Myths and misconceptions about sexuality.
- ❖ Re-commencing sexual activity after an acquired disability