I'm a Health Professional - Therapist - Educator

- Consider sexuality and sexual health across the lifespan
- Assume everyone is potentially sexually active
- Talk about sexual health; include sexual health promotion
- Promote safer sex as important to all ages
- Encourage safer sex; suggest strategies including non-penetrative sexual activities
- Offer/encourage STI testing
- Consider social skill needs such as negotiation and assertiveness around sexual health

- Offer strategies for older people's needs; lube, tighter fit condom; stimulation to maintain erection
- Be open to sex, gender, orientation and relationship diversity; allow for fluidity and offer respect for choices
- Try the PLISSIT Model:
  - Permission
  - Limited Information
  - Specific Suggestions
  - Intensive Therapy (refer on if necessary)

We know that:

Sexual Health Matters Across the Lifespan

- Baby boomers are sexually active and mostly satisfied with their sex lives.
- Relationships Australia found that a majority of people within the baby boomer age range are sexually active.
- For those in their fifties and sixties sexual satisfaction is improving.

Divorce in Australia Rose in 2009

- The divorce rate in Australia rose in 2009 for the first time since 2001.
- The median age of males and females at divorce was 44.4 and 41.5 years respectively in 2009.
- The median duration between marriage and divorce in 2009 was 12.3 years.

Baby Boomers are Meeting Sexual Partners Online

- Internet dating is very popular with baby boomers, as well as those who are older.
- Older adults are finding new partners online and many are engaging in sexual activity at their first face to face meeting.
- They do not necessarily have the knowledge or skills to include safer sex practices.

Chlamydia Notifications Nearly Doubled in People Aged 40-59 (2005-2009)

- In Australia, notifications of chlamydia for baby boomers have increased, despite low testing rates.
- Chlamydia notification rates are low compared to young adults, but there is no equivalent strategy to encourage testing, or prevention.

Sexual Health Promotion in Australia is Aimed at Young People

- In Australia there is no significant strategy or campaign to target sexual health promotion to older adults.
- STIs in the over 50s are on the rise in the United Kingdom.
- The Middle Aged Spread campaign by the UK Family Planning Association used posters to promote safe sex to people over 50.
- The Middle Aged Spread campaign also had safer sex health promotion information for health professionals to use when working with baby boomers.

What Is missing?

Doctor – Patient Conversations: Who Should Initiate Discussion About Sex?

- In a US study only 38% of men and 22% of women aged 57-85 had discussed sex with a physician since they became 50.
- It is recommended that physicians improve their knowledge of older adult sexuality to assist with patient education.

GP Education on Sexual Health Medicine is Inconsistent

- Many GPs don’t see the need for more sexuality education because men do not access them for sexual health matters, despite men’s belief that the GP is the person to go to.
- GLBTI health is also neglected in medical training.

Baby Boomer Sexuality is not Acknowledged in Sexual Health Policy

- The Second National Sexually Transmissible Infections Strategy 2010-2013 has no mention of older adults.
- This omission may lead to lack of data collection, especially data relating to STI prevalence.
- Without data on which to base or justify a sexual health policy, there will be no policy. If testing is not offered, and with research, then it is not possible to map the changing sexual health needs of this cohort.

References (see overlay)
References


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