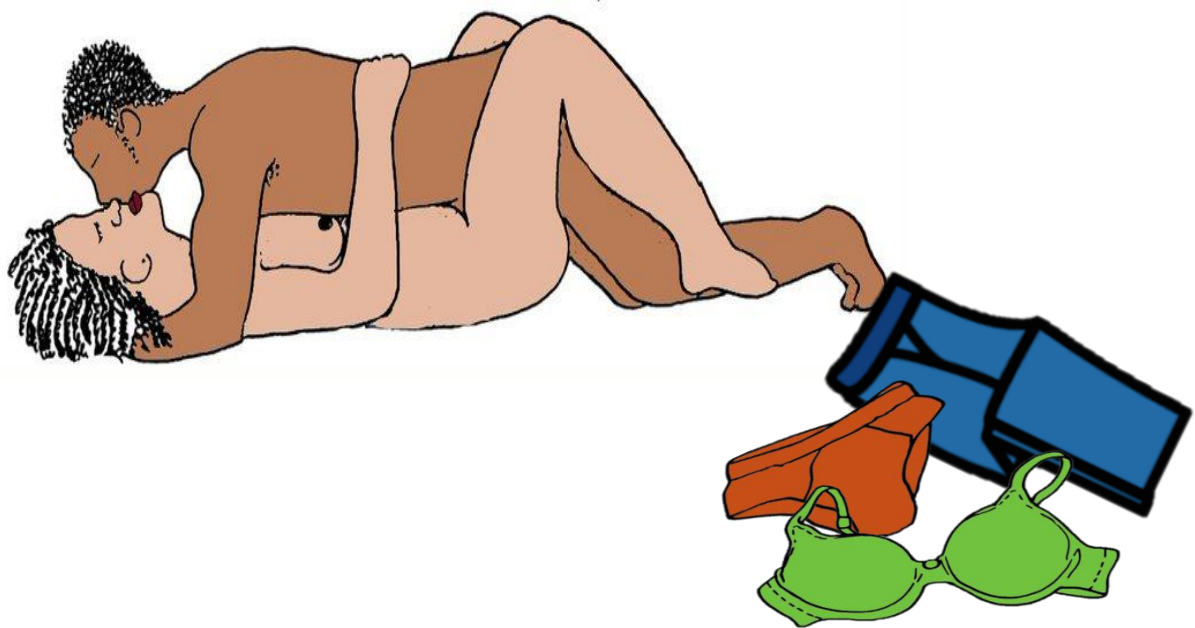




**myCP
Guide**



About sex.

You are an adult.



You may be an adult. Like you are

- 31
- 45.

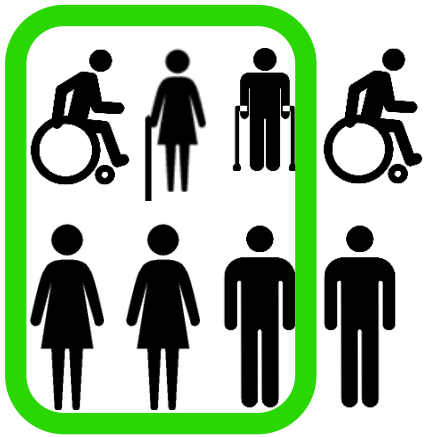
Or



You may be more than 55 years old.

Like

- 58
- 75.



Lots of adults think about sex.

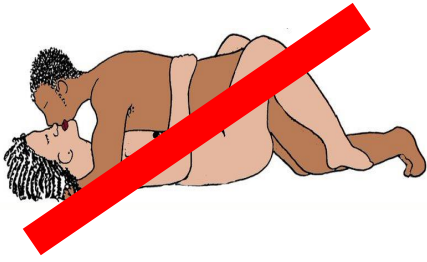


That is OK.



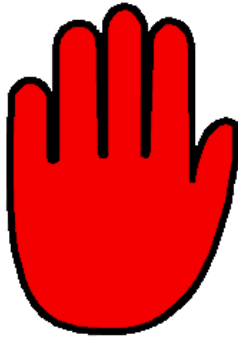
You have the right to sex that

- makes you happy
- makes you feel good
- is safe.



You may **not** want to have sex.

That is OK.

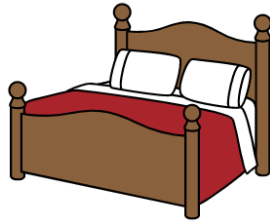


You have the right to say **no** to sex.

You can say **stop**.



It may be hard to talk about sex.



It may be hard to get ready to have sex.

You may need help to lie down.

You may need help to
take your clothes off.



You have sex.

You need to talk to your partner.

You need to use your device.

This can be hard.



You lie down.

It may be hard to breathe.



You may feel bad about yourself.

You worry what the other person thinks.

That is OK. Lots of people feel like this.



You want to meet a special person.

You may worry how to do this.

That is OK. Lots of people feel like this.



It may be hard to

- talk with new people
- find a person who understands you.



You get old



You may have more problems with sex.

Like

- you do **not** want to have sex
- you do **not** feel like it

Or



- may be sex does **not** feel good.

That is OK. Lots of people feel like this.



You are a woman. Sex may start to hurt.

Your private parts feel dry.

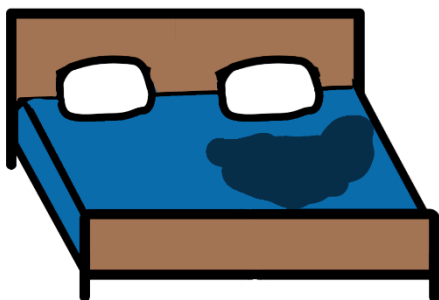
Your period stops.



You may need to rest more.

You feel very tired.

You feel like this all the time.



You may worry you will

- wet the bed
- poo.

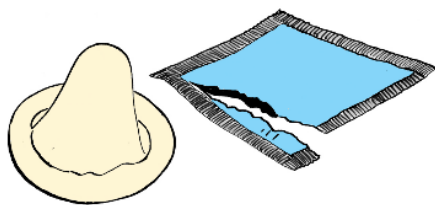


What can you do?



Talk to your doctor. They may give you

- cream
- pills.



The doctor can tell men about safe sex.

Like men need to use a condom.

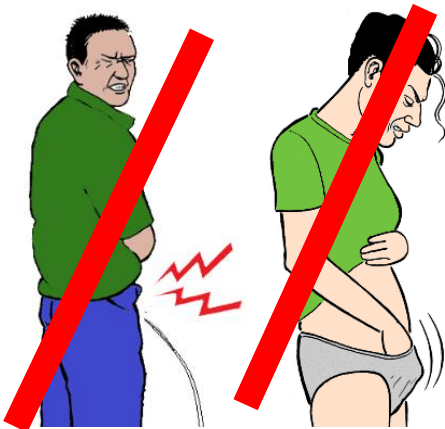
It is a condom for men.



Some women have sex
with other women.

They can use a condom.

It is a condom for women.



Condoms keep you well.

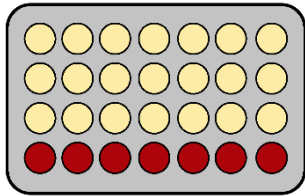
You do **not** get sick from sex.

Like

- it hurts to pee
- you need to itch. It is all the time.



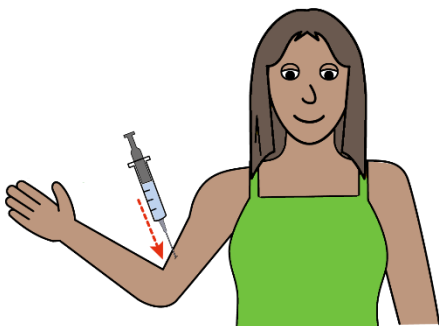
The doctor talks to women about
safe sex. You do **not** want a baby.



Like you can

- take the pill

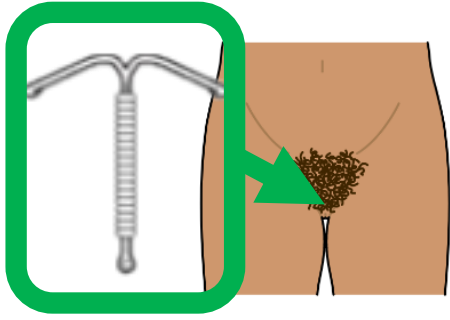
or



- have a needle under your skin.

It is in the arm.

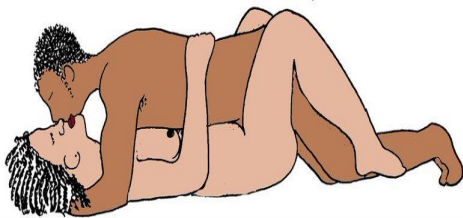
or



You have a small thing put in you.

It is called an IUD.

A doctor puts it in your private part.



You can talk about

- sex
- how to make sex choices.

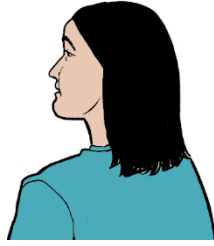


You can talk to a

- social worker

or

- therapist.



It is hard for you to move. Talk to

- an OT
- physio.



They may help you with

- things you can use to help with sex.

Like sex toys.

- how to be together. It is to have sex.



You need ideas to talk in bed.

Your speechie can help.



You want to have a family



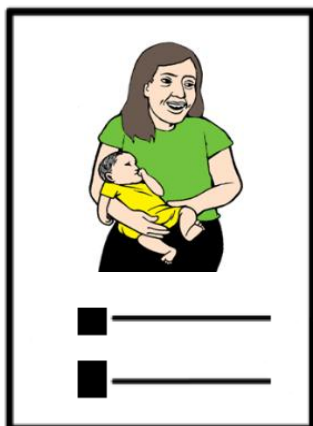
Doctors can

- help you get pregnant

and



- help you have your baby.



You think about what will change. Like

- your needs
- how to look after your child.

Write a list of new help you may need.



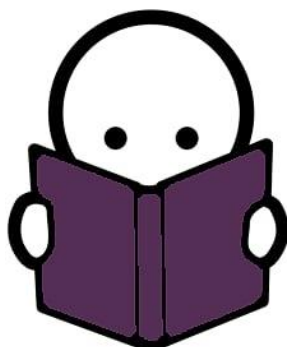
Talk to other people with disability

- who have a child
- who want to have a child.



Talk to them about your plans.

All new parents need help.



You want to know more



Read

You want to talk to people.



Read

You want to meet people.

Or



You want to meet people.

You are old.



Read

You do things for fun.

Or



You do things for fun. You are old.