

Sexuality and intimacy are complex ideas which can include a person's relationship with others and themselves.

- This handout gives resources for addressing sex and intimacy after a brain injury.
 - Relevant books, websites, podcasts, and articles are included.
 - Positioning resources are included.
- It could be helpful to hear others' stories to better understand your own story.

Adaptive Equipment and Devices

Kiss and Ride ATL

- An inclusive sex and intimacy item store in Little Five Points in Atlanta.
- Private shopping hours for individuals or partners.
- Physically accessible for wheelchair.
- [Instagram Link \(Kiss and Ride\)](#)
- [Website Link \(Kiss and Ride\)](#)

TouchBot Tech

- Disability led and owned 3D printed sex and intimacy devices.
- Owner conducts consultations with individuals, partners, and clinicians to strategize and discuss products. Calendly link on website.
- Owner is willing to adapt and create individualized items for patients.
- [TouchBot Tech Website](#)

Sportsheets

- Online store for sex and intimacy items.
- [Sportsheets Website](#)

MyPleasure

- Online store for sex and intimacy items with emphasis on disability inclusivity.
- [MyPleasure Website](#)

Positioning Ideas

[Toronto Rehab Sex Positions Post-Stroke](#)

[7 Sex Positions for People with Disabilities](#)

[Sex Positions Post Stroke](#)



General Resources

Institute for Sex, Intimacy, and Occupational Therapy

- [Sex and Intimacy OT Website](#)
- Blog with topics like putting on adaptive bra

OT After Dark

- Podcast by two occupational therapists discussing different relevant topics to individuals with disability and sex and intimacy.
- [OT After Dark Podcast](#)
- [OT After Dark Resources](#)
- [OT After Dark Instagram](#)

AASECT

- [Referral Directory | AAASECT:: American Association of Sexuality Educators, Counselors and Therapists](#)
- List of sex therapists by state and city. Does not allow filter by experience with brain injury.

Books

[Bang!: Masturbation for People of All Genders and Abilities](#)

- Written by an individual who uses a power wheelchair.
- Discusses masturbation in general, but also includes advice for how to masturbate as a wheelchair user.

[A Quick & Easy Guide to Sex & Disability](#)

- Graphic novel that covers diverse topics such as myths about sex and disability, possible interventions, Interabled relationships, etc.
- Author is a queer male with paraplegia.

[Disability Visibility by Alice Wong](#)

- Compilation of diverse experiences of individuals with disabilities. Some give examples of disability experiences with sex and intimacy.

[In Sickness and in Health: Love, Disability, and a Quest to Understand the Perils and Pleasures of Interabled Romance](#)

- Compilation of stories of couples where one person has a disability, and one person is able bodied.
- Written by a disabled man with spinal muscular atrophy (SMA).



[Ultimate Guide to Sex and Disability: For All of Us Who Live with Disabilities, Chronic Pain, and Illness](#)

- A guide for creating a sex life that works for you written by three authors: a medical doctor, a sex educator, and a disability advocate.

[Sexual Difficulties After Traumatic Brain Injury and Ways to Deal With It](#) by Ronit Aloni and Schlomo Katz

- Focuses on social and intimacy skills that relate to sexuality.

[Enabling Romance: A Guide to Love, Sex, and Relationships for the Disabled \(and the People Who Care About Them\)](#)

- A comprehensive guide for those living with disabilities. Addresses social and romantic aspects of sexuality as well as dating, independent living, and friendship.

[Sexuality and the Person With Traumatic Brain Injury: A Guide for Families](#)

- A guide for families of individuals with TBI.

[Taking Charge: Teenagers Talk About Life & Physical Disabilities](#)

- A guide specific to sexuality of teenagers with physical disabilities.

Articles[Sex and Sexuality Factsheet \(headway.org.uk\)](#)

- Discusses anatomy and how sex is impacted after brain injury.
- Discusses partner impact, tips for coping, and potential medical treatment.

[Sexuality After Traumatic Brain Injury | MSKTC](#)

- Discusses how brain injury impacts sex and what can be done to help.

[Brain injury and sexual issues - Better Health Channel](#)

- Discusses changes after a TBI, resuming having sex, inappropriate behavior, and overcoming sexual challenges.

[Intimacy after stroke | American Stroke Association](#)

- Discusses the effects of stroke on communication, emotions, and the physical body and how it can impact intimacy.

[Sexual Difficulties After Traumatic Brain Injury and Ways to Deal with It | BrainLine](#)