



Navigating the Healthcare System

You have the right to ask questions about your sexuality and sexual health. This handout was created to help disabled youth find the right type of healthcare provider and know what questions to ask. Not all healthcare providers will have expertise in this area. But, they can refer you to someone who does.



A Family Doctor or Nurse is a good first point of contact, and can refer you to a specialist as needed.

- What type of sexual health issues may be of particular concern to people with my disability?
- What are my birth control options?
- How often should I get a pap test?



A Social Worker or Psychotherapist can help you develop psychosocial skills used for relationships.

- What are the signs of healthy and unhealthy relationships?
- What can I do to build confidence in starting and keeping healthy relationships?



A Physiotherapist can provide support in areas such as pelvic floor health, and incontinence.

- What role does pelvic floor health play in maintaining a satisfying sexual relationship?
- What are some safe sexual positions I can try?



A Gynecologist can support you in your reproductive and sexual health. They can also provide information about birth control and safe sex options.

- What types of health issues can affect my reproductive system?
- What should I keep in mind for birth control or family planning, considering my disability?



An Occupational Therapist or Recreation Therapist can provide support in adapting sexual activities to your needs, such as different positioning options to try.

- What modifications or accommodations can you suggest to enhance my sex life?
- Are there safety considerations I should be aware of when exploring different positioning options?



An **Endocrinologist** can help with hormone-related issues affecting sexuality and desire, and give advice on how hormone treatments might impact your sexual life.

- How can changes in hormones or hormone treatments affect my sexual health?
- What impact will my hormone treatments have on my fertility?



A **Personal Support Worker** can help with daily living activities and offer support for physical tasks such as hygiene or intimacy.

- How can you support me with the physical aspects of intimacy, like positioning or mobility, to ensure comfort and safety?
- How can we work together so that I feel comfortable with my body and personal care?



A **Urologist** can provide care related to urinary and bowel functioning, which may affect sexual health. They can also help with issues such as erectile dysfunction, incontinence, and sexual sensation.

- How might my disability affect the sensations I experience during sex, and what can I do to manage or enhance these sensations?
- What can I do to maintain good bladder health and lower my risk of urinary tract infections?

Finding the Right Fit: Things to Think About

- Is the office accessible? Do I feel safe and comfortable there?
- Does the healthcare provider have experience working with disabled youth?
- Will they collaborate with me in decision making about my healthcare?
- Do they communicate in a way that is clear and respectful?



If you are interested in learning more, check out this resource: [Teens, Sex and Neuromuscular Conditions: A Practical Guide for Clinicians.](#)

This resource was created in collaboration with the Holland Bloorview Kids Rehabilitation Hospital Youth Advisory Council