

# Bridging to Adulthood Tips: Sexual Health Resources for Young Adults with Disabilities

It's important for all youth, including those with disabilities, to have access to accurate information about sexual health, safer sex and informed decision making.

The links below can be a starting point when seeking resources.

Please speak with your doctor, nurse practitioner, clinic nurse or other qualified healthcare professional about your specific questions and applicable referrals. Not sure how to start the discussion? You can try bringing a copy of this tip sheet or a list of questions to your next medical appointment to show your healthcare provider.

## Workshops for Youth and Adults with Disabilities

The following are examples of workshops with sexual health information for people with disabilities.

<p><b>SexAbility</b></p>	<p>Program for youth and adults with mobility disabilities. Provides sexual health info, resources and referrals. No fee.</p> <p>Vibrant Healthcare Alliance 2398 Yonge Street, Toronto, ON M4P 2H4 Further information: <a href="#">online</a> or (416) 486-8666</p>
<p><b>Sex-Ability</b></p>	<p>A sexual health program for people age 16+ with developmental disabilities. Series of weekly workshops. No fee.</p> <p>SHORE Centre 130-235 King St. East Kitchener, Ontario N2G 4N5 Further information: <a href="#">online</a> (519) 743-9360</p>

<p><b>Sexuality Workshop Series</b></p>	<p>Five session group program with workshops for youth with developmental disabilities ages 11-15. Must be accompanied by a family member. Topics include feelings, relationships and sexuality. No fee.</p> <p>Extend-A-Family Toronto 200-3300 Yonge St, Toronto, ON, M4N 2L6 Further information: <a href="#">online</a> or 416-484-1317</p>
<p><b>Other Programs</b></p>	<p><a href="#">TheHealthline.ca</a> is a database of health and community services across Ontario. Choose your location on the map Under 'Health Topics' choose '<b>Sexuality and Reproductive Health</b>'</p> <p><a href="#">Connectability Fee for Service Program Directory</a> Can search for current programs across Ontario for youth and adults with developmental disabilities</p>

## Other Sexual Health Resources

- [About Health Teens](#) – Fact based sexual health information from Sick Kids hospital.
- [Disability Sexuality Consent](#) – Resources from Community Living Toronto. Includes a video recorded panel discussion about disability, sexuality and consent. Also, scroll to the bottom of the page for further practical resources and books.
- [Kerry's Place Sexuality Consultation](#) – consultation for parents and caregivers of people with autism who want to learn how to discuss sexuality with their child.
- [Let's Talk About Sex](#) – information and resources from Spinal Cord Injury
- [Let's Talk About Sex: A Resource for Parents](#) – published by Muscular Dystrophy Canada
- [Let's Talk Disability and Sex](#) – An event hosted by Bloorview Research Institute. Video recorded talks, transcripts and art projects are available online.
- [Pace Independent Living](#) – an example of an attendant service provider in Toronto where attendant staff have training in providing assistance with daily activities that can support a person's sexual expression (e.g. assistance with shopping for sexual materials, dressing, using

the washroom, hygiene, positioning for sex). Professional boundaries are present and professional attendant service providers do not engage in sexual activities with consumers. In general, attendant services funded in Ontario provide physical assistance to complete activities of daily living for people with permanent physical disabilities, under the direction of consumers (e.g. meal preparation, eating, showering, shopping, banking) . For more information about attendant services in general contact the [Centre for Independent Living Toronto \(CILT\)](#).

- [Sex & U](#) – A website with reliable sexual health and reproductive information from the Society of Obstetricians and Gynecologists of Canada.
- [Sexuality Access Project](#) - a survey summary from Toronto Metropolitan University.
- [Sexuality and Cerebral Palsy](#) – on online book from the Ontario Federation for Cerebral Palsy. Includes information for people with disabilities, partners and personal support workers/ attendant care providers.
- [Sexuality and Developmental Disability](#) – guide for parents from the government of Ontario.
- [Teaching about Relationships and Sexuality](#) – Information and videos from Connectability for youth and adults with disabilities and their caregivers.
- [Words About Sex](#) – a communication display with symbols with vocabulary about sex for individuals with communication disabilities who use augmentative and alternative communication (AAC). Prepared by Communication Disabilities Access Canada (CDAC).

The information provided in this handout is for reference only. It is not intended as a recommendation or endorsement of specific programs, or as a comprehensive resource list.

This handout is brought to you by Holland Bloorview's Transitions Team  
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