

## Sexuality Education Resource Centre

# Sexuality and Physical Disability Reading List

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### Books for Youth

**Caution: Do Not Open Until Puberty! An Introduction to Sexuality for Young Adults with Disabilities\*** *Rick Enright, B.A., M.S.W.; Illustrated by Sara L. Van Hamme*

Intended as an icebreaker for an open discussion of sexuality between disabled adolescents and their families. Using illustrations and clear, informative text, it addresses decision making, anatomy, sexual response, physical disability and sexual functioning, as well as suggestions for further learning. 1995; ISBN 0-9680415-0-7; Devinjer House

**Changes in You: A Clearly Illustrated, Simply Worded Explanation of the Changes of Puberty for Boys and Changes in You: ... for Girls**

*Peggy C. Siegel; Illustrated by Vivien Cohen*

Printed for the fourth time in 1997, these books are written in a simple, positive manner. They explain the changes that boys and girls experience during puberty, physical development, anatomy, masturbation, health, doctor's visits, public and private behaviors, and how to deal with unwanted touch. The boy's book addresses wet dreams; the girl's book addresses menstruation. Parents' guides are also available. 1991, Family Life Education Associates.

**Easy For You To Say: Q & As For Teens Living With Chronic Illness or Disability\*** *Miriam Kaufman, M.D.*

Provides straightforward answers to questions that teens have relating to chronic illness or disability. Chapters include "Sexuality," "Family Relationships," "Doctors and Medical Issues," "Friends and Dating," "School and Work," "Alcohol, Drugs, and Medication," "Recreation," and "Transitions." 1995; ISBN 1550136194; Firefly Books.

**Spinabilities: A Young Person's Guide to Spina Bifida\***

*Marlene Lutkenhoff, R.N., M.S.N. and Sonya G. Oppenheimer, M.D. Editors*

For teens who have Spina Bifida provides practical tips and suggestions for becoming independent and managing their health care. It addresses mobility and equipment, skin, bowel, and bladder care, staying healthy and fit, self-esteem and body image, friendships, romantic relationships, sexuality, academic performance, and career skills. 1997; ISBN 0933149867; Woodbine House.

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### General Books

**An Easy Guide To Loving Carefully For Men and Women, Third Edition** *Lyn McKee, Winifred Kempton, and Lynne Stiggall-Muccigrosso; Illustrations by Vivien Cohen*

This book for men and women presents information about sexuality in simple language. It addresses anatomy, abstinence, intercourse, contraception, pregnancy, STDs, sexual health problems, visiting the doctor for a sexual health exam, and sexual orientation. A glossary is included. 1997; ISBN 0941816400; Winifred Kempton Associates.

**The Illustrated Guide to Better Sex for People with Chronic Pain** Second Ed.,\* *Robert W. Rothrock, PA-C and Gabriella D'Amore, PA-C; Illustrated by Jonathan Belt*

This self-help booklet provides information about frequent problems that interfere with sexual enjoyment for individuals who suffer from chronic pain and suggests simple, basic solutions. It includes six illustrations showing comfortable sexual positions for persons with various pain disorders, and stresses the importance of communication between partners. 1992; ISBN 0963260219; R. Rothrock & G. D'Amore.

**Let's Talk About Health, What Every Woman Should Know Workbook** *Caryl Heaton, D.O., et al*

This workbook for heterosexual women is written in simple, straightforward language. Chapters address healthy habits, people's bodies, sexual health, menstruation, decision making, sexual abuse prevention, contraception, and STDs. It is helpful to supplement this resource with a diagram of the vulva as it only provides a diagram of a woman's internal reproductive anatomy. A video explaining a gynecological exam is included. 1996, 1994, video; *The Arc of New Jersey*.

**Mother-To-Be: A Guide to Pregnancy and Birth for Women with Disabilities** *Judith Rogers and Molleen Matsumura*

Discusses all aspects of pregnancy in the context of disability, from making the decision to have a child to the problems that women with disabilities confront after giving birth. It begins with interviews of thirty-six women who have a range of disabilities, including cerebral palsy, lupus, ataxia, multiple sclerosis, spina bifida, and arthritis. Discusses nutrition, exercise, labor, and delivery. Appendices include dietary plans, a glossary, an extensive index, and lists of resource organizations and suggested readings. 1991; ISBN 0939957299; *Demos Medical Publishing, Inc.*

**MS and Intimacy: Managing Specific Issues** *Tanya Radford*

This booklet is for people with MS and their partners, and addresses the importance of communication between partners. Discusses sexual problems associated with MS for both men and women. A list of resources is provided. 2000; *National Multiple Sclerosis Society*.

**The Sensuous Heart: Guidelines for Sex After a Heart Attack or Heart Surgery** *Susanne Cambre, R.N., B.S.H.A.*

This cartoon-style booklet discusses the emotional and physical needs of people who have had a heart attack or heart surgery. It answers questions about sexual intercourse and discusses the effects of alcohol, prescribed drugs, stimulants, and illegal drugs. 1990; ISBN 0939838281; *Pritchett & Hull Associates, Inc.*

**Sex and Back Pain: Advice on Restoring Comfortable Sex Lost To Back Pain** *Lauren Andrew Hebert, PT*

A physical therapist describes various types of back pain and sexual positions for maximum comfort. Line drawings and photographs illustrate recommended exercises and sexual positions for people who experience back pain. All individuals in the photographs are clothed. In an accompanying video, a partially clothed man and woman demonstrate the various sexual positions described in the book. 1997, book; 1993, video ISBN 1879864029; *IMPACC USA*.

**Sexual Concerns When Illness or Disability Strikes**

*Carol L. Sandowski, M.S.W., A.C.S.W.*

Discusses the possible effects of various medical conditions (arthritis, diabetes, spinal cord injury, alcoholism) on sexual functioning, relationships, self-esteem, and communication; explores treatments for sexual dysfunction. 1989; ISBN 039806413X; *Charles C. Thomas Publisher, Ltd.*

### **The Sexual Politics of Disability: Untold Desires**

*Tom Shakespeare, Dominic Davies, Kath Gillespie-Sells, Editors*

Based on first hand accounts, this book examines identity, relationships, sexuality, love, parenting, and abuse and it relates to disability. It demonstrates the barriers to disabled people's sexual rights and sexual expression and the ways in which these obstacles are challenged.

1997; ISBN 0304333298X; Continuum International Publishing Group, Inc.

### **Sexuality After Spinal Cord Injury: Answers to Your Questions\***

*Stanley H. Ducharme and Kathleen M. Gill*

Provides practical, straightforward information and answers to questions about spinal cord injury; emotions, sexual behavior, sexual health, and parenting. 1997; ISBN 1557662657; Brookes Publishing..

<http://www.brookespublishing.com>

### **Sexuality & Cancer** *American Cancer Society*

Two booklets on sexuality and cancer: one For the Woman Who Has Cancer and Her Partner and one For the Man Who Has Cancer and His Partner. 1999, Free

### **Sexuality and Spinal Cord Injury**

*Sylvia Eichner McDonald, Willa M. Lloyd, Donna Murphy, and Margaret Gretchen Russert*

Explores a number of topics regarding sexuality and reproduction before and after spinal cord injury, including the physiology of sexual response and reproductive health. Outlines the steps individuals with spinal cord injuries may take to prepare for sexual activity; different ways to give hugs from a wheelchair; and sexual attitudes, relationships, parenthood, contraception, and sexually transmitted diseases.

Concludes with a list of myths about sexuality and spinal cord injury and a resource list. 1993, *The Spinal Cord Injury Center*.

### **Signs of Sexual Behavior: An Introduction to Some Sex-related Vocabulary in American Sign Language** *James Woodward*

Presents sexuality-related vocabulary in ASL. Offers clear illustrations of more than 130 signs. Comprehensive explanations and notes on derivation are included. A video illustrating the signs is also available. 1979; book, video, ISBN 0932666027; T.J. Publishers.

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## **Books for Professionals**

### **Barrier Free: Serving Young Women with Disabilities**

*Linda Marks and Harilyn Rousso*

This training manual for groups that provide services to teenagers with physical or sensory disabilities examines some important issues that young women with such disabilities face, including career exploration, independent living, and sexuality. 1991; *Women's Educational Equity Act Publishing Center*.

### **Choices: A Guide to Sex Counseling with Physically Disabled Adults** *Maureen E. Neistadt, M.S., O.T.R./L. and Maureen Freda, O.T.R./L.; Illustrated by Kerry Anne O'Reilly*

Written for rehabilitation professionals who provide sexuality counseling, this book contains guidelines for limited sexuality counseling and examines issues of intimacy and communication, and sexual response cycle. Discusses functional and sexual difficulties caused by disabilities and the impact on social issues such as privacy, dating, marriage, and childbearing. Reading and resource lists are included. 1987; ISBN 0894642014; Krieger Publishing Company.

### **Providing Comprehensive Sexual Health Care in Spinal Cord Injury Rehabilitation: Continuing Education and Training for Health Care Professionals** *Mitchell S. Tepper*

This curriculum for health care professionals is intended to provide an opportunity for participants to gain

knowledge, comfort, and skills to understand and manage the sexual health care of persons with spinal cord injury (SCI). By the end of this three-day program, participants should be able to recognize sexual concerns, demonstrate the communication skills necessary to provide a supportive environment, conduct sexuality assessment interviews with people who have SCI, relay relevant and unbiased sexual information, and provide specific suggestions about sexual options for people with SCI. 1997; ISBN 0965918505; *The Sexual Health Network*.

**Sexual Function in People with Disability and Chronic Illness: A Health Professional's Guide\*** *Marca L. Sipski and Craig J. Alexander*

Consists of 29 chapters written by over 30 contributors. It addresses general sexual function, specific disabilities and illnesses, and treatment concerns. 1997; ISBN 0834208865; *Aspen Publishers Inc.*

**Sexuality and Chronic Illness: A Comprehensive Approach**

*Leslie R. Schover, Ph.D. and Søren Buus Jensen, M.D.*

Using an integrative biopsychosocial approach, this volume reviews basic skills needed to comfortably discuss sexuality with chronically ill patients, assess sexual problems through both psychological and medical approaches, and create a systematic treatment plan.

1988; ISBN 089862715X; *Guilford Publications*.

**Sexuality Issues for Youth With Disabilities and Chronic Health Conditions** *Cecily Shapland*

This policy brief of The Institute For Child Health Policy addresses teen pregnancy prevention and risk factors for teen pregnancy as they relate to youth with disabilities. Discusses strategies to address the needs of youth with disabilities in such programs as sexuality education, community family planning services, community partnerships, and contraceptive needs.

1999; Free online; *The Institute for Child Health Policy*.

**Signs for Sexuality: A Resource Manual for Deaf and Hard of Hearing Individuals, Their Families, and Professionals Second Edition** *Marlyn Minkin and Laurie Rosen-Ritt*

Curriculum on sexual abuse, sexually transmitted diseases, and reproductive health, with more than 600 photographs to illustrate 250 vocabulary terms associated with sexuality. Appendices include contraception information and anatomical drawings.

1991, *Bookstore, Planned Parenthood of Western Washington, 2211 East Madison, Seattle, WA 98122; Phone: 206/328-7715; Web site: <http://www.ppww.org>*

**Women with Disabilities: A Guide for Health Care Professionals.\*** *DAWN Ontario*

Booklet for health care professionals addressing improvement of health care practice when serving women with disabilities. 1993. *Disabled Women's Network Ontario*.

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**Out of Print**

**The Baby Challenge: A Handbook on Pregnancy for Women with a Physical Disability**

*Mukti Jain Campion*

Describes the impact, effect, and outcome of a range of physical disabilities on pregnancy and childbirth, and of pregnancy and childbirth on physical disabilities. It outlines how various disabilities affect fertility, the role of genetics, implications of medication, remission of symptoms, precautions to take during pregnancy and labor, possible interventions during delivery, and what to expect in a postnatal ward. A resource list accompanies each chapter. Includes a chapter for health care professionals. 1990; ISBN 0415048591; *Routledge*.

**Enabling Romance: A Guide to Love, Sex and Relationships for the Disabled** *Ken Kroll and Erica Levy Klein*

Illustrated guide to intimacy and sexual expression for individuals with physical disabilities. Debunking popular myths and stereotypes, it includes living and loving with specific disabilities, sexual variations and alternatives, safer sex and family planning, building self-esteem, and dealing with attendants. Lists referrals and suggested readings. 1995; ISBN 0933149786; Woodbine House.

### **Reproductive Issues for Persons with Physical Disabilities**

*Florence P. Haseltine, Ph.D., M.D., Sandra S. Cole, Ph.D., and David B. Gray, Ph.D. editors*

Features contributions from both consumers with disabilities and health professionals from a variety of backgrounds. Focus on dispelling myths about sexuality and disability and exploring sexual issues that challenge people with disabilities. Basic information about congenital and acquired physical disabilities, reproductive rights and opportunities, sexual dysfunctions, sexually transmitted diseases, reproductive physiology, sexual development, health care needs, fertility, birth control, adoptions, pregnancy, labor and delivery, and parenthood. Personal stories appear throughout the book, and various clinical and policy issues are discussed.

1993; ISBN 1557661111; Paul H. Brookes Publishing. <http://www.brookespublishing.com>

### **Taking Charge: Teenagers Talk about Life and Physical Disabilities**

This book for teen provides information on the challenges they may face growing up with a disability. Topics include communication, independence, relationships, dating, sexuality, and family life. An appendix is included. 1992; ISBN 0933149468; Woodbine House, Inc.

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*\*in SERC's Winnipeg collection*

This list was compiled from a bibliography created by SIECUS (Published in the SIECUS Report, Volume 29, Number 3 - February/March 2001).

**prepared by: Sexuality Education Resource Centre 2004**