pleasure ABLE

SEXUAL DEVICE MANUAL FOR PERSONS WITH DISABILITIES

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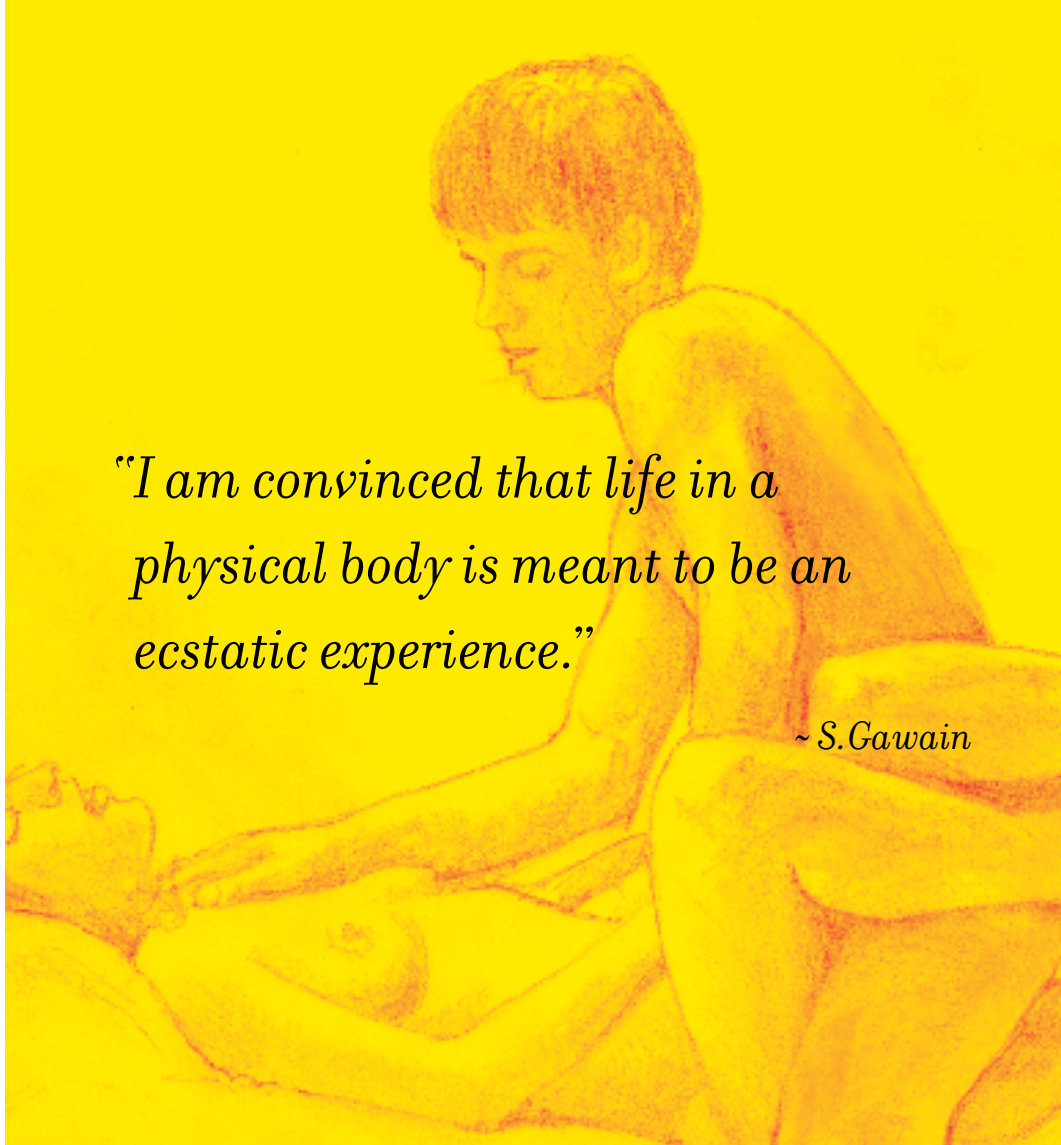


"I am convinced that life in a physical body is meant to be an ecstatic experience."

~ S.Gawain

DISCLAIMER: The devices and ideas discussed in this manual are examples, and not specific recommendations, of products chosen to illustrate potential sexual options for persons with disabilities. The authors attempted contact with the relevant manufacturers for permission to illustrate their products and were not solicited by, or compensated in any way by, the manufacturers. This information reflects the opinions of the authors and not necessarily those of other staff, management, and physicians of Vancouver Coastal Health.

WARNING: The authors do not take responsibility for any harm or injury caused by using the devices included in the manual, and persons and clinicians must be aware of the individual's specific body abilities and sensations, and weigh the risks and benefits of utilizing any product or suggestion.

Dear Clients and Health Care Professionals,

Thank you for taking interest in our sexual health and Pleasur*Able* manual! We created this manual for persons of all abilities, genders, age, race, and sexual orientation to assist with their quality of sexual life. Research shows that sexuality is a major rehabilitation priority for clients, and we strongly believe that sexuality is very important to talk about – something that should be respected, celebrated, playful, and Pleasur*Able*! We hope that you find some new ideas inside to improve and expand the sexual options for yourself or your clients. This project was supported by a grant from the Disabilities Health Research Network (DHRN). Good luck!

Introduction

This manual was created as a practical resource for persons with disabilities and health care clinicians who work with these clients. It includes research, clinical expertise, and product information to aid with dialogue surrounding sexual and reproductive issues and disabilities. The information presented here is not prescriptive, and the specific products not recommended per se, but are meant to provide examples and illustrations of some of the potential options that can be introduced into the sexual practices of the individual or be used as an adjunct in the discussions of sexuality and disability by the health care clinician. The devices included are a sampling of what is available (in Canada) in 2009.

What research has shown

The sexual health concerns of persons with disabilities need to be taken into account and addressed. Compared to other rehabilitative specialties, little research on sexual rehabilitation is available. Anderson (2004) surveyed hundreds of individuals with spinal cord injury (SCI) to assess what priorities would most impact their quality of life. For persons with quadriplegia, she found that regaining arm and hand function was most important, and regaining sexual function was their second highest priority. Regaining sexual function was the highest priority for people with paraplegia. A recent study has also linked hand impairment with reduced sexual satisfaction in persons with SCI (Burke et al., 2007). Unfortunately, since rehabilitation clinicians infrequently address sexual issues with their clients (Krassioukov et al., in preparation), studies such as these underline the urgent need to address sexual issues in clinical settings.

Who is this Manual for?

This manual is for clients with various disabilities and health care professionals involved in their care. The American Occupational Therapy Association (AOTA, 1986) has categorized sexual expression–defined as "engaging in desired sexual and intimate activities"- as an activity of daily living (ADL). This places it in the same realm as dressing, eating, and toileting in terms of activities to focus on during rehabilitation (Friedman, 1997). There are a number of different appropriate clinicians (see p.5) involved with clients during the rehabilitation process who can discuss sexuality with them. The occupational therapists who co-wrote this manual are an integral part of this team and are particularly suited

to address how clients with disabilities manage all their ADLs. However, occupational therapists have "limited resources within their profession for training in this area [of sexual rehabilitation]" (Neistadt, 1986). While not much has changed in terms of sexual health training for health care professionals, recognition that sexuality and disability is an important area to be addressed is now found in recent studies, books and articles in the area of sexual rehabilitation. However, there is still a lack of resources that offer practical suggestions for clients and clinicians. This manual was created to help address this gap.

> **Myth:**
> **Sex is only to make babies.**
>
> **Reality:**
> **Humans have sex with themselves and others for lots of different reasons including pleasure, sharing love, and building intimacy.**

What is in the manual and why?

The ability of persons with disabilities to engage in sexual activity can be significantly compromised by motor (i.e. movement of limbs), sensory (i.e. touch and temperature sensations), and autonomic (i.e. blood pressure regulation) dysfunctions. This manual was designed to familiarize clients and clinicians about the available devices on the market and to encourage creativity in adapting these or other assistive sexual devices to optimize sexual expression once bodily changes have occurred. A description of the required motor abilities needed to use the device and other special considerations are added to assist in whether specific devices are appropriate. It is critical that clients take responsibility to consider and/or discuss with health care professionals the pros and cons and potential risks and benefits of each suggestion. Further information on sexuality and disability can be found in the references listed on p.43.

Who are the Health Care Clinicians that can address sexual rehabilitation?

SEXUAL MEDICINE PHYSICIANS OR PHYSIATRISTS (MD): Are specialized doctors who can assist with maximizing sexual physiology and reducing the medical issues that often interfere with sexual interest and activities e.g. medications, pain, bladder and bowel continence, autonomic dysreflexia (see definition below), and spasm. Other physicians (urologist, gynecologist, neurologist, etc) may also have valuable expertise. These physicians can refer clients to other health care professionals as needed. They can also assist with fertility difficulties (Elliott 2009).

OCCUPATIONAL THERAPISTS (OT): Help enable clients to manage and perform their daily activities. OTs can address issues around sexuality by teaching skills such as how to: organize a daily routine to allow time and energy for sexual activities, manage personal hygiene before and during sexual activities, compensate for reduction or loss of typical body functioning in order to sexually satisfy self and/or partner, and alter or eliminate environmental barriers to improve the quality of sexual activity (e.g. poor lighting, inadequate bed system etc.). OTs can also adapt sexual devices to meet the abilities of clients (e.g. adding switches, making 'hands free' options, etc.).

PHYSIOTHERAPISTS (PT): Address clients' physical function. They can educate and assist clients with skills such as: transferring from wheelchair to bed, repositioning in bed, maintaining balance, managing spasm, and maximizing comfort in sexual positioning alone or with partners.

NURSES (RN): Can assist with the execution of many of the suggestions given by the OT, PT or MD, and are critical in assisting with the overall medical management of a disability. Sexual Health Clinicians (SHC) are nurses specialized in the area of sexual health. They are experts in educating clients and their partners on the complex changes to sexual function as a result of chronic illness or disability, and are qualified to make specific suggestions to enhance sexual functioning and/or fertility.

SOCIAL WORKERS (SW): Can play a large role in educating and counseling partners and families around sexual and fertility issues. Social workers can also assist with funding options for the purchase of equipment.

PSYCHOLOGISTS: Explore in depth with clients the many different emotional components of sexuality such as self esteem, assertiveness, and positive self-talk, as well as collaborate with partners and family around sexual and fertility issues. Psychologists can also address trauma around sexuality.

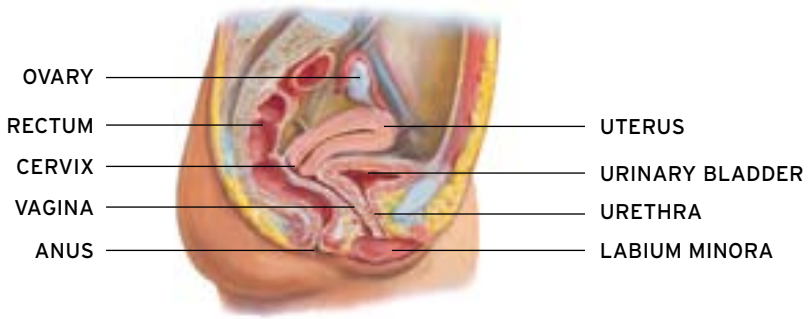
RECREATION THERAPISTS: Work with clients to explore meaningful recreation and leisure choices. Using client interests ranging from creative arts and drama through to physical recreation and sport, recreation therapists connect people with community based resources that help build confidence and increase opportunities for social interaction. Friendship development through involvement in recreation activities of mutual interest is often key to meeting potential partners.

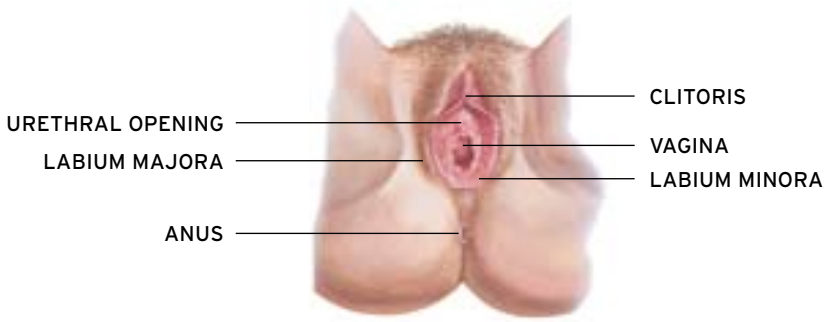
PEER COUNSELORS: Persons with disabilities themselves are critical sources of information and support. They are the experts on what their bodies experience. They also have experience accessing different resources in the community and can share suggestions on what has or hasn't worked for themselves or other clients.

Anatomy

These diagrams are for general information. Please do not hesitate to speak to your doctor or nurse about any anatomy-related questions. Further information can be found in the references (Elliott 2009).

FEMALE REPRODUCTIVE SYSTEM





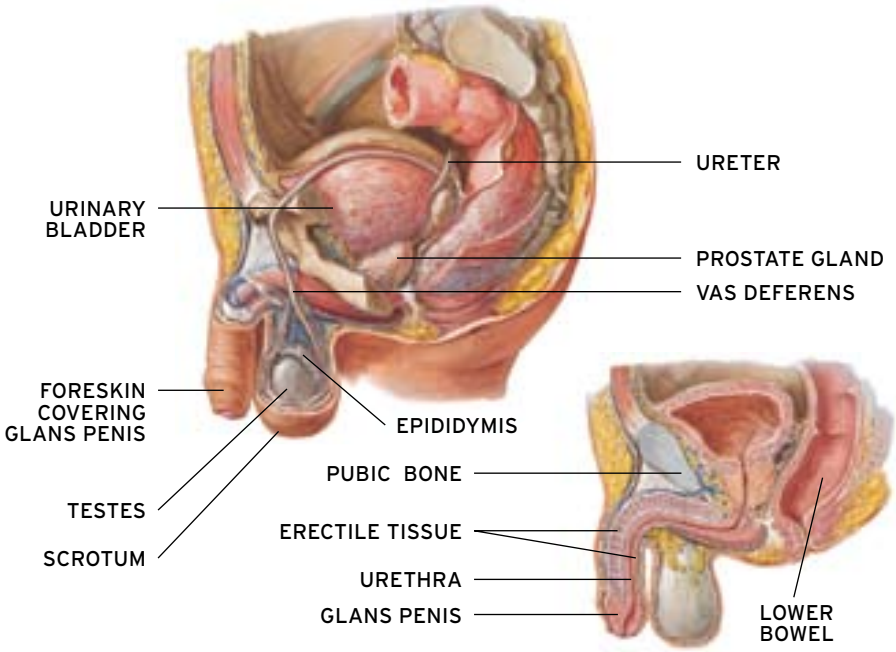
Myth:

Real sex is only when a penis penetrates a vagina.

Reality:

There are as many ways to have sex as there are people in this world. Sex happens alone, between men, between women, between men and women etc. etc. If you think that you are having sex, then you are!

MALE REPRODUCTIVE SYSTEM



Routines

Sometimes the time of day and other activities planned can facilitate or hinder sexual expression. Below are a few suggestions for clients:

- Plan to be sexual when medications for symptoms that interfere with sexual activity (such as pain or spasm) are most effective
- Complete bladder and/or bowel routines before starting sexual activity
- Try being sexual during times of the day or night when feeling well rested
- Allow enough time
- Although it may be difficult, try to let go of the expectation of spontaneity and savor the planning of sexual activity

"Intimacy—closeness to yourself in times of solitude or closeness to others in moments of sharing and connecting—reflects your inner world as almost nothing else does. And intimacy begins from the inside; it begins with your own self."

~ Stephanie Dowrick

Safety

1. SKIN INTEGRITY: be aware of activities that cause skin friction or prolonged positions, and of current skin irritation, breakdown and pressure sores in order to prevent further damage.

2. ALTERED SENSATION: caution is recommended with the insertion of sexual aids into a body orifice that has diminished feeling. Mechanical sexual aids that increase in temperature with use or devices that constrict the genitalia should also be used with caution.

3. AUTONOMIC DYSREFLEXIA (AD): This condition (also known as hyperreflexia) is a state that is unique to patients after SCI most often at a T-6 level and above, and can be seen in other conditions such as Multiple Sclerosis. AD is an abrupt onset of excessively high blood pressure, usually originating from a noxious or non-noxious stimulus below the level of injury to the spinal cord. AD is commonly caused by an over-distention of an organ (i.e. bladder or bowel) or a pain stimulus, but can also be triggered by sexual arousal, orgasm, ejaculation, or stimuli to the pelvic region that would ordinarily be painful if sensation were present.

Some key signs and symptoms include:

- Pounding headaches
- Nasal Congestion
- Blotching of the skin
- Nausea
- Sweating above the level of injury
- Goose bumps
- Slow Pulse
- Flushed (red) face
- Restlessness

AD is a medical emergency, and if untreated can lead to life threatening seizures or stroke. If AD is experienced while being sexual and the sexual activity is the only triggering cause identified, the activity should stop and a sitting position (head up, feet lowered) be attained if at all possible to reduce the symptoms. If AD symptoms do not dissipate after 5 minutes, the sitting position should be maintained and emergency medical personnel contacted (Krassioukov et al., 2009).

Myth:

Orgasms only come from partners, they don't happen alone.

Reality:

False! Orgasms can happen alone or with a partner. Practicing alone can help the individual figure out what works to help increase sexual arousal or trigger orgasmic release.

OTHER SAFETY CONSIDERATIONS:
Device-specific safety considerations are provided in the manual. It is important to check the materials used in the devices to be sure they do not contain latex, silicone, or other allergic properties if allergies exist. Always clean the devices after use with non-abrasive cleaners, i.e. warm, damp cloth and soap. It is important to follow the specific instructions on cleaning for each device provided by the manufacturer.

Myth:
Sex education is only for disease prevention.

Reality:
Sex is complicated (i.e. how to do it, safety, understanding feelings involved, using devices, positioning etc.). Sex education that solely focuses on disease prevention makes it much more difficult for everyone involved because so much information is missing.

Devices for Different Physical Abilities

Below is a list of different types of different sexual devices categorized into specific physical/ functional categories:

LIMITED HAND FUNCTION

- Wahl Massager p.20
- Universal cuff + dildo p.21
- Hitachi Magic Wand p.22
- Fleshlight p.24
- Tim's Bit p.25
- Butt Seriously (rectal vibrator) p.26
- MHP Tongue Vibrator p.27
- 5 speed Finger Vibrator p.28
- Thigh rider harness + dildo p.32
- Furniture harness p.33

NO HAND FUNCTION

- Universal cuff + vibrator p.21
- MHP Tongue Vibrator p.27
- The Strapper or Aslan Men's harness + dildo p.30-31
- Thigh rider harness + dildo p.32
- Furniture harness p.33
- Hands Free kit p.41

SET-UP BY CAREGIVER (IF NO HAND FUNCTION)

- Universal cuff + vibrator p.21
- MHP Tongue Vibrator p.27
- The Strapper or Aslan Men's harness + dildo p.30-31
- Thigh rider harness + dildo p.32
- Furniture harness p.33
- Positioning products p.34-39
- Hands Free kit p.41

LIMITED STRENGTH IN THE UPPER EXTREMITY

- Universal cuff + vibrator p.21
- Hitachi Magic Wand p.22
- Fleshlight p.24
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- Thigh rider harness + dildo p.32
- Furniture harness p.33
- Positioning products p.34-39

LIMITED FLEXIBILITY FOR POSITIONING

- Intimate Rider p.35
- Body Bouncer p.36
- Liberator Shapes p.37
- Love Bumpers p.38
- Thigh Sling p.39
- Hands Free kit p.41

Myth:
Sex is always spontaneous and works perfectly all the time.

Reality:
Not true! Maybe in the movies! Resting before sexual activity; planning a routine to include set-up, time to explore, and clean-up; and allowing mistakes to happen can all be a part of having sex.

Myth:

Men and women with spinal cord injuries can't orgasm.

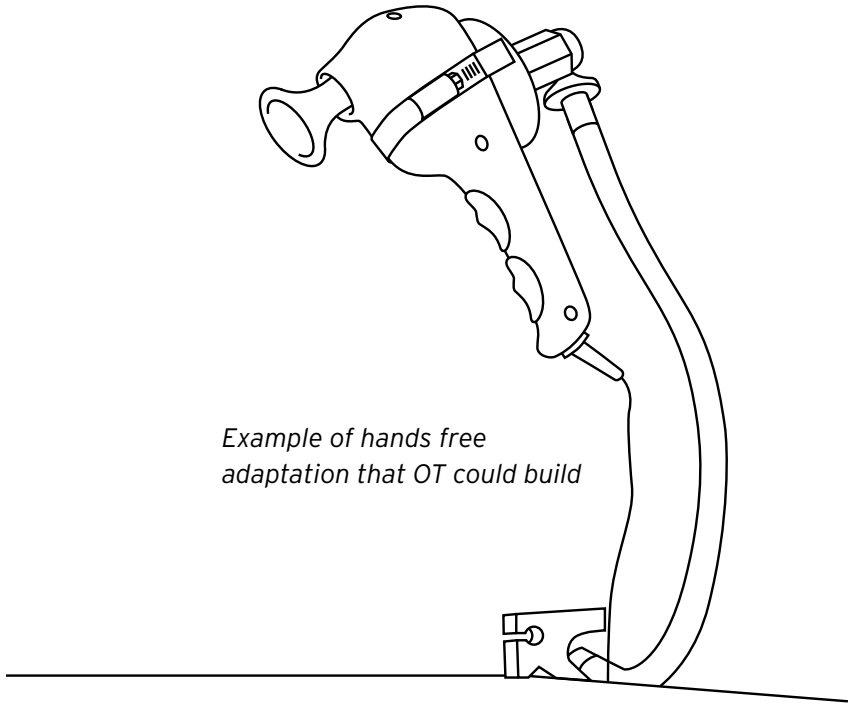
Reality:

There is published research to support that about half of women and men with SCI can experience orgasm.

Further Adaptations of Devices

OTs can be very helpful in adapting and modifying equipment to best suit their client's individual needs. For example, a hands free flexible stand can be created to hold a vibrator (see drawing below) or a particular cushion can be adapted to assist with sexual positioning.

Caregivers can also assist with set up and clean up of devices. For example, caregivers can set up the thigh rider (see p.32) or position the client before they leave them in privacy for the sexual activity. Clients are encouraged to ask for assistance in set-up and clean up as with any other activity of daily living.



Example of hands free adaptation that OT could build

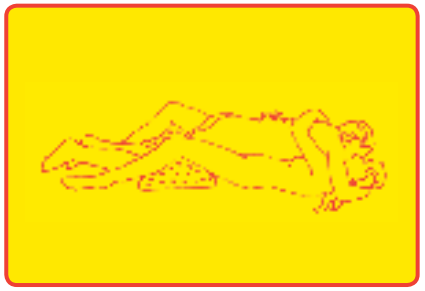
Positioning For Sexual Activity

"If any thing is sacred the human body is sacred."

~ Walt Whitman

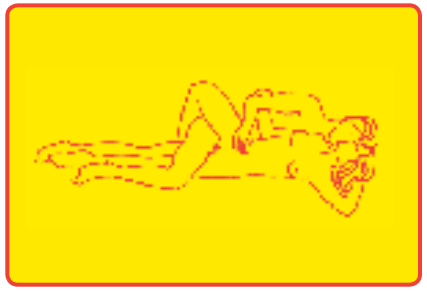
There are no rules to positioning! Key concepts are comfort, balance, and safety. Experiment and refer to OT and PT for more suggestions on specific needs. Below are some tips modified from 'The Ultimate Guide to Sex and Disability' (Kaufman, Silverberg, & Odette, 2007).

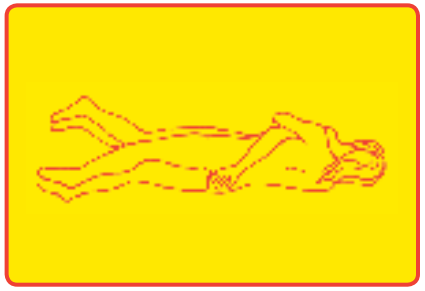
ONE PARTNER ON TOP:



Experiment with both the 'top' partner and the 'bottom' partner assisting in sexual movement (thrusting or otherwise). For the 'bottom' partner, use pillows behind the lower back and/or knees for support. Using a wedge pillow under the 'bottom' partner's knees can help alleviate spasm, reduce lower back pain and offer easier access to genitals.

SIDE-LYING POSITIONS:





In a 'spoon' position, one partner lies in front of the other, both facing the same direction, on their sides. This position can be useful for people who wear catheters and have a leg bag. A cushion between a person's legs can ease hip discomfort and facilitate penetration or sexual acts from behind. Side positions facing each other can allow both partners to be involved in the thrusting of penetration or sexual act.

Alternatively, one person can lie on their side with the other partner penetrating from behind with their body positioned at a 90-degree angle (this reduces the need for upward thrusting).

USING A CHAIR OR WHEELCHAIR:

Removable armrests and removable lateral supports can increase the options for sex in a wheelchair. The 'top' partner can sit on the 'bottom' partner's lap face-to-face, facing away, or facing to the side for penetration or other play. The person in the wheelchair can also be penetrated or receive oral sex by moving their buttocks to the edge of their chair and having their partner kneel or sit in front of them. In wheelchairs without removable arms, try having the 'top' partner sit on the 'bottom' partner's lap, facing away, using the armrests for support. Couples can also choose to transfer into a chair with no armrests to increase ease of positioning.

Myth:

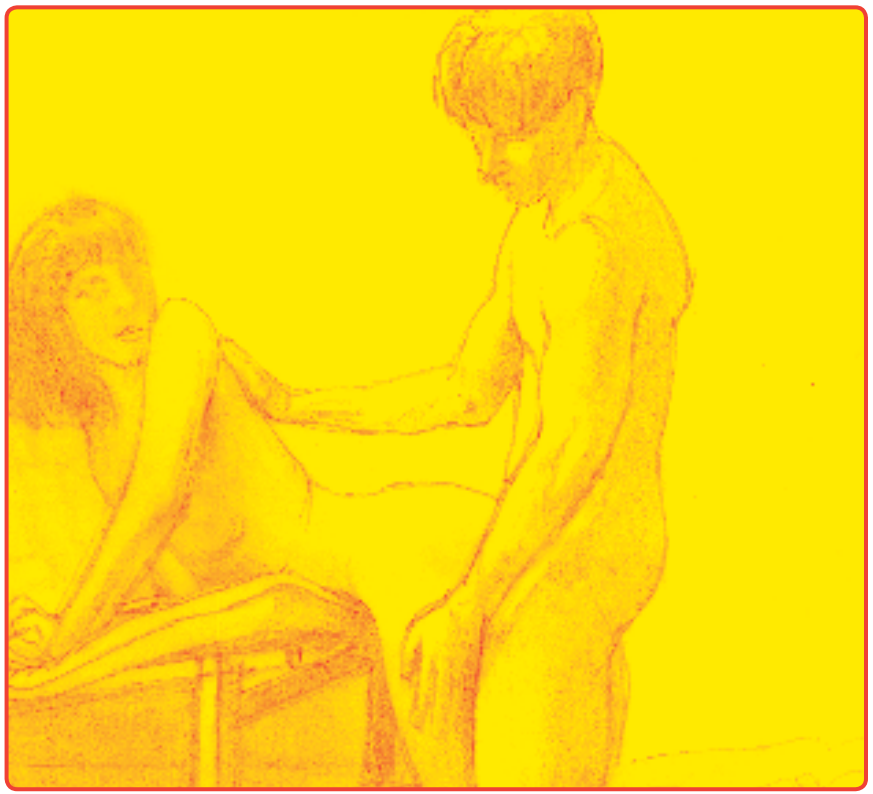
People in wheelchairs don't have sex.

Reality:

Wrong! They remain sexual beings.

SUPPORTIVE REAR POSITIONS:

In these positions, have the 'bottom' partner lie on his/her stomach (with option of having a pillow under their hips or belly). The 'top' partner can try standing with their partner lying at the edge of a bed/table/couch if straddling on their knees is uncomfortable. This positioning provides optimal balance for the 'bottom' person and allows them to help more with thrusting.



Making Parts Fit

Proper lubrication and firm and reliable erections are helpful when challenged with positioning or balance. A physician can suggest or prescribe assistance with these functions if required.

Personal Lubricants*

A selection of lubricants is now available at most larger chain drug stores and not found only at sex toy stores. Lubricants ("lube") come in single-use packets or bottles. Consider the ease with which packages or bottles are opened and closed. Consider using a pump dispenser or an adapted bottle holder.

The use of long lasting, chemically neutral lubricants are important for vaginal and anal penetration to help protect the delicate tissues from irritation and damage. Avoid flavored, coloured or "warming" lubricants as they may contain chemicals that provoke allergic reactions.

WATER BASED LUBRICANT: Safe to use with condoms and all sex toys. Inexpensive. Check the label for glycerin and/or preservatives as they may cause a reaction in some people. Water based lubricants will dry out during use so add more water or more lubricant as needed.

SILICONE BASED LUBRICANT: Doesn't dry up, lasts longer than water based lubes. Does not contain glycerin and will not absorb into body. It can be more expensive and some brands have a chemical taste. Note: Silicone lubricants cannot be used with silicone sex toys, since the silicone in the lubricant will degrade the silicone toy.

OIL BASED LUBRICANT: Oil deteriorates latex! Consider using a water-based or silicone lubricant if latex gloves or condoms are being used.

*Information based on material from **www.comeasyouare.com**

Safe Sex

When engaging in sexual activities with others, it is important to be aware of safe sex practices. For more information, contact a doctor, nurse, or sexual health clinic. The following are some general tips.

- Get tested regularly for sexually transmitted infections (STIs)
- Before engaging in sexual activities, have a conversation with the sexual partner about safe sex practices
- Use barriers (such as condoms, latex gloves, dental dams) to prevent the transmission of STIs and unwanted pregnancy

Sexual Devices

"Beauty means someone is exhibiting their natural impulses without fear or being self-conscious."

~ E. Dorfman, Photographer

The prices stated reflect current market value in 2009 in Canadian dollars and are subject to change.

Wahl Massager

PHOTO ©WOMYNSWARE.COM

Description:

- Powerful massager, can be used on whole body
- Includes 2 speeds and 7 attachments
- Cup attachment good for penile stimulation
- Quiet
- Plug-in, no batteries required
- Option of having a heat function (use with caution and do not use in areas without sensation)

PRICE RANGE:

$ 20.00 (amazon.com)
$ 70.00 (Womyn's Ware)

CLEANING:

Clean attachments with soap and water but do not submerge the handle.

PRECAUTIONS:

Don't press too hard on sensitive body parts. Can use massage oils on most body parts but refrain from putting oils on genital area. Clean on regular basis.

SPECIAL CONSIDERATIONS:

Need active grasp, need to be able to manipulate 5 lb weight, big switches allow for easy on/off, need reach to access genitals.

Universal Cuff

Description:

- Leather cuff with elastic strap can hold a variety of objects including sexual devices such as dildos and vibrators
- Adjustable for hand size
- Plastic extender available for self/partner penetration

PRICE RANGE:

$15.00
(Sammons Preston Canada)

CLEANING:

Hand wash cuff with mild soap and water.

Note: vibrator shown is a Natural Contour.

SAFETY:

Ensure cuff is not too tight and does not interfere with hand circulation. This product contains rubber latex.

SPECIAL CONSIDERATIONS:

No active grasp needed, need ability to manipulate the device being used (i.e. extension and flexion of arms).

Hitachi Magic Wand

Description:

- High intensity 2-speed vibrator that plugs into wall
- Large, tennis-ball size head
- G-spot attachment "Gee-Whiz" available

PRICE RANGE:

$70.00 (Come As You Are or Womyn's Ware)

CLEANING:

Hand wash with mild soap and damp cloth.

SAFETY:

Not waterproof.

SPECIAL CONSIDERATIONS:

Device weighs 1.28 lbs, need active wide grasp, vibrator controlled by a dial switch, assistance may be required to plug in. Device is approximately 1 foot long, ideal for people with limited extension in their arms.

Devices for Penetration

"If you believe in the freedom of desires and have the determination to pursue what's in your heart, anything is possible."

~ Wendy-O Matik

Fleshlight

Description:

- Realistic penetration device
- Made with Real Feel Superskin, also known as cyberskin (non-allergenic, no latex, no silicone)
- Easy to grip with one or two hands
- Discreet option that comes with a screw-on lid
- No batteries or plug-in required

PRICE:

$75.00 (Come As You Are)

CLEANING:

The insert is removable for cleaning. Use a soft cloth/sponge to clean inside. Can be challenging.

SAFETY:

Use with adequate lubrication and clean after each use.

SPECIAL CONSIDERATIONS:

Need active wide grasp, lightweight.

Tim's Bit

Description:

- The sleeve is lined with dozens of little nubs and a well placed vibrator
- Elastic enough to fit most men, tight enough to stay on without holding it
- Requires 2 x AA batteries for the vibrator control
- Vibrator is not very powerful

PRICE:

$40.00 (Come As You Are)

CLEANING:

Sleeve is open ended for easy cleaning with soap and water.

SAFETY:

Not waterproof.

SPECIAL CONSIDERATIONS:

Need active grasp to put on and off, vibrator controlled by dial-switch, assistance may be required to change batteries.

Rectal Vibrator
Butt Seriously

PHOTO ©WOMYNSWARE.COM

Description:

- This silicone anal dildo + vibrator can be used by men or women
- Textured shaft provide some resistance
- Variable speeds available
- Requires 2 x AA batteries
- Can be used with a harness

PRICE RANGE:

$50.00 (without vibrator), $60.00 with Mini Pearl vibe (Womyn's Ware)

CLEANING:

Vibrator is easily removable for easy sterilizing. Always clean and sterilize the silicone shaft between each user and/or put a condom over it.

SPECIAL CONSIDERATIONS:

Need active grasp, lightweight, need reach for positioning, switch is large and can be turned on with palm.

SAFETY:

Tips to keep in mind when purchasing an anal vibrator:

Have a wide flared base, or ring, or something significantly big enough to prevent it from being drawn up into the rectum

Be seamless, with no sharp edges or rough pointy parts

Be sure that there are no parts that can come off

Short length only

Use lots of lubrication (thick lube is recommended)

Vibrators to wear
MHP Tongue Joy

Description:

- An excellent little massager that attaches to your tongue or any other body part with one of the elastic silicone bands provided in the kit
- Wired hand-held Turbo pack increases the intensity of vibration, variable speed control, and long-lasting power
- Comes with pair of miniature batteries for self-contained use but the Turbo pack requires 2 x AA batteries
- Attachment: Added ear extensions (made out of elastic band) to ensure that is does not slip off of your tongue

PRICE:

$32.95 US (Order online from www.nitetimetoys.com)

CLEANING:

Clean with soap and water between use.

SAFETY:

Try to avoid any contact with your teeth. Using it for a long time could be damaging to mouth tissues.

SPECIAL CONSIDERATIONS:

Requires little to no hand function, assistance may be required to put device on tongue, lightweight.

Five-speed Finger Vibe

Description:

- Lightweight, fits on any finger
- Comes with 4 different textured tips and 5 different kinds of vibrations
- Requires 3 watch batteries
- Powerful vibrator
- Not waterproof

PRICE:
$25.00 (Come As You Are)

SAFETY:
Not waterproof.

CLEANING:
Clean between each use using damp cloth and soap.

SPECIAL CONSIDERATIONS:
Does not require active grasp, no wrist strength needed, batteries may be difficult to change.

Harnesses*

"Beauty is honesty, openness and awareness. The ability to perceive all the invisible energies at work and to share and communicate without inhibition. Magic!"

~A. Aurell, Photographer

*These harnesses are made for dildos. A dildo is an object – usually made of firm silicone or latex – that is used to penetrate bodily orifices in a sexual way. They are available in a wide assortment of colours, textures, and sizes. People can use them as hand held sexual devices or fit them in harnesses as described on the following pages. Both Womyn's Ware and Come As You Are have a large selection of dildos and well educated staff who can provide recommendations on making a selection.

The Strapper

PHOTO ©WOMYNSWARE.COM

Description:

- Leather harness for dildo, worn around pelvis to use with a partner
- Adjustable straps fit hips up to 44"; larger size fits up to 54" hip
- There are a number of different styles/colours of harnesses available

PRICE:

$80-100 (Womyn's Ware)

CLEANING:

Do not soak, use mild soap and water and hang to dry.

SAFETY:

Ensure straps are snug but do not cut off circulation around waist or thighs.

SPECIAL CONSIDERATIONS:

Requires mobility and/or set-up to put on and take off. Ensure skin integrity by checking for any change in skin color (i.e. redness) or irritation. Loosen or take off harness if this occurs.

Aslan Men's Harness

Description:

- Leather harness for dildo, designed specifically for men
- Pouch safely and comfortably allows room for genitals
- Adjustable straps fit hips 26"-44"

PRICE:

$160 (Come As You Are)

CLEANING:

Do not soak, use mild soap and water and hang to dry.

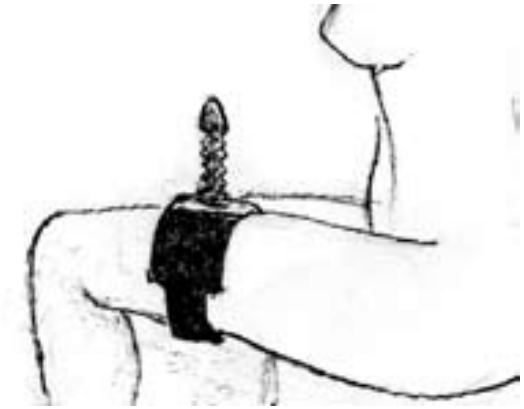
SAFETY:

Ensure straps are snug but do not cut off circulation around waist or genitals.

SPECIAL CONSIDERATIONS:

Requires mobility and/or set-up to put on and take off. Ensure skin integrity by checking for any change in skin color (i.e. redness) or irritation. Loosen or take off harness if this occurs.

Thighrider



Description:

- Leather harness for dildo, worn around thigh to use with a partner
- 2" Velcro straps for secure fit
- Suits thighs from 17"-28" circumference, larger size (up to 44" circumference available)
- Dildo socket is backed with plastic ring to prevent stretching

PRICE:

$70 - $85 (Come As You Are)

CLEANING:

Do not soak, use mild soap and water and hang to dry.

SAFETY:

Ensure straps are snug but do not cut off circulation in thigh.

SPECIAL CONSIDERATIONS:

Requires mobility and/or set-up to put on and take off thigh. Ensure skin integrity by checking for any change in skin color (i.e. redness) or irritation. Loosen or take off harness if this occurs.

Rider and Rider Deluxe (for furniture)

PHOTO ©WOMYNSWARE.COM

Description:

- Nylon harnesses to hold dildos; can be attached to anything from chairs and beds to a washer or dryer
- Straps are 18 feet long and can size down to 8 inches
- Deluxe model has leather backing for the base and a 2" wide nylon strap and cinching system; this allows the harness to be used around objects with awkward shapes

PRICE:

$30 Rider - $60 Rider Deluxe (Womyn's Ware)

SAFETY:

Ensure set-up is in a location that has lots of room for maneuvering and includes accessible supports such as grab bars or counter tops.

SPECIAL CONSIDERATIONS:

Requires mobility to set-up harness and dildo on furniture and to maneuver for penetration.

Positioning Products

"It's just human. We all have the jungle inside of us. We all have wants and needs and desires, strange as they may seem. If you stop to think about it, we're all pretty creative, cooking up all these fantasies. It's like a kind of poetry."

~ Diane Frolov and Andrew Schneider

Intimate Rider

Description:

- IntimateRider™ was designed by a person with C6-7 quadriplegia to facilitate positions for sexual activities and to aid with thrusting and sexual movement
- A small seat glides on precision bearings to produce a natural, fluid motion
- Movement occurs with minimal upper body motion
- It can fold up discreetly and has non-skid feet

ACCESSORIES:

Slip covers available in many different colors

Ridermate™ is an adjustable cot for partner

Transfer legs for the IntimateRider provide additional stability for transferring

PRICE:

IntimateRider- $500.00, Ridermate- $150.00, Transfer legs- $90.00 (Intimaterider.com)

CLEANING:

Slipcovers are machine washable.

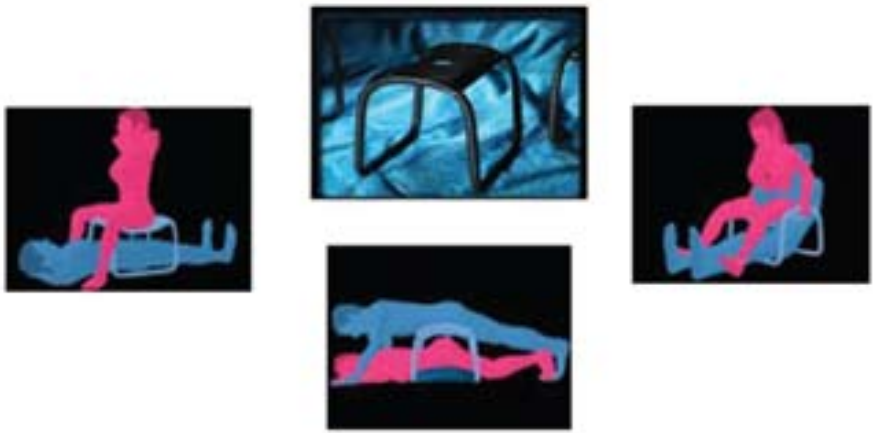
SAFETY:

Requires trunk stability.

SPECIAL CONSIDERATIONS:

Need to be able to transfer on/off product, set-up in a location with room for maneuvering and includes accessible supports such as grab bars or counter tops as needed.

Body Bouncer



Description:

- Steel frame, soft rubber seat
- Slight flexing of thighs will cause bouncing movement (8-9" drop)
- 23" long x 17" high x 20" wide
- Recommended weight limit of 225 lbs
- Assembly required

PRICE:

$200 (US) + shipping costs (www.bodybouncer.com)

CLEANING:

Use warm water and mild soap to wash the saddle.

SAFETY:

Use caution when trying new positions and check saddle for wear. Be careful of falls risk and use in an area with grab bars or counter tops to help stabilize.

SPECIAL CONSIDERATIONS:

Person on 'top' needs stable trunk control and good sitting balance during movement!

Liberator Shapes

Description:

- Soft-core foam positioning pillows that can be used in a variety of ways during sexual activities
- Wedge, ramp, and rocking pillows are available
- Soft micro-fibre covers come in a variety of colors and prints

SPECIAL NOTE: 'Black Label' line is available. This line of positioning pillows includes snaps and buckles to attach soft cuffs and tethers.

PRICE: WEDGE

$85/ $115 Black Label; Ramp $140/ $150 Black Label; Scoop $235/ $285 Black Label (Liberatorshapes.com)

CLEANING:

Pillow covers are machine washable.

SAFETY:

Use caution when transferring and maneuvering on the pillows.

SPECIAL CONSIDERATIONS:

Need to be able to transfer on/off, may need assistance to position pillows.

Love Bumpers

Description:

- Soft-core foam positioning pillows that can be used in a variety of ways during sexual activities
- Wedge and other shapes available
- New Iceberg Love Bumpers are pillows with openings to accommodate Vibrators (see above photo)

PRICE:

$ 85.00 – $ 340.00 (www.lovebumper.com)

CLEANING:

Pillow covers are machine washable.

SAFETY:

Use caution when transferring and maneuvering on the pillows.

SPECIAL CONSIDERATIONS:

Need to be able to transfer on/off, may need assistance to position pillows. Product will provide support in maintaining certain positions.

Thigh sling

Description:

- This sling fits around the neck (padded neck brace) and has adjustable leg straps (padded loops) that hold thighs in an elevated and open position for easy contact
- Sling is easy to transport and store as it folds up.
- Made with leather for durability

PRICE:

$144 (www.stockroom.com)

CLEANING:

Cleaning depends on the type of leather purchased. Some leathers need a special 'leather conditioner'. Please refer to the cleaning guidelines from the manufacturer for specific order.

SAFETY:

Please ensure that the product is positioned in the correct fashion (i.e. legs in loop holes and brace around neck). Ensure skin integrity by checking for any change in skin color (i.e. redness) or irritation. Loosen or take off sling if this occurs.

SPECIAL CONSIDERATIONS:

Requires little to no hand function, assistance may be required to put device on and take off.

Hands Free

"Each body has its art"

~ Gwendolyn Brooks

Masturbation Aids that are Hands Free

Devices are available for self-pleasuring and penetration that are motorized and non-motorized. For example, there is a rocking seat with a special pivoting thrust arm assembly which holds and thrusts a wide variety of sex toys (Monkey Rocker) and others that are designed to be "hands free" (see following page). However, these should not be used in areas with reduced sensation as damage can occur when penetration is not controlled by one's own hand.

Hands free kit

Description:

- Designed to enable "hands free" vibrator stimulation to assist persons with spinal cord injuries
- Includes metal grab bar (and hardware to attach to wall), the 'Lean On Me link', and a two-speed Homedics plug-in massager
- Individual pieces of this kit are available for purchasing

PRICE:

$190.00 (Come As You Are)

CLEANING:

Hand wash vibrators with mild soap and damp cloth.

SAFETY:

Not waterproof.

SPECIAL CONSIDERATIONS:

Switches are small, might need assistance with set-up/installation of grab bar, choose location with room for maneuvering. Position for standing, sitting, or lying depending on mobility needs.

Vibro-stimulation Devices (VSD)

PHASE I VSDs NOT YET IN PRODUCTION.

Description

- Recently developed by the partnership of the British Columbia Institute of Technology (BCIT) interdisciplinary team and International Collaboration on Repair Discoveries (ICORD) through a grant to assist persons with SCI'S.
- Powerful vibrator
- Large, "easy grip" handles; oversized soft control buttons can be easily pushed
- Medical grade material (greatly reduces risk of skin irritation associated with latex devices)
- Each device is adaptable
- Battery powered (rechargeable)
- Phase II prototype seeking a commercial partner

Contact Information:

James Wells, B.Sc., Business Development Officer
Email: JamesWells@bcit.ca
Telephone: 604.451.7155

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We welcome any questions or feedback to make the next edition even better. Please go to www.scisexualhealth.com for further resources and contacts, or you can contact the authors directly via email at dhrnmanual@gmail.com.

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Disabilities Health Research Network
Making BC Disability Research a Priority

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"Beauty to me means confidence. An indisputable confidence that only comes from being comfortable as being yourself. Something we should all strive for."

~ E. Shur, Photography

"There is nothing you can't do,
if you set your mind to it.
Anything is possible."

~ Rick Hansen