

Abstract

Introduction: For many elderly people, intimacy and sexuality are important aspects of life. However, it is not always easy to give them a place in elderly care and nursing homes. Both literature and the professional field confirm the need for education and training for care providers and caregivers in elderly care on the topic of 'sexuality and intimacy in the elderly'. This thesis aims to create an evidence-based and high-quality information box on the subject of 'sexuality and intimacy in elderly care', so that the box can be borrowed by the professional field. The sex and intimacy toolbox provides caregivers the necessary knowledge and advice, so that individualized sexuality can be realized in the elderly.

Method: The toolbox was composed through an extensive literature study and consultation with experts.

Result: The sex and intimacy box contains 7 main themes: sexuality and intimacy in the elderly: general information, diseases/conditions and medication, discussability, privacy, vision and policy, sexual services and aids & materials. Both digital materials and tangible information are available in the box, intended for professional caregivers and care providers working in elderly care.

Discussion: Literature and practice confirm that the implementation of the theme of 'sexuality and intimacy' in elderly care is not easy. Guidelines for the future, as well as innovative research are indicated. The focus of the box is on caregivers and not on the elderly themselves. This is the case because it is presently unattainable due to the tone of the available information, which is specifically about the elderly and is not aimed at the elderly themselves.