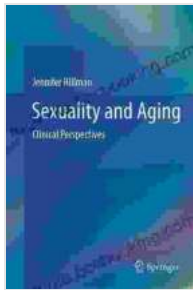


Sexuality and Aging: A Comprehensive Guide for Clinicians and Caregivers

Sexuality is an important part of human life, and it does not end with age. As people get older, their sexual needs and experiences may change, but there is no reason why they cannot continue to enjoy a fulfilling and satisfying sex life.



Sexuality and Aging: Clinical Perspectives by Hiro Ainana

★★★★★ 5 out of 5

Language : English
File size : 2119 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 334 pages



This comprehensive guide to sexuality and aging provides clinicians and caregivers with the latest research and evidence-based practices for addressing the sexual needs and concerns of older adults. The interdisciplinary approach of the book ensures that both the physical and emotional aspects of sexuality in later life are covered.

Chapter 1: The Physiology of Sexual Aging

This chapter provides an overview of the physical changes that occur in the body as we age, and how these changes can affect sexual function. Topics covered include:

* Changes in hormone levels * Changes in the reproductive system *
Changes in the cardiovascular system * Changes in the nervous system

Chapter 2: The Psychology of Sexual Aging

This chapter explores the psychological aspects of sexual aging, including:

* Changes in sexual desire * Changes in sexual arousal * Changes in
sexual satisfaction * The impact of aging on body image * The impact of
aging on relationships

Chapter 3: Sexual Health Concerns in Older Adults

This chapter discusses the most common sexual health concerns in older
adults, including:

* Erectile dysfunction * Vaginal dryness * Painful intercourse * Lack of
sexual desire

The chapter also provides guidance on how to diagnose and treat these
conditions.

Chapter 4: Sexual Communication and Counseling

This chapter provides tips on how to talk to older adults about sexuality,
and how to provide sexual counseling. Topics covered include:

* Creating a safe and supportive environment * Using sensitive and
respectful language * Addressing concerns about body image and sexual
function * Helping older adults to find sexual partners

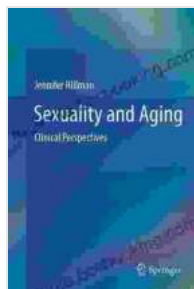
Chapter 5: Sexuality and Aging in Different Populations

This chapter explores the unique sexual needs and concerns of older adults from different populations, including:

* LGBT older adults * Older adults with disabilities * Older adults from different cultural backgrounds

The chapter provides guidance on how to provide culturally competent care to older adults from all backgrounds.

Sexuality is an important part of life for people of all ages, including older adults. Clinicians and caregivers can play a vital role in helping older adults to maintain a healthy and satisfying sex life. This comprehensive guide provides the latest research and evidence-based practices for addressing the sexual needs and concerns of older adults.



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