

Pleasurable's Guides to Sex for Disabilities

Accessible sex toy information

- [Erika Lynae's sex toys and disability guide](#) by Erika Lynae
- [Learn About Sex and Disability](#) by Come As You Are
- [Dallas Novelty](#) toy store

General

- [Chronic Sex](#) by Grayson Schultz
- [Crippling Up Sex](#) by Evan Sweeney
- [Disability and sexuality](#) from the Better Health Channel (a government project of Victoria, Australia)
- [Ready, Sexy, Able](#) by Robin Mandell

ADD and ADHD

- [ADHD After Dark: Better Sex Life, Better Relationship](#) is a conversation between Stephanie Sarkis, PhD, and Ari Tuckman, PsdD. Tuckman conducted a 3,000 person survey of people with ADHD and their non-ADHD partners about their sex lives - level of satisfaction, frequency, infidelity, and much more. (video)
- [Sex & ADHD](#) is a conversation between Stephanie Sarkis, PhD, and Ari Tuckman, PsdD. Tuckman conducted a 3,000 person survey of people with ADHD and their non-ADHD partners about their sex lives - level of satisfaction, frequency, infidelity, and much more. (video)

Arthritis

- [Sex and Arthritis](#) adapted from the pamphlet originally prepared for the Arthritis Foundation by Graciela Alarcon, MD, MPH, JoAn Boggs, MSW, Sandra L. Curry, PhD, Stephen B. Levine, MD and Lewis Neemme, PhD.

Alzheimer's and other forms of Dementia

- [Changes in sexuality and intimacy](#) from the Alzheimer's Association

Autism

- [Sex Ed For Self Advocates](#) from the Organization for Autism Research
- [Sex Ed For Self Advocates Podcast](#) from the Organization for Autism Research

Brain Injury (TBI)

- [Brain injury and sexual issues](#) from the Better Health Channel (a government project of Victoria, Australia)
- [Maturing Sexually as an Adolescent with a Brain Injury](#) by Dr. Mariann Young for brainline (video)

Cerebral Palsy and Pediatric Stroke

- [Cerebral Palsy & Puberty](#) from the Cerebral Palsy Research Network
- [Cerebral Palsy & Women's Health](#) from the Cerebral Palsy Research Network
- [Dating and Friends](#) from the Children's Hemiplegia and Stroke Association (CHASA)
- The Cerebral Palsy Foundation has a great deal of [content related to sex and sexuality](#)

Cystic Fibrosis

- [CF, Sex, and Intimacy](#) from the Cystic Fibrosis Foundation
- [Sexuality, Fertility, and Cystic Fibrosis](#) from the Cystic Fibrosis Foundation (PDF)
- [Teen Sexuality and Cystic Fibrosis](#) from the Cystic Fibrosis Canada (PDF)
- [Tips and Advice](#) (for sexual intimacy) from the Cystic Fibrosis Foundation

Epilepsy

- [Girls with Nerve: Sexual and Reproductive Health Information and Support for Teens with Epilepsy](#) from Ibis Reproductive Health (not updated since 2015 but still valuable)

Intellectual and Developmental Disabilities (I/DD)

- [In My Voice: Sexual Self-Advocacy](#) by Linda Sandman, Katie Arnold, Lex Bolyanatz, Carli Friedman, Cathy Saunders, & Tara Wickey with the Sexuality & Disability Consortium (PDF)
- [Sex Ed For People with I/DD](#) from the the National Council on Independent Living (NCIL) and Rooted in Rights (videos)
- [Sexual Self-advocacy](#) from the Green Mountain Self-Advocates; they also have [other articles and posts](#) about sexuality (PDF)

Inflammatory Bowel Disease (IBD)

- [Sex, Intimacy, and IBD](#) from the Crohn's and Colitis Foundation (PDF)
- [Sexual relationships and Crohn's Disease or Ulcerative Colitis \(IBD\)](#) from the Crohn's and Colitis UK

Lupus

- [Sexuality and Intimacy Issues in People with Lupus](#) by Lisa R. Sammaritano, MD; Jillian A. Rose, PhD, MPH, LMSW; Suzy Kim, LCSW for the Hospital of Special Surgery

Mast Cell Disorders

- Mast Attack: The Sex Series by Lisa Klimas
 - Part One: [Kissing and allergic reactions](#)
 - Part Two: [Contact dermatitis](#)
 - Part Three: [Allergic reactions of the vagina and vulva](#)
 - Part Four: [Seminal allergy](#)
 - Part Five: [Seminal allergy, post-orgasmic illness syndrome and burning semen syndrome](#)

Mental Health

- [Jo Ellen Notte](#), author of The Monster Under The Bed: Talking Sex and Depression
- [Romantic Relationships](#) by National Alliance on Mental Illness (NAMI)

Multiple Sclerosis

- [Treating sexual problems](#) from the National Multiple Sclerosis Society
- [Sex Ed for Grownups – Intimacy in MS](#) from the National Multiple Sclerosis Society (video that must be downloaded to be viewed)

Muscular Dystrophy

- [Let's Talk About Sex: A Resource for Parents](#) from Muscular Dystrophy Canada
- [Sexuality](#) from Muscular Dystrophy Association of New Zealand

Spina Bifida

- [Urologic and Sexual Function](#) from the Spina Bifida Association (PDF)
- [What women with Spina Bifida need to know about sexuality, fertility and preventive care](#) from the Spina Bifida Association (PDF)

Spinal Cord Injury (SCI)

- [Spinal Cord Injury Sexual Health](#) from Spinal Cord Injury of British Columbia
- [Sexual Function for Men After Spinal Cord Injury](#) from Craig Hospital

- [Sexual Function for Women After Spinal Cord Injury](#) from Craig Hospital
- [Sexuality after SCI](#) from Mount Sinai SCI (videos)
- [Sexuality and Sexual Functioning After Spinal Cord Injury](#) from MSKTC (PDF)

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