

Sexual Health Behaviours and Outcomes among Middle-aged and Older Disabled Adults in Britain

Sexual health is crucial for well-being, yet research often overlooks middle-aged and older adults, as well as those with disabilities. This study explores the sexual health of disabled middle-aged and older adults in Britain.

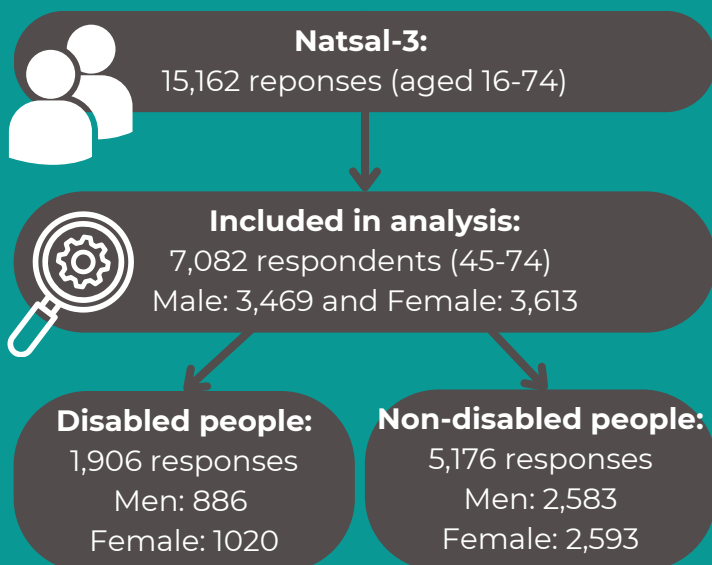
OUR AIM

By examining the sex lives of older adults with disabilities, this study fills a knowledge gap. It compares the sexual behaviours of British adults aged 45-74, with and without disabilities. Using nationally representative data reveals differences between these groups, highlighting an often overlooked aspect of life.

WHAT IS THE NATSAL-3?

The Natsal-3, or the Third National Survey of Sexual Attitudes and Lifestyles, is a comprehensive UK study conducted from 2010 to 2012. It included 15,162 adults aged 16-74, providing data that allows us to compare the sexual experiences of older adults with and without disabilities.

METHODS



We used statistical methods **to compare sexual behaviours and experiences between disabled and non-disabled people**, looking at differences between men and women of various ages.

OUR FINDINGS



01

Less Sex

Disabled people were **40% less likely to have sexual activity** and **31% less likely to be in steady relationships**.



02

More coerced sex

They are more likely to **experience coerced sex attempts (1.83 times)** and **coerced sex (1.64 times)**.



03

Sex life affected by health condition

They were **5.08 times** more likely to have had their sex life affected by general health.



04

Seek help for their sex lives

They were **1.73 times** more likely to seek help/advice for their sex lives.