

How OTs can support sexuality for people with intellectual disability

This guide says Occupational Therapists (OTs) should talk to clients about sexuality because:

- People with intellectual disability have feelings, relationships and sexual needs, just like other people.
- OTs already have many of the skills that can help people with this part of life.
- Sex and close relationships are part of everyday life.
- Sex is a normal part of being human.

The guide has ideas to help OTs get ready to talk about sex. The guide shares ways to start the conversation. It has resources that can help.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

This resource was made by

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Victoria's longest serving community-based support organisation supporting people with cognitive and intellectual disabilities and those who are socially isolated, to build genuine relationships, discover and develop recreational and vocational skills, exercise full citizenship, and pursue meaningful opportunities for employment and further education.

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