Sex and Intimacy After a Brain Injury

Many people have questions about sexuality and intimacy after a brain injury but are too shy to ask.

When can I have sex with my partner after a brain injury?
You and your partner should both feel comfortable and not pressured to engage in sexual activity. Readiness for sexual activity can be different for you and your partner. This is normal, and is recommended that you communicate any fears or anxiety with your partner and/or your medical team.

Sexual intimacy
Sexual intimacy is an important aspect of your health and wellbeing. Talk to your partner about creative ways to reintroduce sexual activity and intimacy back into your relationship.

Intimacy can be achieved in many ways. Talking, touching, kissing, cuddling, massages and masturbation are just a few ways that you can find ways to connect with your partner.

Steps to take when resuming sexual intercourse:
• Start with reintroducing other intimate activities like kissing and hugging first;
• Plan ahead times for sexual activity when both partners are relaxed and well-rested;
• Plan for enough time to “get in the mood” and make a romantic atmosphere;
• Communication is key;
• Remember sex and intimacy are not performances. There are no successes or failures;
• Most of all, remember to relax and have fun!

Where can I find more help?
Talk to your doctor, health or rehabilitation professional if you have additional questions or concerns.

Some couples may require additional help from a sex therapist. Although not covered by OHIP, this website can help you find a certified therapist near you.
www.bestco.info

Another website that may be helpful in assisting with sexual health for people with disabilities is: