PR2 – EDUSEXAGE learning course to empower seniors

Bibliography / References

TOPIC 1

SEXUALITY AND INTIMACY

Module 1.1

Facts about ageing

Referenzen

- AGE Platform Europe. (2023). *Glossary & Acronyms*. Retrieved June 5 2023, from https://www.age-platform.eu/age-glossary/a.
- Caring Senior Service. (2023, March 25). *Reasons Why Seniors Don't Sleep Well at Night*. Retrieved from <u>https://youtu.be/BdJM7ZBNdXq</u>.

Emoha. (2023, March 22). *Role of Vitamins and Minerals in the Elderly*. Retrieved from <u>https://youtu.be/gQpxN-18P8w</u>.

- Mayo clinic. (2023, March 25). *Healthy aging*. Retrieved from https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/aging/art-20 046070.
- Memorial Sloan Kettering. (2023, March 25). *Quitting Smoking with MSK's Tobacco Treatment Program*. Retrieved from https://www.youtube.com/watch?v=WQ3hII7bHIQ.
- National Institute of Aging . (2023, March 25). *The Emotional Benefits of Exercise*. Retrieved from https://youtu.be/MjMkBaqimFo.
- National Institute on Aging. (2023, March 25). *15-minute Workout for Older Adults*. Retrieved from https://youtu.be/Ev6yE55kYGw.
- National Institute on Aging. (2023, March 25). *What To Drink As You Get Older*. Retrieved from https://youtu.be/V4F5IDo3K3U.
- Office of disease prevention and health promotion. (2023, March 25). *Healthy living*. Retrieved from https://health.gov/myhealthfinder/healthy-living/nutrition/get-enough-calcium.

- Pan American Health Organization. (2023, March 25). *Mental Health and Psychosocial Support for Seniors*. Retrieved from https://youtu.be/XaC4WUOSye4.
- Sing Health. (2023, March 25). How To Eat Right for Older Adults. Retrieved from https://youtu.be/DRomQhvuFWA.
- Snipes, D.-E. (2023, March 21). *Mental Health and the Elderly 12 Key Points*. Retrieved from https://youtu.be/S3T_T15nDBk.
- Stein Institute for Research on Aging. (2023, March 25). *Sleep and Aging Research on Aging*. Retrieved from https://youtu.be/OtbgWhzI7bU.
- TED Ed. (2023, March 25). How do vitamins work? Retrieved from https://youtu.be/ISZLTJH5IYg.
- Wellcare Medicare. (2023, March 25). *Foods for Seniors: Top 10 Foods to Add to Your Diet*. Retrieved from <u>https://youtu.be/M4UIIYxBFqc</u>.
- Wilson, P. (2023, March 20). *Benefits of Regular Medical Check-Ups for Elderly Parents*. Retrieved from https://youtu.be/m873iJOOV5A.

Module 1.2

Health and sexual education /information literacy

- AGE Platform Europe. (2023). *Glossary & Acronyms*. Retrieved June 5 2023, from https://www.age-platform.eu/age-glossary/a.
- Age Platform Europe. (2020, May 8). *Disinformation and COVID-19: a matter of concern for older people?* Retrieved April 20, 2023, from https://www.age-platform.eu/policy-work/news/disinformation-and-covid-19-ma https://www.age-platform.eu/policy-work/news/disinformation-and-covid-19-ma https://www.age-platform.eu/policy-work/news/disinformation-and-covid-19-ma https://www.age-platform.eu/policy-work/news/disinformation-and-covid-19-ma
- Bryant, J. (2021, September 28). *Opinion: Overcoming barriers to digital inclusion for older persons*. Retrieved April 21 2023, from https://www.devex.com/news/sponsored/opinion-overcoming-barriers-to-digital -inclusion-for-older-persons-101698.
- Center for Ageing Better. (2021, July). COVID-19 and the digital divide. Retrieved April 15, 2023, from https://ageing-better.org.uk/sites/default/files/2021-07/COVID-19-and-the-digit al-divide.pdf.
- Choi, W., Hui, G., Lee, A., & Chui, M. (2010). Student Nurses' Experiences and Challenges in Providing Health Education in Hong Kong. *Nurse Education Today, 30*, 355–359.

- Glanz, K., Rimer, B.K., & Viswanat, K. (2008). Theory, Research, and Practice in Health Behavior and Health Education. In K. Glanz, B. Rimer, & K. Viswanat (Eds.), *Health Behavior and Health Education* (pp. 23-38). San Francisco, USA: Jossey-Bass.
- Helmes, E., & Chapman, J. (2011). Education about sexuality in the elderly by healthcare professionals: a survey from the Southern Hemisphere. *Sex Education, 12*(1), 95-107.
- Hermans, A. (2022). *The digital era? Also my era!* Strasbourg: Information Society Department, Council of Europe.

Kececi, A., & Bulduk, S. (2012). Health Education for the Elderly. In C. Atwood, *Geriatrics* (pp. 153-176). InTech.

Kukkonen, T. (2017, March 20). *Still Going Strong: Sexuality in Older Adults*. Retrieved April 24, 2023, from https://www.youtube.com/watch?v=pqLhPPOEJB4.

Potyraj, J. (2016, October 25). *The Importance of Sexual Health for Seniors*. Retrieved April 10, 2023, from https://www.griswoldhomecare.com/blog/2016/october/the-importance-of-sexu al-health-for-seniors/.

- Rasi, P. (2020, September 23). *Media education for older people*. Retrieved April 23, 2023, from https://nordmedianetwork.org/content/uploads/2020/09/webinarrasi200923.pdf
- Reicherter, E., & Revenda-Greene, R. (2005). Wellness and Health Promotion Educational Applications for Older Adults in the Community. *Topics in Geriatric Rehabilitation, 21*(4), 295–303.
- Tabloski, P. (2010). Challenges of Aging and Cornerstones of Excellence in Nursing Care. In *Gerontological Nursing* (pp. 87-343). New Jersey, USA: Pearson Education.

Module 1.3

Sex for healthy life

References

Manchester Metropolian University. (2017, September 28). Sex and intimacy still important to older people. Retrieved April 15, 2023, from <u>https://www.mmu.ac.uk/news-and-events/news/story/6325/</u>. NBC news. (2018, July 26). Your Brain Wants You To Have Sex. Here's How That Works. Retrieved April 20, 2023, from Your Brain Wants You To Have Sex. Here's How That Works.

Nurse next door. (2020, January 28). *Seniors and Sexual Health: Why Sex is the Best Remedy*. Retrieved April 22, 2023, from <u>https://sogc.org/</u>.

- Ong, T. (2019, November 1). *Sexuality in Older Adults*. Retrieved April 25, 2023, from https://www.youtube.com/watch?v=IfoQHghuRsQ.
- Sewell, D. (2014, August 4). *Sexuality and Aging*. Retrieved April _15, 2023, from https://youtu.be/fJHiUzHZP80.

TOPIC 2	
SEXUALITY AND HEALTH	
Module 2.1	

- AGS Health in Aging Foundation. (2023). *Sexual Health*. Retrieved April 25, 2023, from https://www.healthinaging.org/a-z-topic/sexual-health.
- AlturaLearning. (2016, May 16). *Sexuality and the Older Person*. Retrieved April 25, 2023, from https://www.youtube.com/watch?v=nv6tBys9THM.
- Gerocast. (2021, December 13). *Sexuality in the Elderly*. Retrieved April 24, 2023, from https://www.youtube.com/watch?v=DsrexvxE7EU.
- Mayo clinic. (2022). Senior Sex Guide: Maintaining Sexuality and Intimacy After 60. Retrieved April 25, 2023, from https://www.thepelvichub.com/seniors-guide-to-sexual-health.
- McCann, S. (2018, May 11). *Sexuality and Aging*. Retrieved April 24, 2023, from https://www.youtube.com/watch?v=Cv54H2t-7gk.
- National Council on Aging. (2023). *Health/Physical Health*. Retrieved April 25, 2023, from Sexual Health for Older Adults: https://www.ncoa.org/older-adults/health/physical-health/sexual-health.
- Nursing Lecture. (2020, April 5). *Human Sexuality Nursing Lecture*. Retrieved April 25 2023, from https://www.youtube.com/watch?v=mtkPJ7i6TeA.

Module 2.2

Health prevention

References

- AGE Platform Europe. (2023). *Glossary & Acronyms*. Retrieved June 5 2023, from https://www.age-platform.eu/age-glossary/a.
- Centers for Disease Control and Prevention (CDC). (2019, May 17). *Cancer Prevention in Older Adults*. Retrieved April 23, 2023, from https://www.youtube.com/watch?v=bw4ysIDKMKs.

Centers for Disease Control and Prevention. (2023, April 24). *Diabetes*. Retrieved April 23, 2023, from What is Diabetes?: https://www.cdc.gov/diabetes/basics/diabetes.html.

- Charleston Area Medical Center. (2019, August 19). *Elderly Fall Prevention*. Retrieved April 24, 2023, from https://www.youtube.com/watch?v=twwQ6buOZ68.
- Geriatric Healthcare Series. (2021, May 20). *Clinical Prevention in Older Adults*. Retrieved April 25, 2023, from https://www.youtube.com/watch?v=lcDbm5mtM_8.
- Healthy Aging CORE. (2022, October 27). *Health Promotion Series: Age-friendly Communities in Promoting the Well-being of Older Adults*. Retrieved April 25, 2023, from https://www.youtube.com/watch?v=y1n0Q8iKmr0.
- Koskan, A. (2018, September 26). *Levels of Disease Prevention (Primary, Secondary, Tertiary*). Retrieved April 24, 2023, from https://www.youtube.com/watch?v=leo0GcskEUo.
- Lenartowicz, M. (2022, May). *Prevention of Disease in Older Adults*. Retrieved April 24, 2023, from https://www.msdmanuals.com/professional/geriatrics/prevention-of-disease-an d-disability-in-older-adults/prevention-of-disease-in-older-adults.
- Science Animated. (2018, November 5). *Maintaining mobility as we age: A key to aging successfully*. Retrieved April 24, 2023, from https://www.youtube.com/watch?v=1NJmq--OFLY.

Module 2.3

Sexually transmitted diseases

- AllHealthGo. (2019, March 28). *Common Sexually Transmitted Diseases*. Retrieved April 26, 2023, from https://www.youtube.com/watch?v=5eq6ytzjahk
- American Cancer Society. (2020, July 30). *Risk Factors for Cervical Cancer*. Retrieved April 25, 2023, from https://www.cancer.org/cancer/cervical-cancer/causes-risks-prevention/risk-fac tors.html.
- Benjamin Rose Institute on Aging. (2019, December 6). *Sexually Transmitted Diseases in Older Adults*. Retrieved April 25, 2023, from https://benrose.org/-/resource-library/health-and-wellness-services/sexually-tra nsmitted-diseases-in-older-adults.
- Brooks, J., Buchacz, K., Gebo, K., & Mermin, J. (2012). HIV infection and older Americans: the public health perspective. *American Journal of Public Health*, *102*(8), 1516-1526.
- Centers for Disease Control and Preventive. (2022, April 12). *STDs and HIV CDC Basic Fact Sheet*. Retrieved April 26, 2023, from https://www.cdc.gov/std/hiv/stdfact-std-hiv.htm
- Dunn, M., & Cutler, N. (2000). Sexual issues in older adults. *AIDS Patient Care STDs*, *14*(2), 67-69.
- Harken, J., Howe, M., & Ludwick, E. (2014). *STI's (sexually transmitted infections) in the geriatricpopulation*. Retrieved April 26, 2023, from https://slideplayer.com/slide/8942088/.
- HIV.gov. (2022, June 15). Symptoms of HIV. Retrieved April 26, 2023, from How Can You Tell If You Have HIV?: https://www.hiv.gov/hiv-basics/overview/about-hiv-and-aids/symptoms-of-hiv/.
- Letvak, S., & Schoder, D. (1996). Sexually transmitted diseases in the elderly: what you need to know. *Geriatric Nursing*, *17*(4), 156-160.
- Lindau, S., Drum, M., Gaumer, E., Surawska, H., & Jordan, J. (2008). Prevalence of high-risk human papillomavirus among older women. *Obstetrics & Gynecology, 112*(5), 979-989.
- Mayo Foundation for Medical Education and Research (MFMER). (2023). *Chlamydia trachomatis*. Retrieved April 24, 2023, from https://www.mayoclinic.org/diseases-conditions/chlamydia/diagnosis-treatment /drc-20355355.
- Mayo Foundation for Medical Education and Research (MFMER). (2023). *Gonorrhea*. Retrieved April 26, 2023, from

https://www.mayoclinic.org/diseases-conditions/gonorrhea/symptoms-causes/s yc-20351774.

- Medical Centric. (2021, October 18). *Sexually Transmitted Diseases (STDs), Causes, Signs and Symptoms, Diagnosis and Treatment*. Retrieved April 26, 2023, from https://www.youtube.com/watch?v=gVH1gY05MsA.
- Northwest AHEC. (2018, May 29). *STDs in the Elderly*. Retrieved April 26, 2023, from https://www.youtube.com/watch?v=9ntUni3-Poc.
- Patel, D., Gillespie, B., & Foxman, B. (2003). Sexual behavior of older women. *Sexually Transmitted Diseases, 30*(3), 216-220.
- Purpora, A. (2012, December). *Sexually Transmitted Diseases in the Aging Population*. Retrieved April 24, 2023, from https://www.consultant360.com/articles/sexually-transmitted-diseases-aging-p opulation.
- Richey, D. (2020, April 29). *Sexually Transmitted Infections in Older Adults*. Retrieved April 26, 2023, from https://www.youtube.com/watch?v=U2YaVOsiYPw.
- Uphold, C., & Graham, M. (2003). *Clinical guidelines in family practice* (Fourth edition ed.). Gainsville, FL: Barmarrae Books.
- World Health Organization. (2022, August 22). *Sexually transmitted infections (STIs)*. Retrieved April 25, 2023, from https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infectio ns-(stis).
- Xu, F., Schillinger, J., Aubin, M., St. Louis, M., & Markowitz, L. (2001). Sexually transmitted diseases of older persons in Washington State. *Sexually Transmitted Diseases, 28*(5), 287-291.

TOPIC 3
ELDERLY SUPPORT ENVIRONMENT

Module 3.1 Family and health professional support

- Bauer, M., Fetherstonhaugh, D., Tarzia, L., Nay, R., & Beattie, E. (2014). Supporting residents' expression of sexuality: the initial construction of a sexuality assessment tool for residential aged care facilities. *BMC Geriatrics*, 14(82), e6.
- Bauer, M., Fetherstonhaugh, D., Tarzia, L., Nay, R., & Beattie, E. (2014). Supporting residents' expression of sexuality: the initial construction of a sexuality

assessment tool for residential aged care facilities. *BMC Geriatrics*, 14(82), 1-6.

- da Silva, F. G., Pelzer, M. T., & da Silva Neutzling, B. R. (2019). Attitudes of Elderly Women Regarding the Expression of Their Sexuality. *Aquichan, 19*(3), e12.
- Evangelista, A., Moreira, A., Freitas, C., Val, D., Diniz, J., & Azevedo, S. (2019). Sexuality in old age: knowledge/attitude of nurses of Family Health Strategy. *Journal of School of Nursing*, 1-8.
- Johns Hopkins Medicine. (2018, March 6). *Sexuality and the older adult*. Retrieved May 23, 2023, from https://youtu.be/SJVvhzrJMfs.
- Nitric Oxide Therapy. (2021, August 13). *Simple Tips To Having Great Sex As You Get Older*. Retrieved May 23, 2023

Module 3.2

Family empowerment

References

Hemert, K. v. (2011, July 20). https://youtu.be/5h4M_gn95Ys. Retrieved from https://youtu.be/5h4M_gn95Ys.

Module 3.3

Family learning needs

- AGE Platform Europe. (2023). *Glossary & Acronyms*. Retrieved June 5 2023, from https://www.age-platform.eu/age-glossary/a.
- Fleishman, J. (2019, January 16). Is it OK for Grandma to Have Sex? Retrieved from https://www.youtube.com/watch?v=TgXBD48ju18.
- Fraser, C. (2020, July 7). Aging & Sexuality The #1 Problem And The Solution. Retrieved May 25, 2023, from https://www.youtube.com/watch?v=v1vEEQ7uVEE.
- Green, J. (2018, December 12). Study shows benefits of sex for older adults. Retrieved from https://www.eurekalert.org/news-releases/719993.

- Nurse Next Door Professional Home Care Services Inc. . (2020, January 28). Seniors and Sexual Health: Why Sex is the Best Remedy. Retrieved from https://www.nursenextdoor.com/blog/seniors-sexual-health-sex-best-remedy/.
- Smith, L., Yang, L., Veronese, N., Soysal, P., Stubbs, B., & Jackson, S. E. (2019). Sexual Activity is Associated with Greater Enjoyment of Life in Older Adults. Sex Med., 7(1), 11-18.

TOPIC 4

ETHICAL ASPECTS OF ELDERLY'S SEXUALITY

Module 4.1

The concept of sexual ethics and cognitive impairment

References

AGE Platform Europe. (2023). Glossary & Acronyms. Retrieved June 5 2023, from https://www.age-platform.eu/age-glossary/a.

- Alzheimer Society PKLNH. (2022, February 15). *Dementia, Intimacy & Sexuality*. Retrieved May 30, 2023, from https://www.youtube.com/watch?v=jkOm1aKwl2E.
- Ayati, M. (2017, October 12). Sex and Intimacy in Dementia. Retrieved May 30, 2023, from https://www.youtube.com/watch?v=t2B-FFn8va8.
- Department of Health, State Government of Victoria, Australia. (2023, March 20). *Cognitive disability and sexuality*. Retrieved May 30, 2023, from https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/intellectual -disability-and-sexuality.
- Ehrenfeld, M., Tabak, N., Bronner, G., & Bergman, R. (1997). Ethical dilemmas concerning sexuality of elderly patients suffering from dementia. *Int J Nurs Pract, 3*(4), 255-259.
- mmlearn.org. (2021, July 16). Sexually inappropriate behaviors because of dementia: When private becomes public (Module 2). Retrieved May 30, 2023, from https://www.youtube.com/watch?v=JKV5DeczNYg.
- The society for post-acute and long-term care medicine. (2016, March 19). *Capacity for sexual consent in dementia in long-ter, care*. Retrieved May 25, 2023, from https://paltc.org/amda-white-papers-and-resolution-position-statements/capacit y-sexual-consent-dementia-long-term-care.

Module 4.2

Ethics, sexuality, and old age

- Carr, D. (2004). The Desire to Date and Remarry among Older Widows and Widowers. *J Marriage Family, 66*, 1051-1068.
- Flexner, S. (1993). Random House unabridged dictionary. New York: Random House.
- Fujisawa, M., & Sawada, K. (2004). Clinical efficacy and safety of sildenafil in elderly patients with erectile dysfunction. *Arch Androl, 50*(4), 255-260.
- Kalra, G., Subramanyam, A., & Pinto, C. (2011). Sexuality: desire, activity and intimacy in the elderly. *Indian J Psychiatry*, *53*(4), 300-306.
- mmlearn.org. (2013, January 10). *The Ethics of Sexuality and Aging*. Retrieved June 3, 2023, from https://www.youtube.com/watch?v=fBjb3DmQTd8.
- Nack, A. (2006). Sexuality over the Lifespan--Social Trends Pose Moral Dilemmas for Communities of Faith. *Intersections*, 22-25.

- Ontario CLRI. (2023, March 16). *Ethical Considerations Related to Sexual Expression and Older Adults*. Retrieved June 5, 2023, from https://www.youtube.com/watch?v=ONYzaoKel2Q.
- Parmar, S. (2021). Ethical Aspects of Sexuality in Old Age. *Global Bioethics Enquiry*, 9(1), 46-49.
- Wornell, D. (2014). Sexuality and dementia: compassionate and practical strategies for dealing with unexpected or inappropriate behaviors (Vol. 2nd ed. Vol. 7). New York, NY: Demos Health.
- Young, R. (2016, July 16). *Ethics- Sexuality*. Retrieved June 5, 2023, from https://www.youtube.com/watch?v=1atWcxJTbRo.