

Sexual and Functional Limitation Resources:

Official Resources:

- [Mt. Sinai](https://www.sexualitysci.org/people-with-sci) Sexuality after SCI: <https://www.sexualitysci.org/people-with-sci>
- United Spinal [Guide](https://www.unitedspinal.org/pdf/SexualityFollowingSCIBooklet.pdf): <https://www.unitedspinal.org/pdf/SexualityFollowingSCIBooklet.pdf>
- Have websites with info on general [sex health](https://askus-resource-center.unitedspinal.org/index.php?pg=kb.chapter&id=618) (<https://askus-resource-center.unitedspinal.org/index.php?pg=kb.chapter&id=618>) and [fertility](https://askus-resource-center.unitedspinal.org/index.php?pg=kb.page&id=3304) (<https://askus-resource-center.unitedspinal.org/index.php?pg=kb.page&id=3304>)
- Dr. Tepper [Video Series](https://www.drmitchelltepper.com/sex_and_paralysis_video_series) - https://www.drmitchelltepper.com/sex_and_paralysis_video_series
- Model System [Info](https://mskctc.org/sites/default/files/lib/docs/Factsheets/SCI_Sexuality.pdf): https://mskctc.org/sites/default/files/lib/docs/Factsheets/SCI_Sexuality.pdf
- [British Columbia SCI Guide](https://sci-bc.ca/resource/pleasureable-sexual-device-manual-for-pwd/#:~:text=This%20manual%20was%20created%20as,and%20reproductive%20issues%20and%20disabilities.): PleasureABLE practical resource for persons with disabilities and health care clinicians who work with these clients. It includes research, clinical expertise, and product information to aid with dialogue surrounding sexual and reproductive issues and disabilities.
<https://sci-bc.ca/resource/pleasureable-sexual-device-manual-for-pwd/#:~:text=This%20manual%20was%20created%20as,and%20reproductive%20issues%20and%20disabilities.>
- [Sexuality](#) 201: reviews how the body normally works during sexual activity, what changes after a spinal cord injury, and what you can do to improve your responses.
- Dr. Ducharme Resource [Guide](http://www.stanleyducharme.com/resources/index.html#articles): <http://www.stanleyducharme.com/resources/index.html#articles>
- Position [Guide](https://ro.co/health-guide/sex-positions-for-disabilities/): <https://ro.co/health-guide/sex-positions-for-disabilities/>
- Sexuality and Disability- [website](https://sexualityanddisability.org/) with lots of information about spectrum sex/sexual care: <https://sexualityanddisability.org/>
- Facing [Disability](https://facingdisability.com/resources/sex-and-fertility)- heighten your sexual creativity, knowledge, and enjoyment.
<https://facingdisability.com/resources/sex-and-fertility>
- [Everlasting Love](https://vimeo.com/everlastinglove)- video series about MANY aspects of sexuality after SCI
<https://vimeo.com/everlastinglove>
- Woman's health [resources](https://www.hereforwomenwithsci.org/Home): <https://www.hereforwomenwithsci.org/Home>
- Christopher Reeve Foundation <https://www.christopherreeve.org/todays-care/living-with-paralysis/health/sexual-health/sexual-health-for-women/>
- [Sexuality Reborn](#): In this video, the physical and emotional effects of SCI are frankly discussed by four couples. These couples demonstrate and share their personal

experiences concerning self-esteem, dating, bowel and bladder function, sexual response and varying types of sexual activities.

Unofficial Resources:

- Rolling with Cole and Charisma- [YouTube](https://www.youtube.com/@coleandcharisma) channel <https://www.youtube.com/@coleandcharisma>
- [Q&A](https://facingdisability.com/spinal-cord-injury-videos/social-life-and-sex) with those with SCI <https://facingdisability.com/spinal-cord-injury-videos/social-life-and-sex>
- New Mobility
 - [The Quest for Accessible Sex Toys](https://newmobility.com/the-quest-for-accessible-sex-toys/) <https://newmobility.com/the-quest-for-accessible-sex-toys/>
 - [Adaptive Tools to Enhance Your Sex Life](https://newmobility.com/adaptive-tools-to-enhance-your-sex-life/) <https://newmobility.com/adaptive-tools-to-enhance-your-sex-life/>
- [Women on Wheels](https://womenonwheels.org/)- for women with SCI <https://womenonwheels.org/>
- Squirmy and Grubs- [YouTube](https://www.youtube.com/@SquirmyandGrub)channel <https://www.youtube.com/@SquirmyandGrub>
- Eva Sex [Blog](https://www.crippingupsexwitheva.com/cripping) <https://www.crippingupsexwitheva.com/cripping>
- [Sexabilidad](https://www.masquesalud.es/sexabilidad-guia-accesible/)- Sexual empowerment for people with disabilities (Available in English and Spanish) <https://www.masquesalud.es/sexabilidad-guia-accesible/>
- Bladder Buzz (where ever you listen)
 - Dating and Relationships [Episode](#)
 - Intimacy [Episode](#)
- Books: "Disability and the Art of Kissing", "Enabling Romance"