



RESOURCES FOR INTIMACY AND SEX

Ireland

Irish Heart Foundation: [Stroke carers booklet](#)

Irish Heart Foundation website article: [Sex after a stroke](#)

UK

Relate Organisation: [Relationship support for everyone](#)

Stroke Association information leaflet: [Sex and intimate relationships after a stroke](#)

Different Strokes: [website page and leaflets dedicated to Sex After Stroke](#)

Headway: [Leaflet on Sex and sexuality after brain injury](#)

Chest, Heart & Stroke Scotland: [Leaflet on Relationships and sex after stroke](#)

Outsiders Trust - The Sexual Respect Toolkit: [For GP's and other health and social care professionals to feel more comfortable initiating discussions around sex.](#)

Outsiders Trust. [offers support on relationships, sexuality, dating and sexual services, to all disabled people and a wide range of their therapists and health and social care professionals.](#)

Enhance the UK: [The Love Lounge - Free advice on all things sex, love and disability](#)

Bridges Self Management. [Podcast on sex and relationships from the clinician and patient perspective.](#)

Australia

Australian Stroke Foundation [website page and leaflets dedicated to Sex and relationships after stroke](#)

Australian Stroke Foundation - Enable me: [Webpage with a wealth of information from factsheets, forums, videos, blogs and Q&As.](#)

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USA

American Stroke Association: [Sex after stroke: New study highlights survivors' fears](#)

American Stroke Association: [Intimacy After Stroke](#)

Very Well Health: Webpage on [How Sexuality Changes After Stroke](#)

Saebo: [Website article: Sex After Stroke: What Couples Need to Know](#)

Fairview Patient Education: Webpage [Intimacy After Stroke](#)

Canada

Toronto Stroke Networks: Webpage and video - [Being intimate with my partner](#)

Toronto Stroke Networks: Leaflet - [Getting back into life: Your sexual relationship](#)

Heart and Stroke, California: Webpage on [Sex and intimacy](#)

Sweden

STROKE-Riksförbundet: [Ett värdigt liv efter stroke](#)

Spain (Catalonia)

Fundacio Ictus: [Relaciones sexuales](#)

La Asociación Nacional de Salud Sexual y Discapacidad ANSSYD: [Por su labor pedagógica, investigaciones y normalización de la sexualidad en las personas con Diversidad Funcional](#)

Portugal

Nursing Edicao Portuguesa: [Reabilitação da sexualidade após acidente vascular cerebral](#)