

Sexual Health & Intimacy Goal Setting Script

How to begin the conversation:

Intimacy is an important part of being healthy and having a good quality of life. It is common to have questions about intimacy, sexual functioning and relationships after a stroke.

Do you have any questions at this time?

Other options to begin the conversation:

Often, after stroke, people have concerns about sex and relationships. These are examples of questions that people may have:

'Is it safe for me to have sex?'

'My relationship has changed.'

'I don't feel attractive.'

We bring this subject up with patients because sexual health is an important aspect of recovery and of overall quality of life. Do you have any concerns right now?

If the patient voices concerns, record this on the goal-setting form for the team to review. Direct specific questions to appropriate disciplines (e.g., medication questions to MD, concerns re: relationship changes to SW, difficulty with communicating intimacy to SLP, etc.). For example:

Your social worker can discuss changes in how you and your partner feel about each other.

If the patient does not have any concerns at the time of the discussion:

Feel free to bring up any concerns you have as you go through the rehab program.

For inpatients:

We can discuss this again before your first home visit or closer to discharge.

For all patients:

We have provided a pamphlet in your orientation (outpatient) / discharge (inpatient) binder to address questions you might have about sexual health and intimacy.