



- ❖ The World Health Organization states that sexuality is a central aspect of being human throughout life and defines sexual health as a state of physical, emotional, mental and social well-being in relation to sexuality.
- ❖ People seeking rehabilitation services for medical conditions or trauma often experience changes to their sexual health that significantly impact their quality of life.
- ❖ Comprehensive rehabilitation includes addressing this often neglected but fundamental aspect of health and well-being using an inclusive, respectful, positive, interdisciplinary approach.

How to make a referral to the Sexual Health Service:

- ❖ Glenrose patients can self-refer or be referred by a member of their treatment team.
- ❖ External referrals can be made by any Physician or Nurse Practitioner.
- ❖ Referral Forms are available on our website.

How to contact us:

For more information and our referral form please go to our website at:

www.ahs.ca/grhsexualhealth

Phone: 780-735-6290

Please leave a message and a clinician with the Sexual Health Service will return your call.

Address:

Sexual Health Service
Social Work Department
Glenrose Rehabilitation Hospital
10230 - 111th Avenue NW
Edmonton, Alberta T5G 0B7
Fax: 780-735-7923

There is no fee for residents of Alberta.

Health Link

Health Advice 24/7
Call Toll Free: **811**



Glenrose Rehabilitation Hospital

Sexual Health Service



Everyone has the right to sexual health education and information as part of overall health.

World Health Organization (WHO)

June 2018

Glenrose Rehabilitation Hospital Sexual Health Service

- ❖ The Sexual Health Service is a confidential service that provides education and counseling to people who have had their sexual health impacted by injury, illness or disability.
- ❖ Services are available to people of any age, sexual orientation or relationship status, as well as family members/caregivers.



Glenrose Rehabilitation Hospital

As one of Canada's premier rehabilitation facilities, the Glenrose Rehabilitation Hospital offers specialized inpatient and outpatient programs and services for children, youth, adults and older adults. It is a place where patients and their families meet the challenges of disability and seek to improve their physical, mental, social and spiritual health.

Why access Sexual Health Service?

Any person or family member who has concerns or questions about sexuality and disability may contact the service. Some of the common questions and concerns that people have are:

For Parents...

- How can I talk to my child with special needs about life changes (i.e. coping with puberty)?
- What would my child's sexual maturity look like?

For Youth...

- How do I get someone I like to see past my disability?
- How do I talk to my parents about my sexuality?
- Can I have children?



For Adults/Older Adults...

- How can I have physical closeness with another person?
- Is it safe for me to have sex?
- What are my options to be sexually active?

Sexual Health Service provides:

- Education and information to individuals, families, partners, caregivers and professionals
- Assessment and treatment of sexual health concerns
- Referral* to a wheelchair accessible clinic for:
 - Gynecological health concerns.
 - Complex erectile dysfunction management.

Individuals are seen by one or more interdisciplinary team members including Nurse, Occupational Therapist, Social Worker, Psychologist, Urologist and Gynecologist.

*Referrals to the Urologist/Gynecologist must be made by a Sexual Health Service team member.

