



SEXABILIDAD

Sexual empowerment
for people with disabilities

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An accessible guide to sexual empowerment tools for people with disabilities



Welcome to this incredible journey...

Sexabilidad Group.

Sexabilidad Group is a team of health and education professionals who work with people living with some kind of disability.

Our main objective is to guarantee the exercise of your sexual rights so that you can achieve an autonomous, pleasurable and dignified life.

We especially want to invite you to be part of this guide that we understand is a motivation to know and find yourself

We understand that this material is a first approach to sexuality in its broadest dimensions, to affection and sexual education.

That is why we designed this guide for you and for all those people who want to live, experience, discover and enjoy, starting from desire, to the maximum pleasure we can feel, not only through our genitals and erogenous zones, but through any part of our body, recognizing that the main erogenous organ is our brain, since it is the place where we can configure all those images and satisfactory ideas, as well as all those fantasies that allow us to generate the greatest stimulus and satisfaction that is pleasure.



IT DOES NOT MATTER WHAT THE CONDITIONS OR LIMITATIONS ARE

Because there are ways to recreate scenarios either alone or with others, from the sexual diversity that identifies you.



This document incorporates easy-to-read texts

What is easy reading?

- + Easy reading is a technique for writing, adapting and publishing texts.
- + The easy-to-read technique applies to content, illustrations, and layout.
- + Promotes access to information.
- + Facilitates the understanding of written texts.
- + The easy reading technique is a support for people with difficulties to read and understand texts.

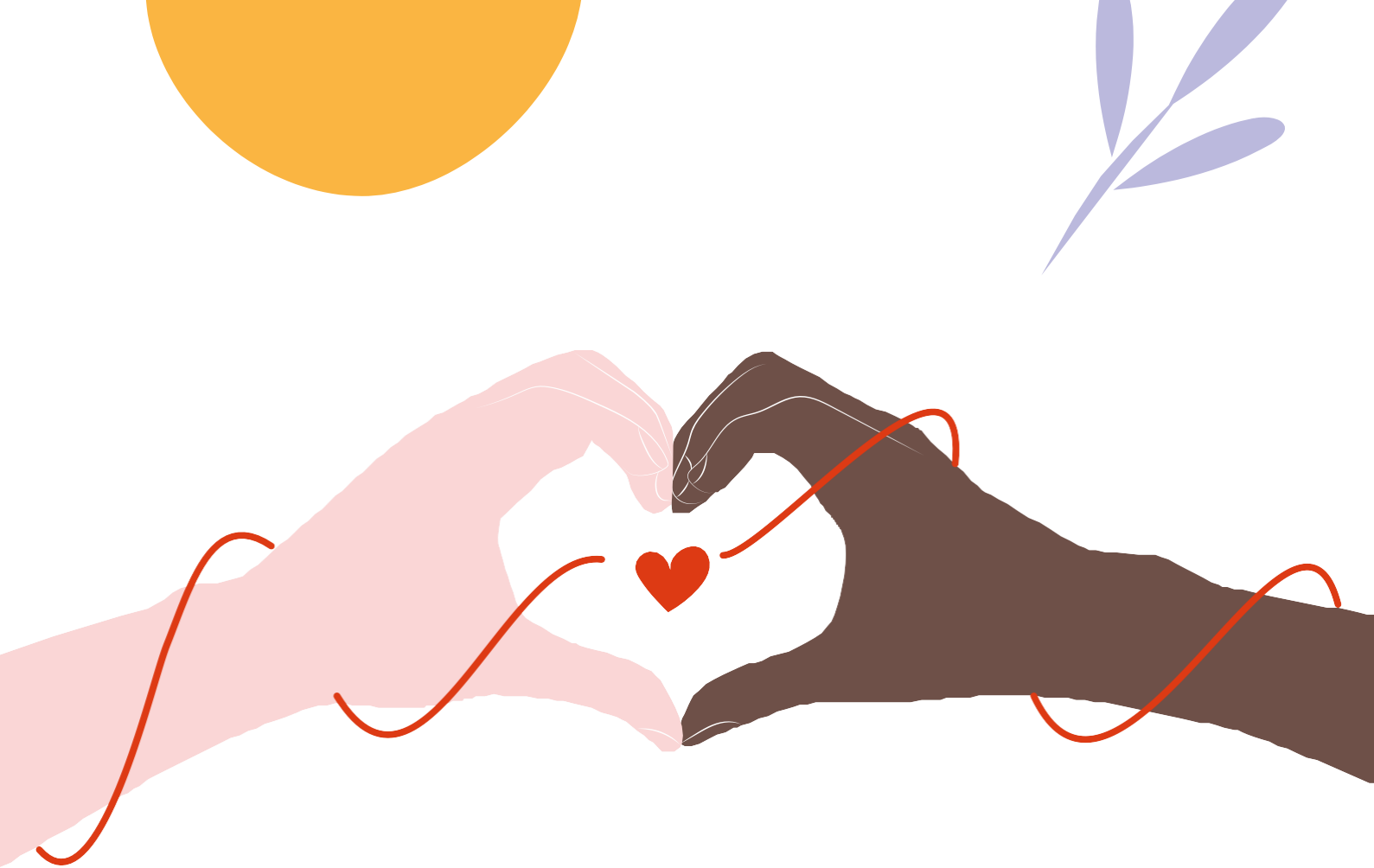
Easy-to-read texts are intended for:

- + People with intellectual disabilities.
- + Foreign people with little command of the English language.
- + Boys and girls who are beginning to read.
- + Elderly people who require it.
- + People with difficulties understanding written messages.



EASY READING

EVERYONE CAN READ AND
ENJOY AN EASY READING TEXT.



Is sexuality only sex?
Does sexuality mean only
with the penis and vagina?
Is sexuality only penetration?

Of course not...

Sexuality is not only genitality, but it's everything related to Autoeroticism, Eroticism, Desire and Pleasure, and it includes everything from a simple gaze to everything you can think of, and create with the purpose of satisfying yourself and your partner.

If you wish, you can share this manual with a trusted person, perhaps a family member, friend, your doctor or therapist, as it presents ideas and suggestions that you could explore as long as the necessary conditions are present to do so, following the required instructions and care.

Also, if you are a professional dedicated to the care of people with disabilities, and this guide reaches your hands, we will be very pleased that you understand the importance of the resource so you can use it in your consultations, advice and guidance to address such an important and necessary topic.

**Are you ready to start one
of the best adventures
of your life?**

01. What Does Erotism Mean?

STORY: “I start with myself”
(Invitation to autoeroticism).

“I am alone in my room and I know that I have the time, but above all the desire to know myself more, and to explore my body. Then I allow myself to slide my hands or I imagine with my mind, touching my hair, face, shoulders, my erogenous zones such as my neck, my nipples, my crotch, my clitoris, or my penis. I let my imagination flow, and I create stories.

I need to know in which places I feel more pleasure, how to touch myself or be touched so that it is totally pleasurable, knowing that I have endless options to please myself. It all starts in my mind through which I explore and imagine what excites me the most, what arouses me the most and makes me excited, followed by words, caresses and touches in specific parts.

Before living a sexual encounter with a partner, it is essential that I have it with myself to define what feels good and appropriate for me, what does not, and what is a “maybe”... because sexuality in me and, in everyone is part of our nature, it is inherent to it, so it is essential to know how to live and express it in the way that is possible for me and I decide so.”



Illustration design: Analía Huerga.

Description of the image: an illustration where we see a person lying on their bed touching their body, genitals, chest. They are wearing a striped t-shirt and blue shorts. Behind them hangs a dream catcher and near one of her feet, an open book.



EASY READING

IN PRIVATE, I TOUCH MYSELF,
I LOOK AT MYSELF, I IMAGINE
MYSELF, I RECOGNIZE
THE PARTS OF MY BODY.

IF I AM WITH ANOTHER
PERSON, I LOOK AT THEM,
I CAN TELL THEM WHAT I FEEL,
I TOUCH THEIR BODY,
I TOUCH MY BODY, I GIVE THEM
KISSES, CARESSES.

02. Erogenous Zones



There are some erogenous zones,
but you can discover your own zones.

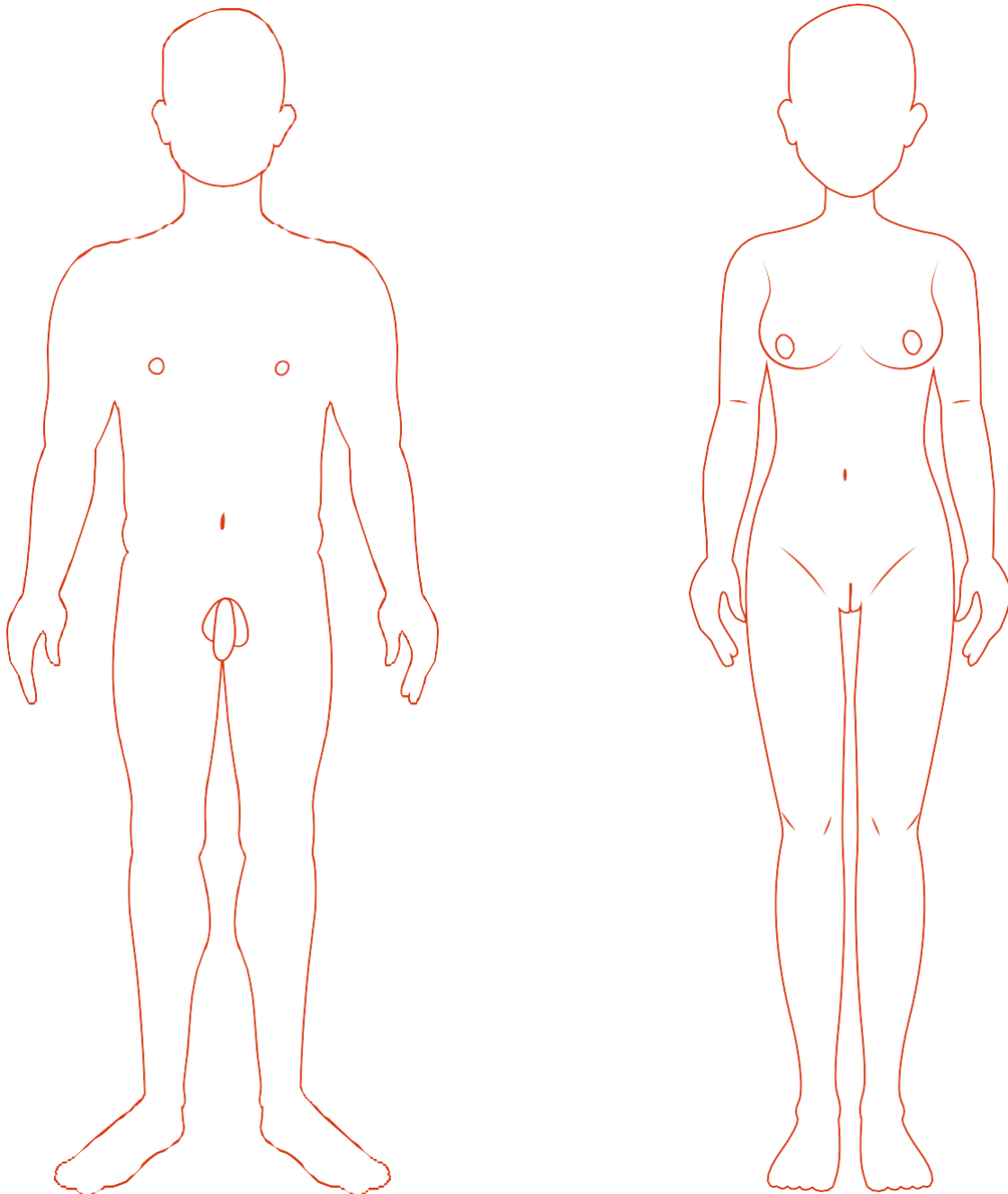
The erogenous zones are a part of the body that gives sexual pleasure when stimulated. It is usual to stimulate them in various ways, with caresses, kisses, massages, during the preliminary moments of the sexual act; in this way, the arousal of the people involved progressively increases, although they can also be stimulated without having that purpose, such as during masturbation.

It is important that you know that if your sensitivity has changed due to an injury, you can change the erogenous zones, for example, transfer what you felt when touching your breasts, clitoris or penis when touching another area, such as your hands, neck, face.

Patience and imagination are required. You can, try it.

Which are yours?

If you wish, we invite you to recognize them
in the following diagrams...



Description of the image: a plate with two empty male and female silhouettes, where no specific erogenous zones marked so you can let your imagination run wild and mark your own.

03. Erotic moment

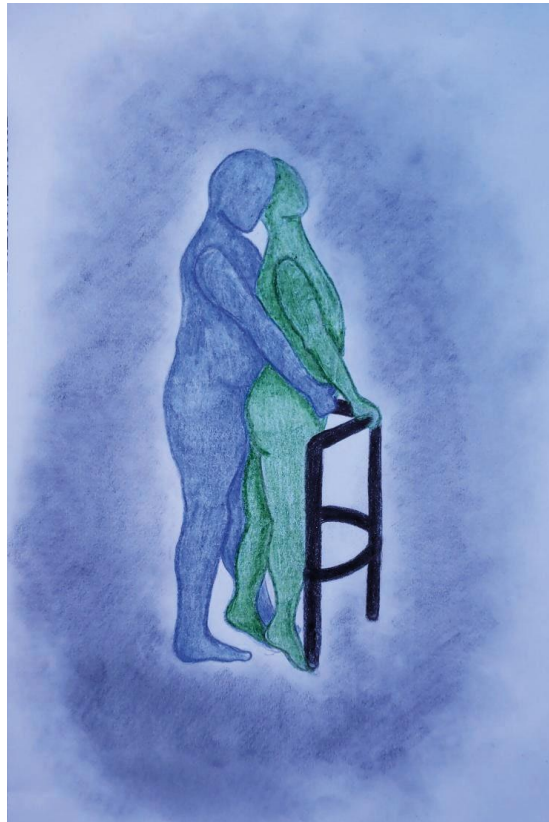


Illustration design: Dr. Diego Rivadulla.

Description of the image: a plate with a blue background and two silhouettes one with its back to the other leaning on a walker.

Erotic play is that moment where kissing, caressing and rubbing are involved.

When I prepare myself to be with my sexual partner, I have a series of possibilities to create the moment of the encounter, knowing that everything can start with a look, a smile, a word...

We can experiment with our tongues, our fingers or with any part of our body, or object, and thus creating situations, scenarios, live a tale, a story, increasing desire, excitement and pleasure in both of us.

It is also important to take advantage of your creativity, thoughts, memories, imagination, to make it more fun, interesting and intense and achieve the maximum pleasure.

Do you know that you can use different resources or adapt the ones we have available with different textures, sounds, with visual stimuli, with vibration to the touch or with aromas and flavors for recognition and identification of the parts of your body or to use in the encounter with your partner?

Despite the many myths, limitations and barriers we may encounter, the good news is that there are many ways to explore our bodies. No one else can tell you which the best way is, except yourself. We can make suggestions and leave it up to you to choose the one that works best for you.



EASY READING

WE CAN USE DIFFERENT OBJECTS AND TEXTURES TO GET TO KNOW OUR BODY AND THE OTHER PERSON'S BODY.

YOU YOURSELF CAN CHOOSE HOW TO GET TO KNOW YOUR BODY AND OTHER PEOPLE'S BODIES, HERE ARE SOME IDEAS.

MAYBE YOU DON'T LIKE SOME THINGS, BUT THAT'S OK, KEEP LOOKING AND TRYING UNTIL YOU FIND WHAT YOU LIKE AND WHAT MAKES YOU FEEL GOOD.



EASY READING

NO ONE CAN FORCE YOU
TO DO ANY OF THESE
PRACTICES OR USE OBJECTS
THAT YOU DO NOT WANT.



In general we lack knowledge about sex and sexuality, and in a way we are all “ignorant” of our options in terms of the variety of possibilities we have to access our bodies, to the enjoyment of our privacy. On the contrary, living with a disability can generate the feeling that you are not able to do things the same way or as many times, and are literally at the mercy of other people, and we are not just talking about masturbating, putting on a condom or adopting a specific position, but even being able to see what your whole body looks like.

Like everything, the path of self-knowledge also has its risks, because you may encounter things that you do not like, and that are sometimes difficult to face, but you will also find that inside you there

**The proposal is that
you can be an expert
on your own body.**

is a great potential and that you can enjoy new, exciting, and fun experiences that are neither less nor more valuable than that of others, they are only yours.

It is not necessary to move or control your whole body to be able to make a journey through your anatomy. Our breath is intact, so let's use it to travel through it.

You don't need to be an expert in meditation to achieve this, you can start with 5 minutes a day, and you can stop whenever you need to.

Remember that when
we breathe we make
our energy circulate!



Plan and create the moment.

Find a place where you feel comfortable, close your eyes, breathe normally and concentrate on your breathing, count the seconds it takes you to get all the air out, and start to slow down the exhalation, try to hold the air at the end of the inspiration, for a few seconds, notice if there is any change in any part of the body.

Now using your breath let's start the journey, focus on a part of your body, you can remember something related to that part, something that was said or how it felt in the past, if you can't make it you can refocus on your breath. In each inhalation

imagine that the air goes to that part of your body, if it is an area where you have no sensitivity, imagine how it looks, or imagine that you have a thread that pulls from somewhere where you do feel, you can imagine warm or cold colors, and pay attention to all the sensations that you are having...little by little this simple exercise will become a habit and you will be able to go through the whole body.

**There are many professionals
who can help you!**

If you are taking any medications, be sure to check with your doctor.

**Close my eyes
I breath
I imagine**



04. Stimulus



What is the importance of self-management of pleasure?

First of all, it helps us to know ourselves and to move away from those places that society imposes on us for being a woman or a man.

It is important to educate ourselves sexually, in this particular case it has to do with learning to identify our genitals, touch them and have pleasurable experiences with them. Do not forget that you can use a mirror to observe them. We suggest that you make gentle movements up and down,

to one side and the other, pressing lightly or tapping lightly. You will see how your genitals react to these stimuli.

Description of the image: Photo of half a strawberry with condensed milk on top on a pink background.

Enough myths about masturbation, I'm the one managing my pleasure!

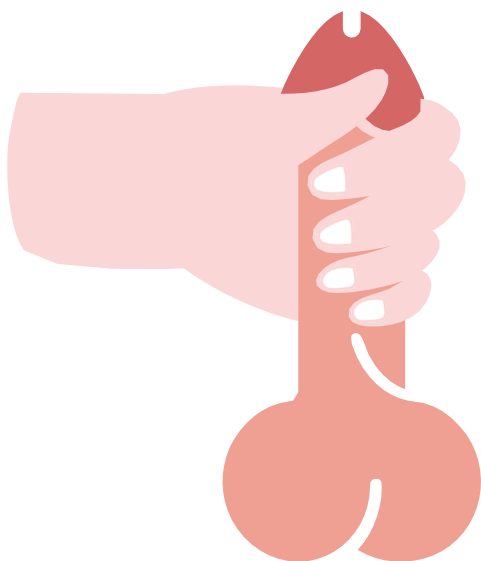
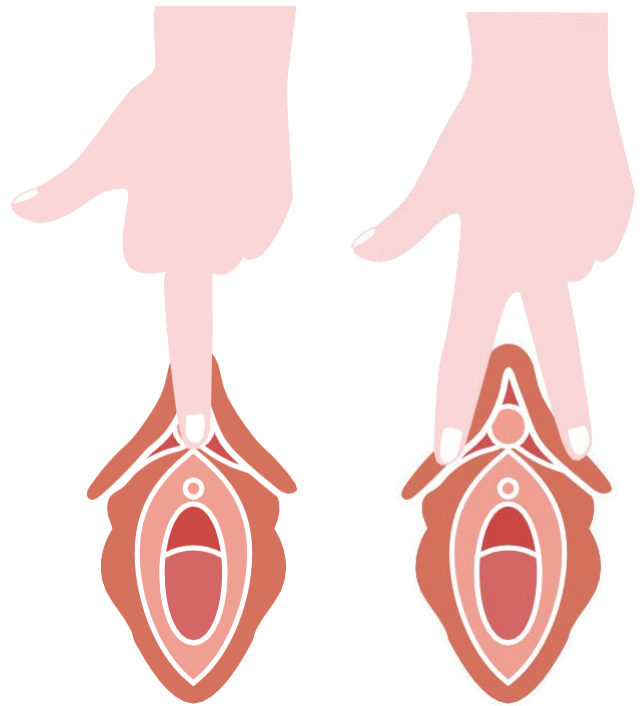
Masturbation must always be performed in an intimate space.

You can use some lubricating gel and caress your clitoris and vagina.

Intimate lubricants help to intensify the sensations during penetration, making sex much more pleasant. There are different lubricants with different effects. Before using them find out which one you should choose; Of course, do not go overboard with the amount or the friction will be minimal.

Description of the upper image:

The first drawing represents a vulva and a hand on the clitoris. The second illustrates the same hand separating the labia majora.



Explore other erogenous zones.

Not only your penis and testicles deserve some love, but your entire body. Try pinching your nipples, stimulating your perineum (the area between your anus and your penis, which is full of nerve endings), or touching your ears, neck, and mouth. All of these areas are sensitive, sexy, and are sure to liven up your solo session.

Description of the image below:

The drawing represents a hand stimulating a penis.

05. Encounters

How to prepare the setting for the moment of encounter?

Setting.

As we are going to use all our senses to make this a fun, pleasant and enjoyable experience, it is important that we plan it as much as possible. Planning helps us to reduce the anxiety and uncertainty that can cause us to have a bad time.

For my sexual encounters alone or accompanied by someone else, it is important to define the place to feel comfortable and safe, in privacy, and that we will have the time to enjoy it to the maximum.

Lights, scents, sounds can become very pleasurable stimuli.

We can play with many ideas and enrich the scene... making use of some sex toys, sexy clothes like lingerie with lace, a using dim lights or maybe some candles, light incense,

watch a porn video, listen to music that invites the sexual encounter in a passionate or relaxed way as we need it, try some oils to spread them on the body, in the intimate parts as well as in the erogenous zones, complementing with fruits, chocolates, candy or whatever you can think of.

It starts with desire or stimulation followed by imagination and fantasies, you are the owner of your body and are responsible for your pleasure. As you want it, in the ways that are possible for you and as you decide... live, experience, enjoy!



EASY READING

FIND A PLACE WHERE
YOU FEEL COMFORTABLE
AND INTIMATE.
YOU CAN USE CANDLES WITH
RICH SCENTS, MUSIC THAT
YOU LIKE OR BODY OILS.

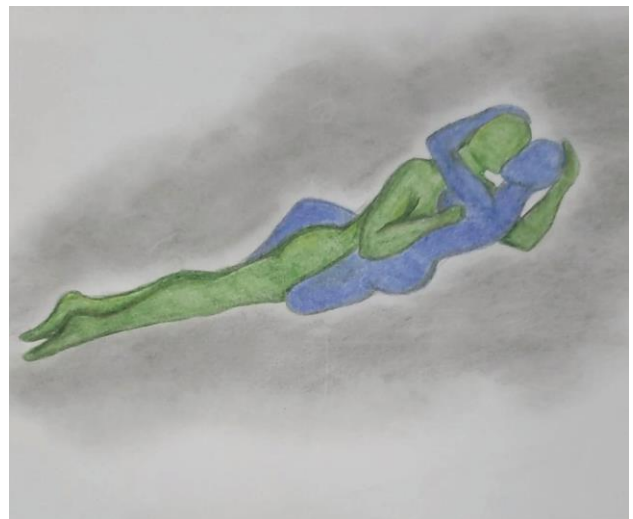
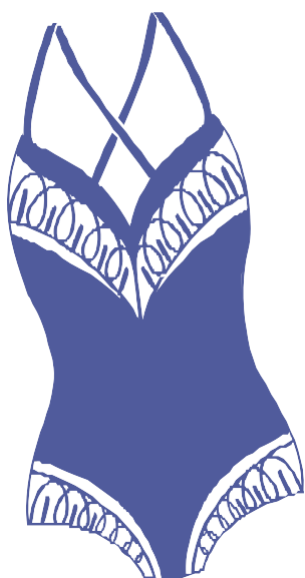


Illustration design: Dr. Diego Rivadulla.

Description of the image: a plate with a gray background where two silhouettes can be seen one on top of the other, the one below has an amputation and the one above has a stump.

What garments can I wear?



Lingerie.

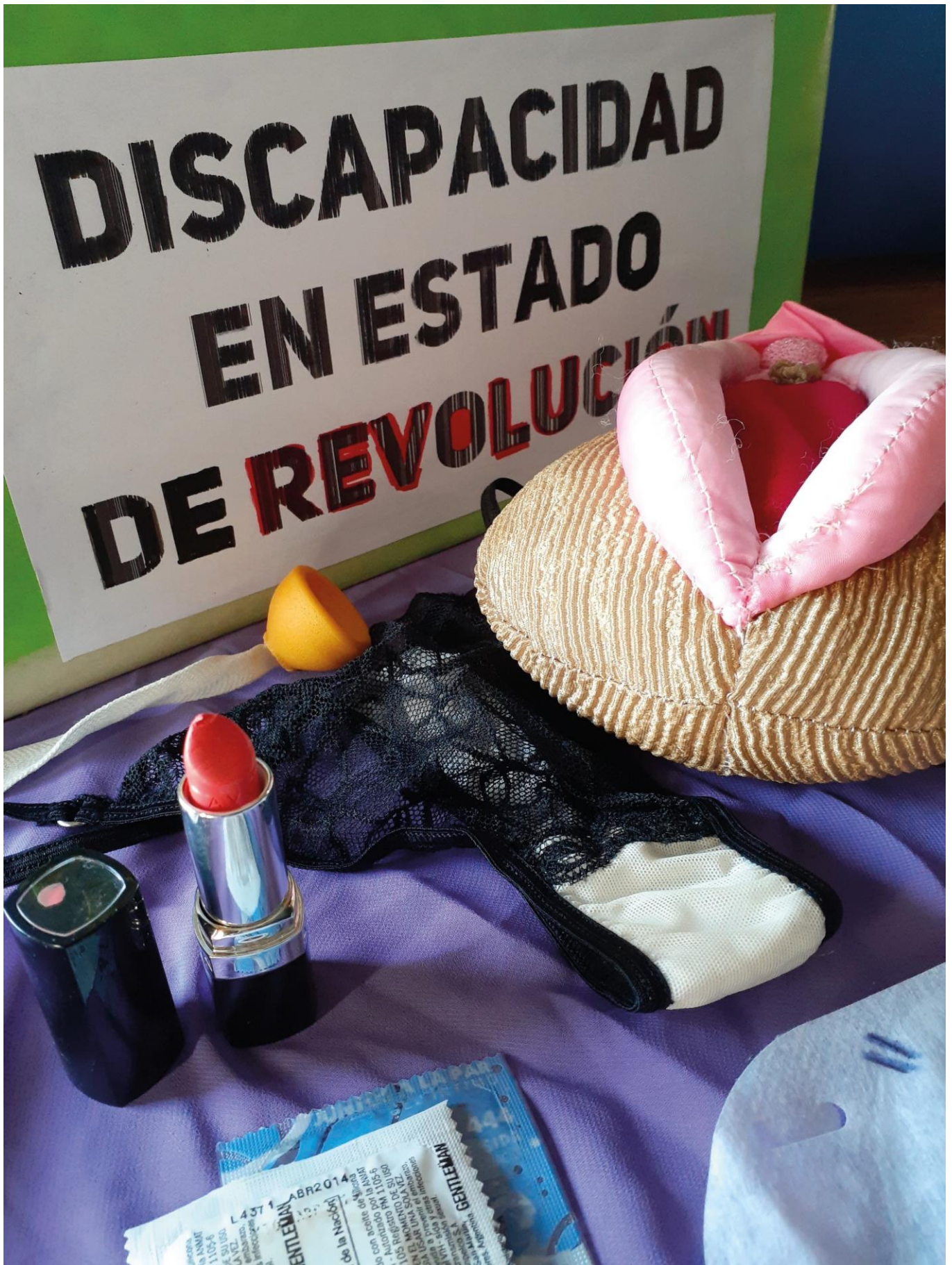
Lingerie is the sexy underwear that is designed to evoke desires and eroticize our body.

There is a wide variety of sensual lingerie, different shapes, textures, sizes, and colors adapted to the desire, the body, the taste and the need of each person. There is even edible lingerie.

Both men and women can make use of lingerie.

You can find a variety of bras, thongs, vetetinas, corsets, babydolls, bodystockings, stockings, gowns, gloves, garter belts, boxers, speedos with suspenders and thongs with suspenders.

The important thing is that you find the lingerie that you like most, that fits you comfortably, and that adapts to your needs. Go for it!!!



Description of the image: a photograph with a sign in the background that reads: Disability in a state of revolution, accompanied by objects such as: lingerie, a lipstick, condoms, an anal plug, a cloth vulva and a urine collection bag.

What are my allies to take care of my health and to improve my enjoyment during sex?

Lubricants.

If we are going to use any dildo or toy that is introduced into our body, the sensation will be much more pleasant if we use a lubricant.

Water-based lubricants will always be the only option compatible with any material.

Mineral-based massage oils, used as intimate lubricants, although they can be very slippery, end up altering the vaginal or anal flora, making it less resistant to external agents or various infections.

Some oils and gels can generate the sensation of cold or heat, which may not even be entirely pleasant for some people or generate an allergic reaction, so a good option is to test it on the skin of our arm or where we have sensitivity previously, read the manufacturer's instructions and consult with a professional.

On the internet there are many places to buy them and they can send it to your home. If not, your doctor or a family member can help you.



Description of the image: a photograph of different lubricant products and gels for body use at the time of sexual intercourse. Bottles and containers of different colors and sizes.



EASY READING

YOU MUST ALWAYS USE
WATER-BASED LUBRICANTS .
THERE ARE DIFFERENT ONES
AND TEST THEM FIRST ON
YOUR ARM OR IN THE PALM OF
YOUR HAND.

Condoms



Do not forget to use condoms as a couple at all times during penetration, oral or anal sex.

A part that we cannot neglect is our sexual health, both to prevent us from contracting any sexually transmitted disease, as well as for having an unplanned pregnancy.

Therefore, we recommend the use of condoms or prophylactics **ALWAYS** when we have a sexual encounter.

IMPORTANT!

You should keep in mind that most of the condoms on the market are made of latex... **BE CAREFUL IF YOU ARE ALLERGIC TO IT!**

Description of the image: a photograph of a condom and its wrapper.



EASY READING

A CONDOM IS A LATEX RING THAT IS PLACED ON THE PENIS AND IS USED TO PROTECT US FROM DISEASES OR PREVENT UNWANTED PREGNANCIES.

Using condoms

We recommend you to use a latex field for oral sex on the vulva or anus.

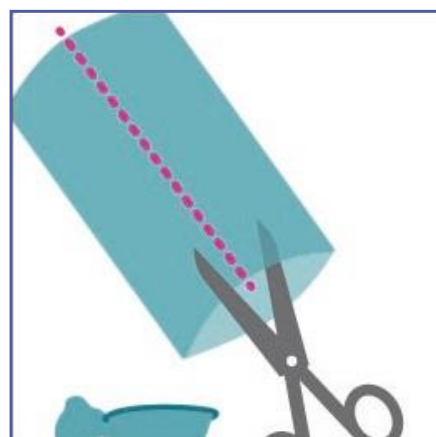
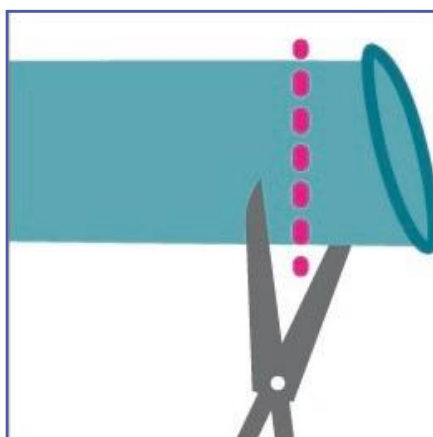
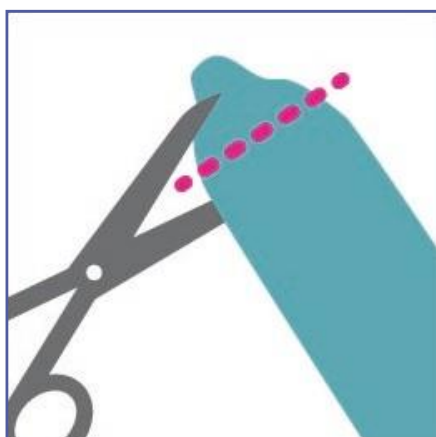
How to make an oral barrier with a condom



Description of the images:

Careful opening of the package containing the condom.

Cut off the top and tip of the condom. Also cut one of the sides of the condom.



Lay it flat so that it covers the opening of the vagina or anus. Dispose of the condom in the trash after use. Do not reuse it.

Condoms and latex oral barriers should be discarded in the trash, since if you throw them down the toilet you run the risk of clogging.

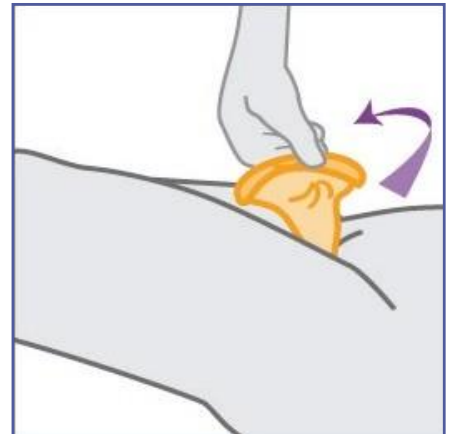
Using condoms

How to use a female condom



Description of the image:

A plate that explains in
sequence how to place a
condom in a vagina.



Holding it by the closed limb,
squeeze the flexible ring with
your thumb and middle finger
so that it tapers.

Insert the inner ring into
the vagina until it snaps into
place. With the index finger,
push the bottom of the
condom as far as it will go,
the outer ring should be out.

Once used, to remove it,
gently twist the outer ring and
remove the female condom
from the vagina. Throw the
used female condom in the
trash after you use it once.
Do not reuse it.

Using condoms

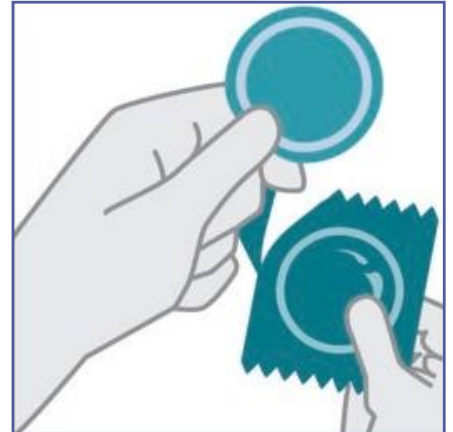
Remember to always use a condom in sexual encounters, to avoid possible diseases.

How to use a male condom



Description of the image:

A plate that explains in sequence how to put a condom on a penis.



Remove the condom from the packaging carefully.

Position and squeeze the tip of the condom so that no air is trapped, make sure the rolled ring is facing out.

Begin to unroll the condom, until it reaches the base of the penis.

Once used, remove, and dispose of in the trash. Do not reuse it.



Other contraceptive methods

- + Oral contraceptives: pills.
- + Contraceptives per patch.
- + Injectable contraceptives.
- + Hormone chip contraceptives.
- + Intrauterine Device (IUD). It is a small device that is placed in the uterus to prevent pregnancy. It is one of the most effective contraceptive methods that exist.

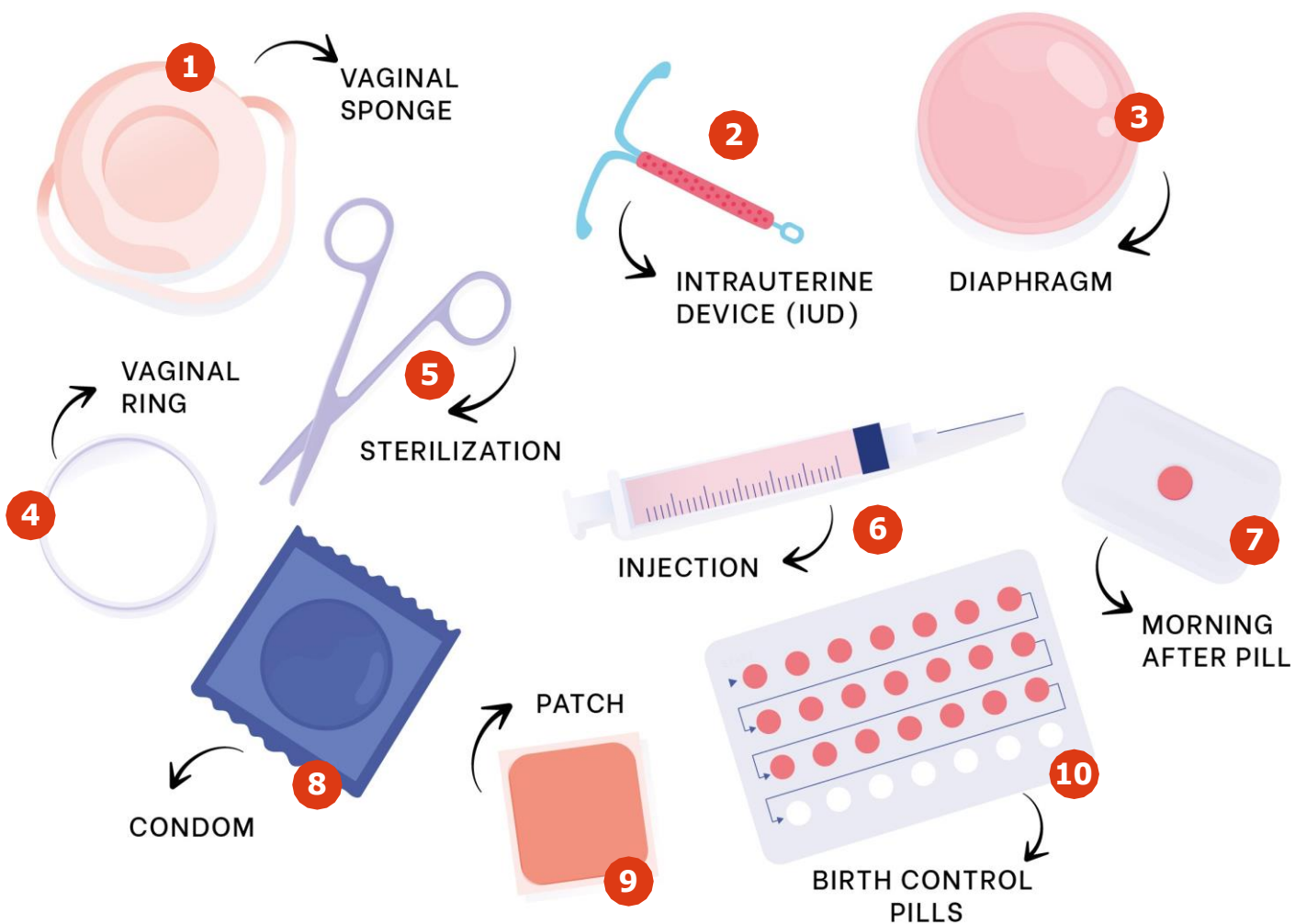


Illustration description:

- 1.Vaginal Sponge; 2.Intrauterine Device (IUD); 3.Diaphragm; 4.Vaginal Ring;
5.Sterilization; 6.Injection; 7.Morning after pill; 8.Condom; 9.Patch;
10.Birth control pills.

06. Sex Toys

iWOW!



These are external devices that serve to enhance sexual activity. The most revolutionary aspect of sex toys is that they allow us to do things for and by ourselves.

It is a great empowerment tool.

Description of the image: Various sex toys on a pink background.

A sex toy is never going to do anything you don't want it to.

Both men and women are looking to get the most sexual satisfaction, whether it be their own or that of their partner.

The inclusion of sex toys to our sex life, can fulfill different objectives such as self-satisfaction, assistance in the sexual act, but fundamentally they are to incorporate an erotic element, fun, that awakens the imagination and gives free rein to our fantasies.

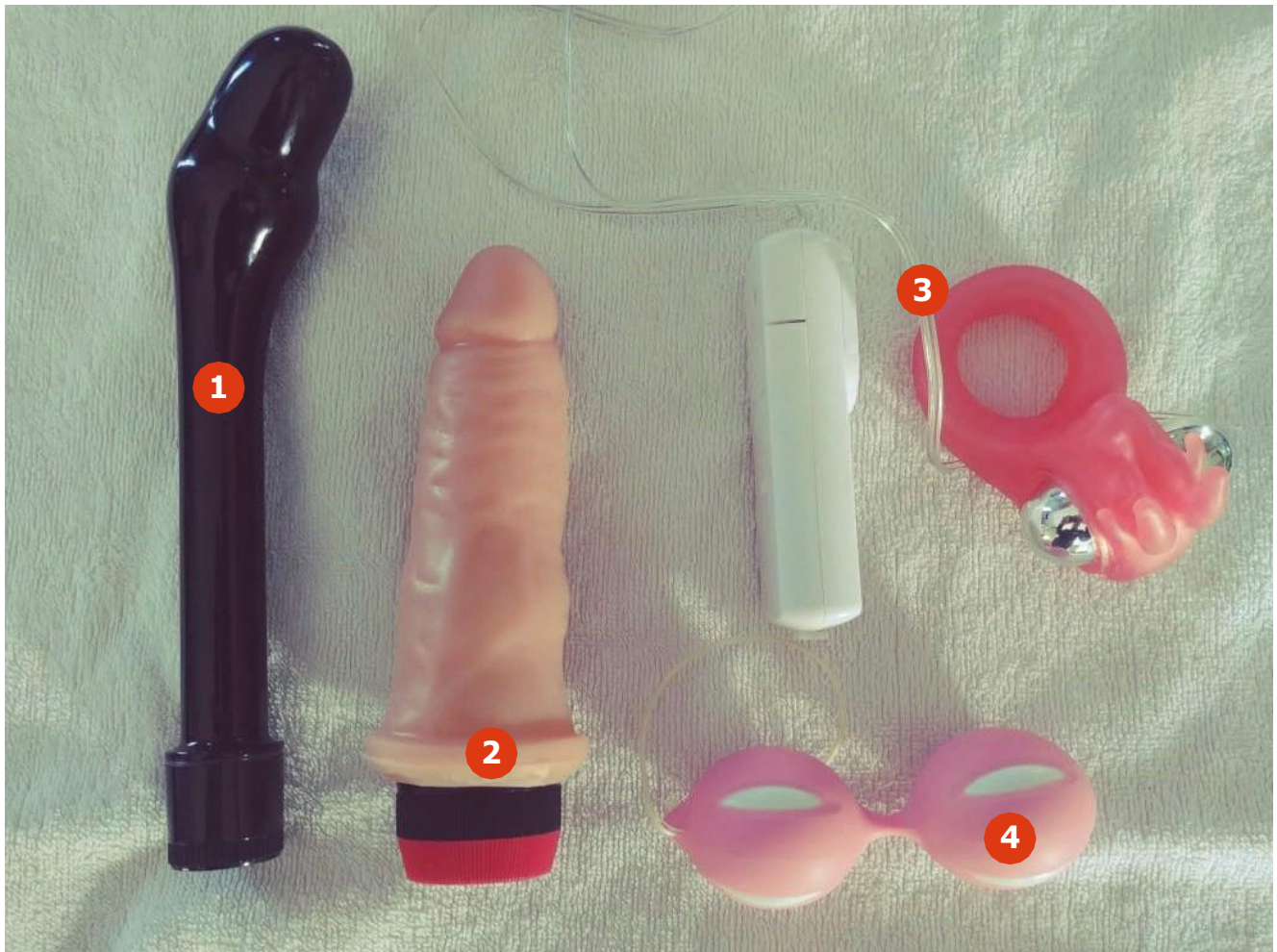


EASY READING

A SEX TOY IS AN OBJECT SHAPED LIKE A PENIS OR VULVA.

YOU CAN USE IT ALONE OR WITH ANOTHER PERSON TO HAVE MORE SEXUAL PLEASURE.

YOU CAN NEVER BE FORCED TO USE IT.



Description of the image: A photo of 4 sex toys, the first a black anal vibrator to stimulate the P-spot in men, the second a penis-shaped vibrator, the third a clitoral

stimulator with penis ring and control remote that regulates the vibrations, and the fourth a vaginal Chinese balls.



Classification and design

There are countless designs of sex toys and accessories on the market for the pursuit of pleasure, not all of them are adapted for people with reduced capacities, either by motor, sensory or intellectual issues.

That is why people in a situation of dependence require support products to develop these activities with the greatest autonomy and participation.

In many cases, a professional will be needed to recommend them, and to teach us how to use them properly. Of course, the user must participate in this choice.

01. DILDO:

Is a non-vibrating toy that is designed primarily for penetration, e.g. an artificial penis that does not vibrate and is used for sexual stimulation of the vagina, anus or both at the same time. They come in different materials, shapes and sizes.

The dildo can be used statically while stimulating other parts of the body, or with movement, to create more internal stimulation. It can also be used as part of a harness or belt.

Description of the image: Black and white photo of a black adapted dildo with a finger attachment device.

Design of adaptations:
T.O Marcela Stefanolo



EASY READING

IT IS USED FOR PENETRATION. DOES NOT VIBRATE. CAN BE USED IN VAGINA AND ANUS. SOME COME WITH A BELT OR FINGER GRIP. SEX TOYS CAN BE USED WITH THE HELP OF LUBRICANTS



02. ADAPTED DILDO:

It has a finger support, for those people with reduced mobility of hands and fingers.



EASY READING

SOME HAVE A VIBRATOR.
BE CAREFUL NOT TO
INSERT THESE OBJECTS
ALL THE WAY IN.

Description of the image:
Various sex toys on a pink background.

03. ANAL:

There are toys specially designed for this purpose. You can find a great variety of them in the market, some with vibrators, and others without them .

This practice can stimulate defecation; take it into account if there are problems of fecal continence, in addition to a bowel routine that allows you to empty it on a regular schedule.

Basically there are 3 that are most frequently used:

+ Dildos

+ Plug type: They are small at the tip and gradually widen and then get smaller again just before the base.

+ Anal Beads or balls. They are rigid balls attached to a cord, the idea is to insert them gently with plenty of lubricant and remove them slowly.

04. VIBRATORS:

These are devices designed to stimulate erogenous zones, they vibrate at different rhythms and can be held in the hand. They have a small motors that work with batteries or are connected to an electric network or remote control. There is a wide range of designs and sizes, and they can be used internally or externally.

There are also vibrators with a remote control via Bluetooth or even through cell phone applications, they can be activated with sounds or synchronized with music, being a good option for those with reduced mobility, being able to activate it with a button and at a distance.



Description of the image: Photo of a silicone vibrator with a system palmar digital clamping for those people who have difficulty to grasp.

Design adaptations:
T.O Marcela Stefanolo



05. ADAPTED VIBRATORS OR CLITORAL STIMULATORS:

Different designs of sex toys, adapted for people with reduced mobility. It allows to take the instrument without requiring a firm or sustained prehension.

Description of the image: Black and white photo of vibrating bullet/butterfly with remote speed control, it has an elongated handle for those who cannot reach their hands to the vulva or hold the device with their hands.



EASY READING

THEY VIBRATE AND MOVE,
ARE HAND-HELD AND USED ON
DIFFERENT PARTS OF THE BODY.

THERE ARE BATTERIES
OPERATED, WITH A CHARGER
OR REMOTE CONTROL. THERE
ARE MANY SHAPES AND SIZES.

06. RINGS:

These are rings for the penis that help delay ejaculation and retain an erection longer. There are some that have a button that helps stimulate the clitoris. They are made of a variety of materials. They are also used by men who have erectile difficulties or to keep the penis erect longer. Others include a stimulator for the anus, while performing the sexual act.



EASY READING

WORN AT THE BASE
OF THE PENIS TO SUPPORT
ERECTION.



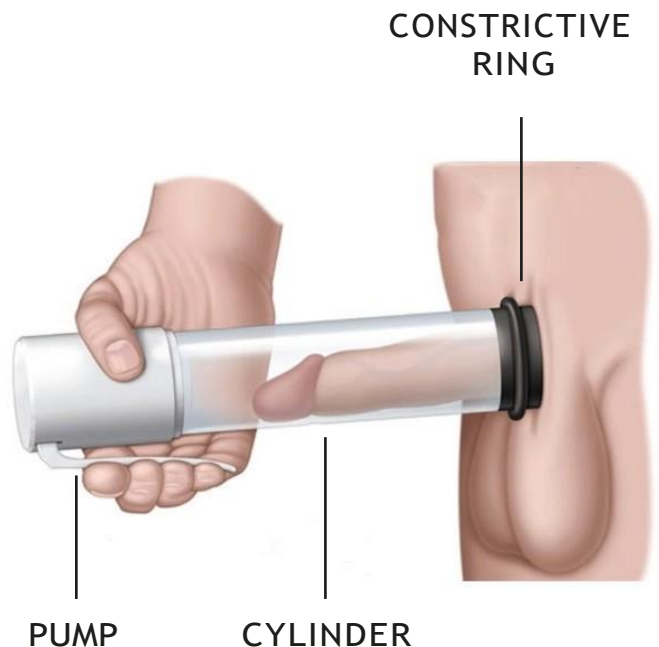
Description of the image:
Violet silicone rings, rabbit-shaped.

07. VACUUM PUMPS:

These are elements that you can use to have an erection in cases of erectile dysfunction.

The penis is placed inside the cylinder and the device performs air suction creating a vacuum that favors the erection when the cylinder is removed, if the man is not excited or if he has problems to maintain the erection, it will not remain.

As it is a mechanism that can generate complications and that has contraindications in its use, we suggest that whenever it is chosen it should be done with the recommendation of a professional.



Description of the image:
A hand holding a cylindrical accessory that embraces the penis achieving an erection.

08. SENSORY TOYS AND ACCESSORIES.

These are toys designed to stimulate the 5 senses and other complements for play and sexual pleasure.



Within these toys we can find masks, blindfolds, whips, clamps, etc.

Description of the image:

Photo of a glove or mitten with fabric bangs for stimulation of the erogenous zones in red color, with a pocket on the back for the placement of a vibrating bullet, which allows to enhance the stimulation. Ideal for people with low manual dexterity.

Adaptation design:

T.O Marcela Stefanolo



09. EXCLUSIVE AND INNOVATIVE TOYS FOR PEOPLE WITH DISABILITIES.



Ripple, a prototype for inclusion.

It is a vest that allows people with disabilities to enjoy masturbation in a distinctive way.

It consists of three parts: a vest-like garment that covers the torso and thighs, an eye mask and wireless headphones.

It is a suit with air cushions that gradually inflate to exert pressure and vibrations on certain parts of the body to simulate the sensation of human touch.

The eye mask is a way to diminish external stimuli so that one can concentrate on

your pleasure. This mask also releases pheromones that can cause arousal and decrease the feeling of anxiety.

The headphones, which are integrated into the mask, play sounds to induce a more relaxed state.

Remote control for the user to control vibrations and stimulation either preset or during play time, and a separate device for the caregiver to receive an alert at any time or at the end of the session.

A truly innovative and enriching creation!

Description of the image: Picture of the complete Ripple Set, with the vest on the left, eye mask on the right and the control device and other accessories in the middle.

The goal is to encourage sexual exploration for everyone.



Although Ripple is currently in the prototype stages, given the rise of femtech products, its creation shows how far sexual aids for people with disabilities can go... and thereby encourage sexual exploration for all.

Designers: Zoe (Hsin-Jou) Huang, Rising (Szu-Ying) Lai, Chia-Ning Hsu.

Mentor: Wen-Yuan Lee, Ruey-Jin Wong.





Recommendations on their use and hygiene

Sexual accessories should be kept in individual cases, should always be well washed (with neutral soap) and dry.

Care should be taken not to wet toys that have a battery or that use a connection for their operation. Pay attention to the manufacturers' recommendations.

It is recommended to use a condom with sex toys.

Although they can be used by a couple, each toy should be for personal and non-transferable use if we want to avoid unwanted risks.

Descripción de las imágenes: Picture of a hand holding several dildos on a purple background. Photo of a hand holding a white soap on a pink background. Photo of a banana with a condom placed on a lilac background.



EASY READING

THEY SHOULD BE KEPT IN THEIR CASE AND ALWAYS WASH THEM WELL AFTER USE. LET THEM DRY BY THEMSELVES. DO NOT STORE WET.
REMEMBER: IF YOU SHARE THEM, ALWAYS USE A CONDOM.

What are the proper postures
according to my condition and what
things can help me to improve it?
What to use to improve
or reduce my limitations?



Planning your moment
of sexual enjoyment
can make it so much better!

Support products.

A “good” position for sex is the one that will allow you to do what you want to do, and what is comfortable for you.

Let your imagination run wild!
Explore different positions in which you can feel comfortable.

You can take a bath alone or as a couple or go for a relaxing massage session using oils, aromatherapy, and music.

01. Empty your bladder and bowel beforehand, you can use anal plugs.
02. Take a break beforehand if you suffer from fatigue or choose the time of the day when you feel more energetic.
03. If you have doubts about how to create your moment, there are many of us who can help and guide you.
04. Integrate your adaptations and tools to use different sex toys.

“Sexibilize” your support elements and your equipment



Description of the image: A plate with a gray background and two silhouettes, one wheelchair user and one in a straddle posture.

Illustration design: Dr. Diego Rivadulla.

01. WHEEL CHAIRS

If you are a wheelchair user,
you can include it in your sexual experience.
Do you know the chair-sutra?

Wheelchairs with folding armrests can give you several possibilities. Your partner can stand on top of you with their legs on either side, or he can stand with his back to you.

Motorized wheelchairs have functions that can facilitate some postures by activating the tilt, back recline, and seat elevation or leg elevation.

It is important to secure your wheelchair, use anti-tip devices, have a secure surface behind, and lock the chair.

“Sexibilize” your support elements and your equipment



Description of the image: A plate with a light blue background and two silhouettes, one lying on a wedge and holding her knees by a harness and the other one on top.

Illustration design: Dr. Diego Rivadulla.

Use elements that help you to be more comfortable, to align or curve your back, your legs, to hold a vibrator, relax or reduce fatigue.

02. PILLOWS, WEDGES, ROLLS, FURNITURE, SWINGS, HAMMOCKS.

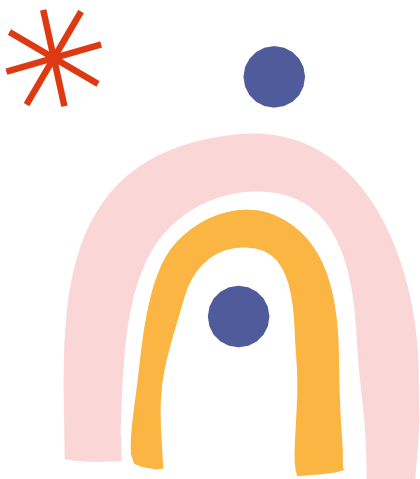
Most people use furniture during sex, mainly the bed, but there are more possibilities.

A person with reduced mobility can kneel on the floor and rest their chest and abdomen on the bed and their partner can approach them from behind.

03. HARNESES, SLINGS AND SUSPENSION SYSTEMS.

These elements provide a rocking motion that can be regulated according to your interests. You can explore and facilitate contact between bodies, textures, stimulators or dildos.

There are different supports that can be added as side bars for the bed or embedded in the wall to provide stability, attach harnesses and why not your favorite masturbator. Remember to make sure they are safe and stable.



Techniques and postures.

We must keep in mind that for all the traditional positions and love techniques there is the possibility of adapting them, we must not set limits, as we said before our brain is the source of our eroticism and our pleasure. The sky is the limit!

SIDE POSITION OR “SPOONING” POSITION

This position can help to discover sensitive areas in couples stimulation or penetration. Avoid pressure on the bladder and abdomen, you can place pillows for a more comfortable experience and promote relaxation.

It is an effective position for people who use permanent catheters, people with some pain or hip problems can benefit from this position.

FACE DOWN OR ON ALL FOURS

This posture promotes relaxation and reduces muscle tone.

Use pillows, wedges or supports under the abdomen and hips to maintain a stable prone posture, avoid fatigue, favor contact, penetration or stimulation of posterior erogenous zones.

A belt that takes the hip of the person on all fours can help to elevate and move the body to establish greater contact and movement during a sexual encounter.

There are different postural elements on the market adapted to generate movement during penetration with minimal effort, such as chairs with pelvic tilt. The Intimate Rider® model is the best known, it was created by Alan Tholkes with tetraplegia, and can be activated with a trunk or cephalic impulse, which generates an oscillating movement favoring the rhythm movement without effort.

MISSIONARY

Face up you can place pillows, wedges or rolls under the back, head or hips for a more comfortable and stable posture. This increases intimate contact with your sex toy or partner and improves accessibility to penetration or stimulation.

You can add slings or elastic straps with anklets or why not bondage to position the legs and facilitate access to genital and crotch stimulation.



EASY READING

THERE ARE DIFFERENT
POSITIONS DEPENDING ON
WHAT YOU LIKE BEST:

ONE BEHIND THE OTHER.

ON TOP OF EACH OTHER.

LYING, SITTING OR STANDING.

07. Final Thoughts



We hope that this journey has been enriching, that you have enjoyed it as much as we have.

Let us remember that sexuality involves many aspects of our lives. It is present in every moment and in the way we relate to each other. Sexual independence is a powerful form of empowerment. And empowerment is indispensable to take control of our interests, desires and sexual-affective needs.

We believe that, by exploring our sexuality, we are already making a big statement, we are saying that we deserve to feel pleasure and we realize our possibilities as sexed beings.

We hope that the encounter with this Guide has been the perfect excuse to talk about it with your partner, your friends, your family and professionals.

We hope that this guide has been a useful resource that triggers practices and exercises of self-discovery on this path to autonomy, pleasure and happiness.



EASY READING

MY BODY, MY RIGHT.

ALL BODIES ARE VALUABLE.

DON'T FORGET TO ASK
IF YOU HAVE DOUBTS AND
TO PLAN YOUR MOMENT.

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Sexabilidad

SEXUAL EMPOWERMENT
FOR PEOPLE WITH DISABILITIES



Team

Who are the people that wrote
the Sexabilidad Guide?



Lic. Mariela Degano
Team coordinator



Hello, I am Mariela Degano. I was born and live in the city of Rosario, Argentina, I am an Educator, I completed my training, as a Professor in Natural Sciences and later graduating with a Bachelor of Health Education at the Faculty of Medicine of the National University of Rosario Argentina.

Description of the image: Photograph of Mariela Degano on a red background.



Dr. Melina Longoni
Team coordinator

I am Melina Longoni, I am Argentine, in 2007 I graduated as a doctor and started the specialty of Physical Medicine and Rehabilitation. I took different courses, postgraduate courses and participated in national and international conferences and congresses.

Description of the image: Photograph of Melina Longoni with the background of a beach.



Team members and co-authors of the guide



América Fuentes Díaz. I am América Fuentes Díaz from San Luis Potosí, Mexico. I have a degree in Psychology with Clinical Specialty, Master in Education. I have Diplomas in Gestalt Therapy, Sexual Orientation for Adolescents and Individual Systemic Therapy.

Description of the image: Photograph of América Fuentes on white background.



Paola Paz. I am Paola Paz, Uruguayan, Graduated in Physiotherapy, Sexual Counselor specialized in Disability and teacher in the training of Personal Assistants.

Description of the image: Photograph of Paola Paz on white background.



Neriba Abba. I am Nerina Abba, I live in the city of El Trébol province of Santa Fe, Argentina. I have been a facilitator of Self-Advocates for 4 years, a space inhabited by people with intellectual disabilities.

Description of the image: Photograph of Nerina Abba with the sunset in the background.



Marcela Stefanolo. I am an Occupational Therapist, received from the historic National School of Occupational Therapy, in Buenos Aires, Argentina, and my degree is from the Inter-American Open University (UAI).

Description of the image: Photograph of Marcela Stefanolo in a train wagon.

Team members and co-authors of the guide



Diego Rivadulla. Hello! Who I am? I'm Diego, I live in Buenos Aires, Argentina, more precisely in the Saavedra neighborhood. I am a general practitioner and I am doing the specialty of physical medicine and rehabilitation.

Description of the image: Photo of Diego Rivadulla with the sea in the background.



Natalia Gil. Hello everyone! My name is Natalia Gil, I live in the city of La Plata, Buenos Aires, Argentina. I am a specialist in Physical Medicine and Rehabilitation.

Description of the image: Photograph of Natalia Gil with rocks on a cliff in the background.

Collaborators



Design Studio Hoy es el Día. Hello! We are Mari Carmen Estevan and Lucía Laiz, from the sustainable design studio Hoy es el Día, located in Alicante, Spain. It has been a pleasure for us to contribute not only our creativity to this project, but also our experience in universal design to make it accessible to as many people as possible. From Hoy es el día we approach design from the triple impact of sustainability: economic, environmental and social impact, with special emphasis on the latter through human-centered design. You can learn more about our work at www.hoyeseldia.es

Description of the image: Sustainable design studio logo of Hoy es el Día.



Our thanks to Juan Scagni, for his collaboration in the design of the first version of this guide.





Thank you

For more information and advice,
do not hesitate to contact us
at the following email:

sexualidadesdiscapacidad@gmail.com





**We leave you the following
pages so you can write your
experiences, your experiences,
and more.**



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