



MAJOR NEUROCOGNITIVE DISORDERS: DEMENTIA

Programme régional ambulatoire de gériatrie (PRAG)

INAPPROPRIATE SEXUAL BEHAVIORS

WHAT ARE THESE BEHAVIORS?

Sexuality remains a part of every person's life, despite advanced age or changes in their cognitive abilities. However, sometimes the affected person no longer has the ability to control their impulses. You may observe:

- ❖ Verbal and physical behaviors with obvious sexual intentions (inappropriate propositions or gestures, touching and fondling of private parts, attempted kissing, etc.)
- ❖ Exposure of genitals and nudity.
- ❖ Masturbation in public
- ❖ Attempted or actual sexual intercourse with a consenting or non-consenting partner.



WHAT ARE THE POSSIBLE CAUSES?

- ❖ Evolution of cognitive disorders (the area of the brain responsible for inhibition is impaired and affects their ability to use their social filter).
- ❖ Misinterpretation of everyday gestures (perceiving hygiene care as a sexual encounter).
- ❖ Feeling of loneliness or boredom.
- ❖ Need for physical contact.
- ❖ Past sexual and relationship habits.
- ❖ Physical causes (Infection or pain in the genitals).
- ❖ Side effects of certain medications.
- ❖ The person undresses because they are hot or they need to go to the bathroom.



HOW TO RESPOND?

**First, take a moment to review the document
"The Adapted Approach"**

- ❖ Try to identify what the person is looking for by doing this (see possible causes).
- ❖ Avoid revealing clothing and sexual discussions.
- ❖ Calmly but firmly* tell the person that his or her behavior is inappropriate.
- ❖ If you are being touched, take the person's hand and remove it firmly*.
- ❖ Avoid blaming and judging the behavior.
- ❖ Don't accept the behavior, but keep in mind that the person does not have bad intentions and that cognitive problems interfere with impulse control.
- ❖ Use humor as a distraction.

***PLEASE NOTE:
Speaking in a firm voice is not
violence or abuse.**

HOW TO INTERVENE WHEN BEHAVIORS OCCUR IN PUBLIC?

- ❖ Calmly but firmly* tell the person that this is not the time and remind them that they are in public.
- ❖ If the person is masturbating, direct them to a private space.
- ❖ Explain to those who witnessed the act that your loved one's condition affects his or her ability to control urges.

IMPORTANT!

The illness does not excuse your loved one's sexually inappropriate behavior. Showing genitals to a minor is still illegal, even if your loved one has a cognitive disorder.

In the event that your loved one exhibits behaviors that concern you, do not hesitate to contact:

- Info-Santé/Info-Social 811
- Your assigned worker at the CLSC
- Discussion with the health care team
- A doctor

The proposed strategies are suggestions for possible solutions to explore. Be creative and adapt them to your loved one, because you know your loved one the best!

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