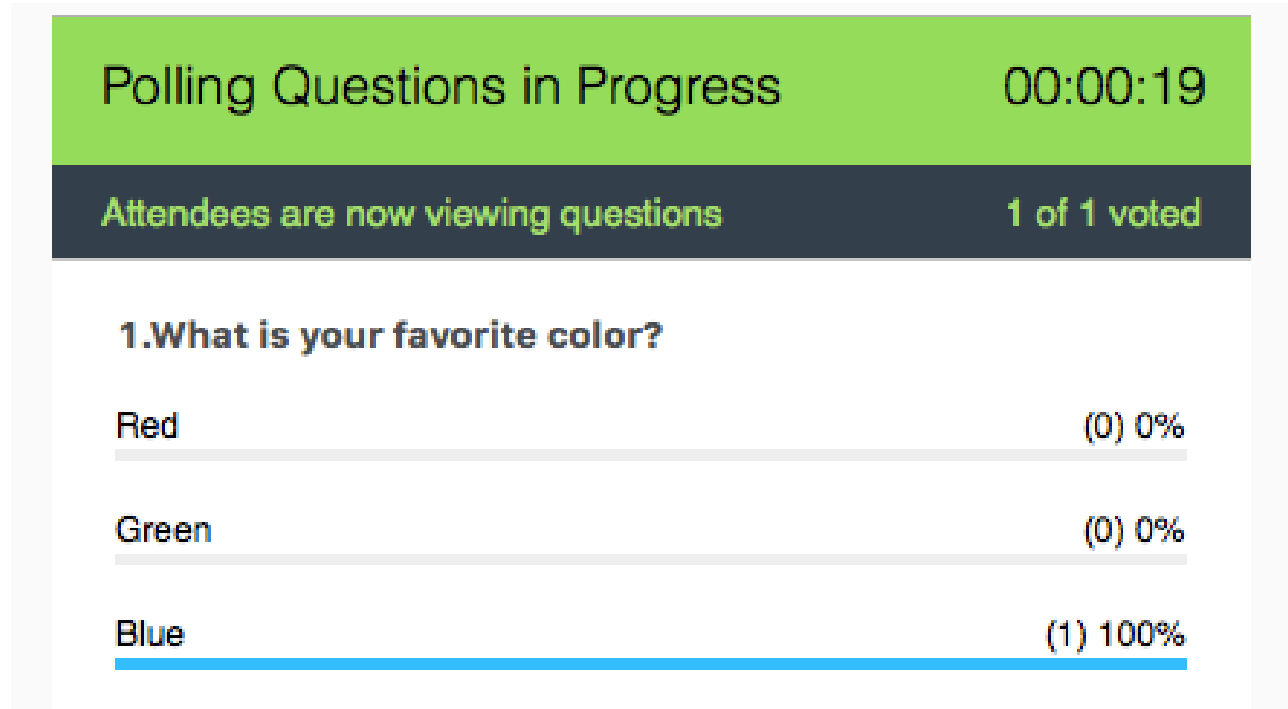




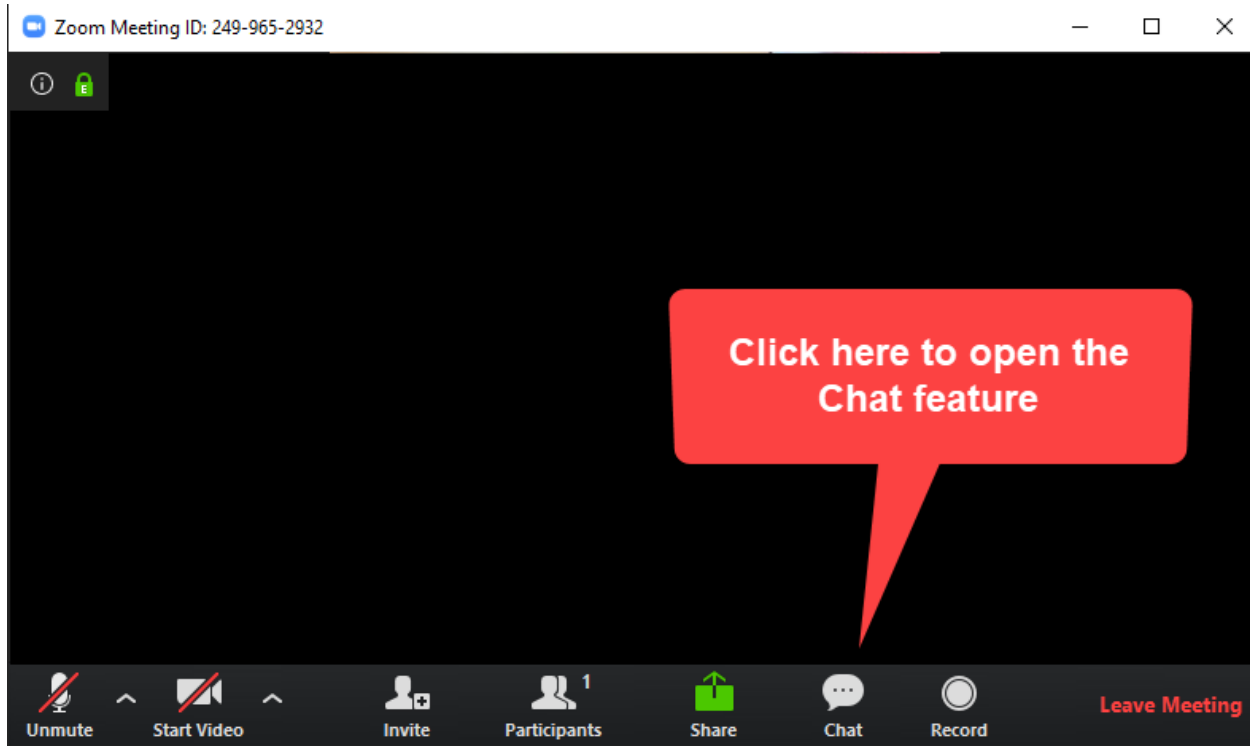
# Romance After 50

# Chime in!

## Polls



# Chime in!



Chats



A woman with a pink headband is holding a bouquet of flowers. In the foreground, a man's face is visible, looking towards the woman. The background is a soft-focus outdoor setting with dry leaves.

# Healthy Sexuality

I think sex should be confined to one's lifetime.

~Woody Allen





*Physical  
challenges  
keep people  
from having  
sex*

**Myth No. 1**

Though having sex as you get older may require creativity, it is possible — and healthy — to remain sexually active.

Tip: see a doctor or therapist so you can feel better sooner





*Women can't  
avoid pain  
during  
intercourse*

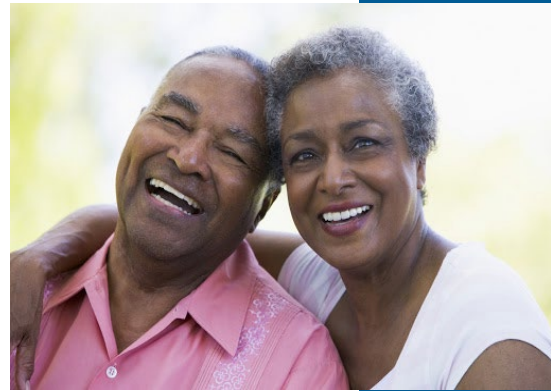
**Myth No. 2**

Women experience biological changes that may result in uncomfortable or painful intercourse.

Tip: Use lubricants. Your doctor may be able to suggest other approaches.







*There's  
nothing people  
can do to get  
their groove  
back*

### **Myth No. 3**

Older adults who are in good health report having more sex and a greater interest in sex than those whose health is not as good

Tip: Loss of interest is often tied to a physical or psychological challenge. A doctor or therapist can help.





*Sex is  
dangerous in  
later life*

**Myth No. 4**

Sex is unlikely to cause anything worse than aches and pains from unused muscles or arthritic joints.

Studies show that being sexually active can improve your mental, emotional, and physical health.

Tip: Consult your physician or get a second opinion





# Who's Doing It? Sex Trivia



*I abhor averages. I like the individual case. A man may have six meals one day and none the next, making an average of three meals per day, but that is not a good way to live.*

–Louis D. Brandeis



# Love is lovelier, the second time around



How many people think sex is just for younger people?

- 1 in 6

Reference: AARP and University of Chicago, The Center on Aging  
Image credit: Sujata Setia



# In the Mood



How many people believe that sexual activity is a crucial part of a good relationship?

- 3 out of 5 agree

Reference: AARP and University of Chicago, The Center on Aging



# (I can't get no-o) Satisfaction



- How many people think a satisfying sex life is essential to quality of life?
- 66% of men and 50% of women



# All Night Lo-ong



- What percent of **men** over age 50 have taken Sexual Enhancement Medications, within last year?
  - 17%
- What percent of **women** over age 50 have taken Sexual Enhancement Medications, within last year?
  - 1%

Reference: AARP and University of Chicago, The Center on Aging

Image credit: Sujata Setia



# Let's Do the Numbers

- About 50 million people are over age 65
  - 45% are not be married
  - 7 to 10% identify as LGBTQ
- 53% of those ages 65 to 74 are sexually active



Reference: National Sexuality Resource Center





# Sex and Pleasure: Lots of Good News

- 20% of older adults are sexually active into their 80s
- 35% of men over the age of 80 had sex in the past year
- Age 50+ who said their most recent sexual encounter with a partner was extremely or “*quite a bit*” pleasurable  
**78% of men** and **68% of women**



Reference: Center for Sexual Health Promotion Indiana University-Bloomington, 2011



# Sex and Looking Good



According to a Scottish study:

Adults having regular sex look *7-12 years younger* than their peers.



# Sex and Romance are Good for Health



- Stimulates the immune system
- Lowers stress
- Improves sleep
- Releases endorphins
- Increases breathing and circulation
- Improves relaxation and self-esteem



# Sex is Good at Any Age



- Confront stigma and shame from family, caregivers and doctors
- 1 in 10 older people have been asked about their sexual health by a doctor
- Most older people believe that a healthcare provider should initiate the conversation



# Find Space for Sex



- Assisted living facilities and long-term care are more supportive of sexual expression among residents
- Families, not so much





# Sexual Orientation



Lesbian, Gay, Bisexual, Transgender or Questioning (LGBTQ) elders are increasingly comfortable with their sexuality but may experience additional concerns of isolation and oppression as they grow older.



Have Questions? Use Chat





A woman wearing a wide-brimmed straw hat and brown overalls over a white shirt is smiling. She is holding a large wooden spoon horizontally in front of her face. The background is a blurred body of water with white flowers.

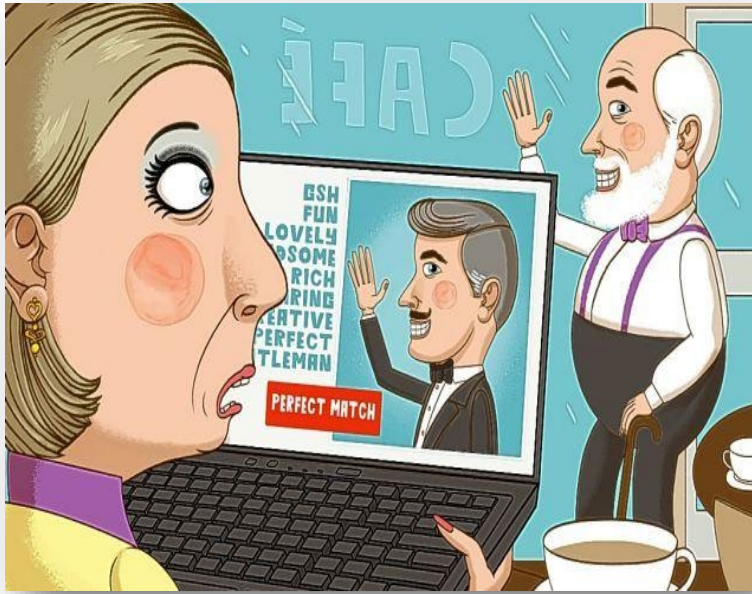
# LOOKING FOR A PARTNER

*Do not regret growing older.  
It is a privilege denied to many.*

~Author Unknown



# Online Dating



Where, Why, How

If you have tried online dating, what's the good, bad, and the ugly?



# Weathering a Pandemic in Isolation

*Authentic Human Connection* is so important for mental health

Virtually meetings/dates

Some recommended apps for making new connections

- How to keep things natural
- How to do it all safely



# Where? What dating sites have you used or heard about?



## Popular sites for those over 50

Match.com

eHarmony

Christian singles

OurTime

Elite Singles

Matchmakers

Reference: (USA Today, Woman's World)



# Meeting People Online

**Friendr:** Focus is to make friends and find people to social-distantly hang with during this time. Rate interest in activities and hobbies (friendrapp.com)

**Plenty of Fish:** Best known as a romantic dating platform, it also caters to platonic connections, “friendship-friendly”. (pof.com)



**BarkHappy:** Connect with other dog owners in your area on common furry-friend interest. (barkhappy.com)



# 3 tips on how to meet new people online

## 1. Be willing to put yourself out there, and keep it moving

Start the conversation, keep things casual, then to FaceTime or Zoom

## 2. Insist on a video meet-up early on

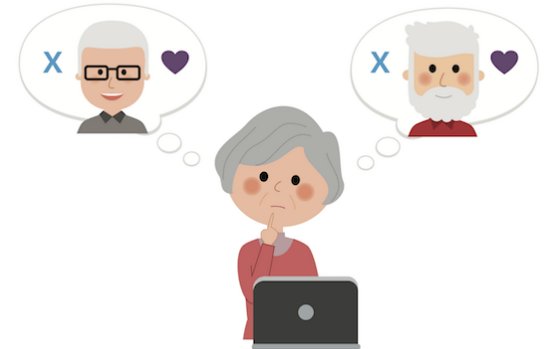
Virtual dates are the new normal

## 3. Keep virtual dates quick

Strategically time block your virtual meet-ups.

Keep first date a casual virtual happy hour- 20 minutes

If going well, schedule a follow-up where you can dine together while apart or play a game online, such as Words with Friends, or stream a series or movie





# Things to Keep in Mind

- Some people won't look exactly like their photos! :)
- Meeting in person?
  - Choose a public location for safety, outdoor activity, bar or restaurant outside, but see if your partner feels comfortable first.
- Wear your masks, gloves, and bring hand sanitizer.
  - If your “date” isn't practicing COVID-19 protection measures....walk away.
- Connecting during quarantine can have some benefits. You both may begin in a more intimate place with a new person.
  - For example, “What do you do for work?” has been replaced with “How's your quarantine going?”



# Made the decision to put yourself “out there”



USA Today, 2019

- Create an honest profile
- Find a recent picture that expresses YOU
- Think about what you want in a relationship, not willing to compromise
- Practice your meet up conversation
  - What will that look like?

○ Pure Wow: <https://www.purewow.com/wellness/dating-over-50>



# Age Is Not a Condom



- 90% of unmarried men over 50 don't use condoms
- 17% of new HIV cases are among people over 50
- 18% of people over 50 get a sexually transmitted infection (STI)
- Medicare covers STI and HIV screenings



A photograph of an elderly woman with short, light-colored hair, wearing a wide-brimmed straw hat and dark brown overalls over a white shirt. She is smiling broadly and holding the brim of her hat with both hands. The background is a soft-focus outdoor setting, possibly a field or garden. The text is overlaid on the center of the image.

# Solo Sex

Do not regret growing older.  
It is a privilege denied to many.

~Author Unknown



# Give yourself permission

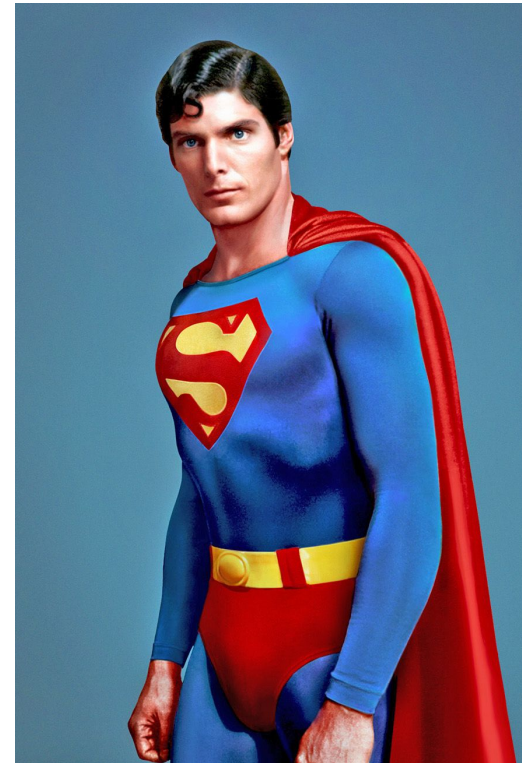
- Religion
- Thoughts
- Feelings





# Give yourself some help

- Fantasy
- Erotica
- Sex Toys







## Partnered? Five tips for Better Romance

To solve any problem, here are three questions to ask yourself: First, what could I do? Second, what could I read? And third, whom could I ask?"

~Jim Rohn



# Try a New Position



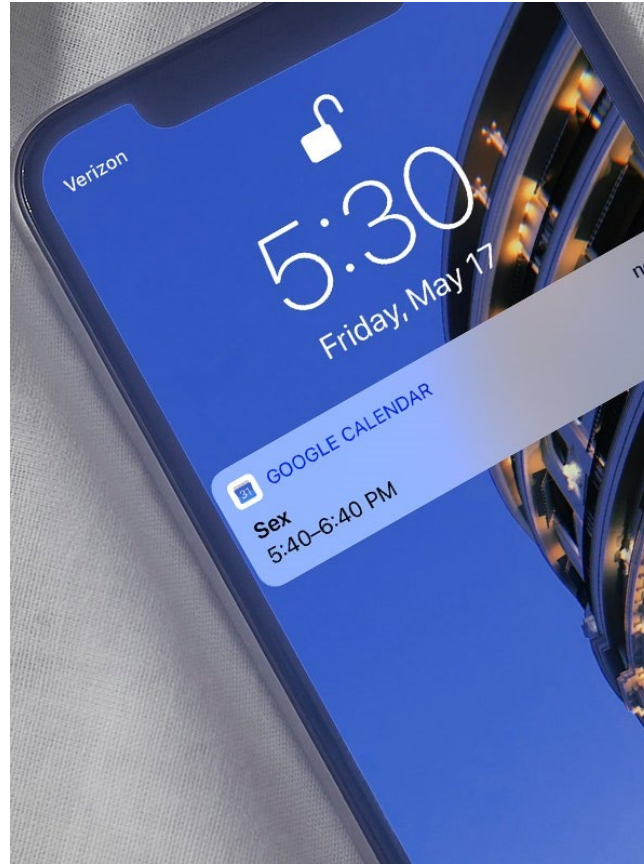
# Have sex on top of the washing machine



# Be a Good Kisser



# Set the mood far in advance

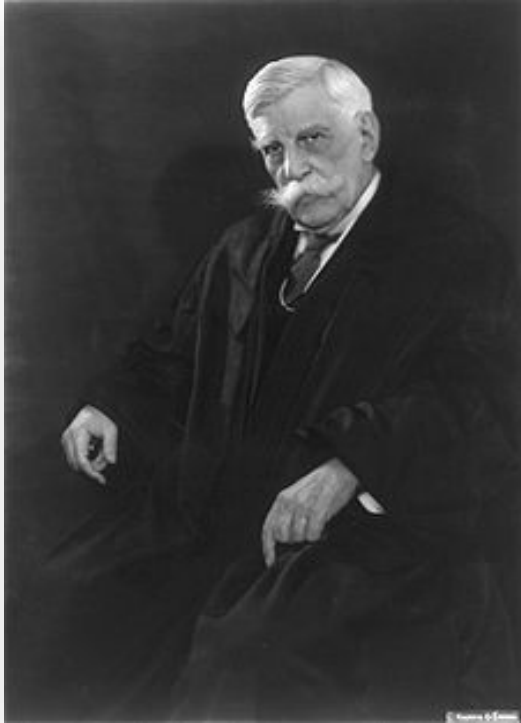




# Find ways to be romantic



# Parting Thoughts



On his 95th birthday, Supreme Court Justice Oliver Wendell Holmes saw an attractive woman and mused,  
*"Oh, to be seventy again."*

