

The Road Less Traveled: Supporting Adults with IDD in their Journey to Healthy Sexuality

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- I. **Destination:** Begin with the End in Mind
"If you don't know where you are going, any road will get you there." – Lewis Carroll
 - a. Healthy
 - i. Balanced
 - ii. Safe
 - b. Sexual
 - i. Being vs. Doing
 - ii. Myths
 - c. Adult
 - i. Dependent – Independent
 - ii. Person vs. Object
 - iii. Response-able
 - d. Consequences
 - i. Delayed or Absent Instruction
 - ii. Distorted Instruction
 - iii. Increased Vulnerability to Abuse
 - iv. Guilt and Shame

- II. **Preparation:** Equipped for the Journey
Head and Heart
 - a. Head
 - i. Conversations
 1. Start Early
 2. Redirecting Sexual Thoughts
 3. Connect to Life
 - ii. Self-Awareness
 1. Aware of how I impact others
 2. Aware of personal challenges
 - iii. Boundaries
 1. Setting Specific
 2. Personal-Professional
 3. Public-Private
 - iv. Observational Tool, Social Skills
 1. Body Language
 2. Two Yeses
 - b. Heart
 - i. Created for a Purpose, Not a Person
 - ii. Created for Community
 - iii. Our actions are the overflow of our heart

III. **Navigation:** Response-able Choices

Hands

- a. Hands
 - i. Guardrails
 - 1. Conversations
 - 2. Expectations/Standards
 - 3. Technology
 - ii. Rest Areas
 - 1. Taking a Break
 - 2. Tech Boundaries
 - iii. Road Construction
 - 1. Maintenance
 - 2. Accountability
 - iv. Accidents
 - 1. Heartbreak
 - 2. Moving Forward

IV. Questions & Answers