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EXPLORING THE FACETS OF SEXUALITY AMONG OLDER ADULTS

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Since discussions about sexuality is considered taboo in the Filipino culture, provision of quality holistic care often lacks the sexuality aspect. This research was conducted to highlight the need for nurses to incorporate sexuality in their care of older adults. The overall findings revealed that Filipino older adults have low levels of sexuality expressed by the participants' sexual desire, behavior, and intimacy. Males have significantly higher levels of sexual desire, behavior, and intimacy. Living arrangement does not seem to influence the level of sexuality in all its 3 facets. Sexual desire was significantly higher among those with tertiary education and without chronic illness. It is recommended that nurses carry out their assessment of clients to include the exploration of their sexuality especially the older adults. A similar study may be done to explore other variables like demographic location, i.e., rural or urban setting; socio-cultural factors; and functional performance status. It is also recommended that a similar study may be done exploring the different facets of sexuality among homosexual older persons.

RETHINKING AGING: NOT THE TRADITIONAL NURSING HOME GRANDMA LIVES IN

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Dan Levitt, challenges societal attitudes toward aging by introducing a new approach to residential living. The goal of this interactive talk is to start a new conversation that reframes elderhood as an exciting stage in human growth and development. The conventional narrative of decline in mid-life and beyond has been reinforced by ageism from younger generations who fear eventually becoming part of the targeted demographic. This session will provide inspiration, insight and a new lens to view housing and care as a springboard for the greatest chapter in life.

Learning Objectives and Takeaways for this Educational Session:

- Rethink aging from practical examples that challenge the current perceptions of elderhood.
- Recognize that getting outside of your comfort zone presents opportunities for growth and development.
- See that changing a culture requires insight from the lessons learned by others who have been successful.
- Take home practical strategies to help you meet the challenges you face in your work and personal life.