

Who we see:

Includes people who have:

- Acquired brain injury
- Amputation
- Arthritis
- Burns
- Cancer affecting the central/peripheral nervous system
- Cerebral palsy
- Guillian-Barre syndrome
- Multiple Sclerosis
- Muscular dystrophies
- Neuromyelitis optica
- Parkinson's disease
- Pre/post solid organ transplant
- Spina bifida
- Spinal cord injury
- Transverse myelitis
- Traumatic brain injury

How to access the Sexual Health Rehabilitation Service

A doctor or nurse practitioner referral is recommended.

Please direct all referral inquiries to:

604-737-6233

http://www.vch.ca/Locations-Services/result?res_id=871

SCIssexualhealth.ca



Sex after SCI



Fertility



Pregnancy



Sensation



Bowel/Bladder



Mobility



Relationships



And More!



Making better decisions together with patients and families

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For more copies, go online at <http://vch.eduhealth.ca>, call Sexual Health Rehabilitation Service at **604-737-6233** or email pheem@vch.ca and quote Catalogue No. **GA.022.SE92**
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The information in this document is intended solely for the person to whom it was given by the health care team.
www.vch.ca

Vancouver Coastal Health
Promoting wellness. Ensuring care.

Sexual Health Rehabilitation Service



GF Strong Rehab Centre
4255 Laurel Street
Vancouver BC V5Z 2G9
Tel: 604-737-6233
<https://scisexualhealth.ca>

What is sexuality?

Sexuality includes all of the feelings, attitudes and behaviours that add to a person's sense of self. These feelings may be impacted by your age, culture and life experiences.

What is the Sexual Health Rehabilitation Service (SHRS)?

We are a team of rehabilitation nurses who specialize in the area of sexual health and disability.

We give confidential education and support to improve sexual wellness. We work with a doctor and with other community resources.

Common topics include:

- Confidence
- Self-image/ self-esteem
- Sexual function
- Relationships
- Fertility
- Sexual aids
- Communication



For some people, sexual health is an important but often difficult area of health to talk about. Our service aims to provide a supportive way to help you with your concerns.

If you feel unsure about what questions to ask, we can help guide the conversation based on your comfort and readiness. Check out our website for more information: scisexualhealth.ca

Common questions/concerns:

- Can I still have sex?
- Can I have children now?
- How do I maintain a healthy relationship with my partner?
- How will I talk to a partner about sex?
- How do I improve my self-confidence?

What is the cost to access the service?

Services provided by the Sexual Health Rehabilitation Service are covered under the provincial health plan.

Services we provide:

For clients, partners, and family members

- Individual/couple counselling and education
- Group workshops
- Support groups
- Access to resources
- Sperm Retrieval Clinic (for men experiencing changes to ejaculation)
- Sexual Medicine Physician consultation

For Health Care Professionals

- Customized educational workshops and presentations
- Consultation regarding client issues
- Provision of educational materials to assist staff in addressing the sexual health concerns of their clients
- Networking with community resources