

Gaps in Reproductive Healthcare Resources for People with Disabilities

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What is reproductive healthcare?

Reproductive healthcare is care for a person's reproductive body parts, such as a penis, vagina, uterus, testes, and more.

It includes things like:



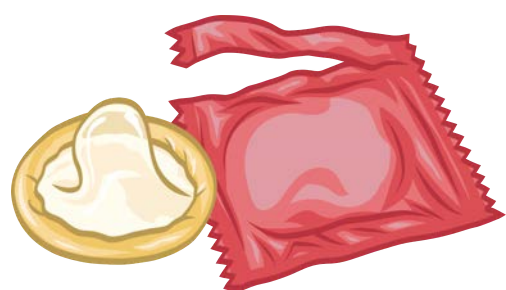
Screening to look for cervical cancer, breast cancer, and testicular cancer



Screening and treatment for sexually transmitted infections (STIs)



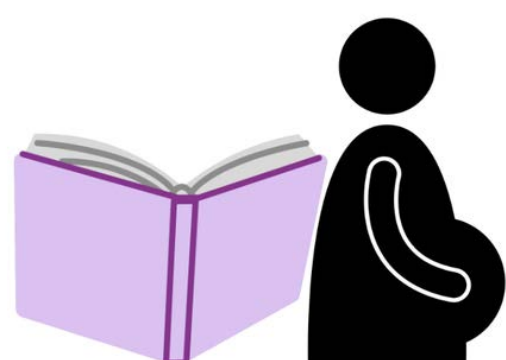
Care for problems such as heavy or painful periods, pain during sex, or trouble peeing



Contraception or birth control for people who don't want to get pregnant



Fertility care for people who are trying to get pregnant



Health advice before pregnancy (preconception care)

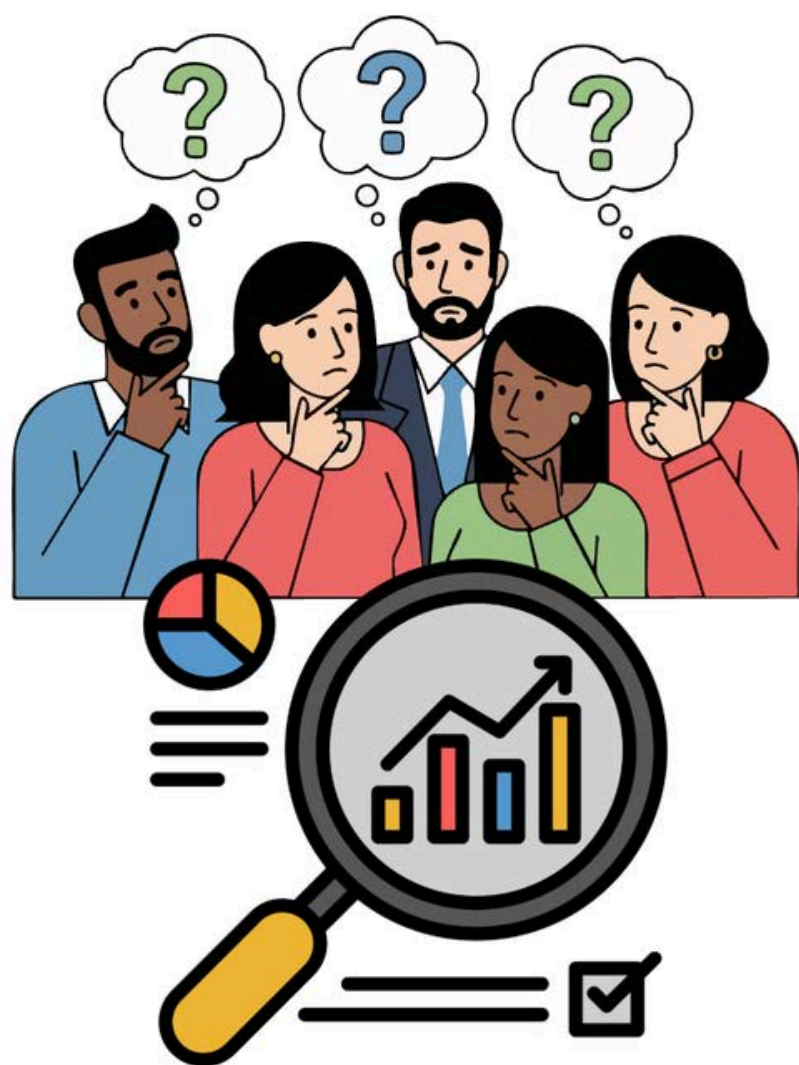


Pregnancy care and care after birth (postpartum care)

What did the researchers do?

The researchers looked at videos, guides, websites and other resources on reproductive healthcare for people with disabilities.

The researchers reviewed 75 resources and listed:



Who each resource was made for

What topics were covered in each resource

If the resource was based on research

If there was a cost to access the resource

If someone could use the resource on their own or not (for example, some resources are only offered in classes or workshops taught by experts)

What did the researchers find?

The researchers identified several gaps in reproductive healthcare resources for people with disabilities:

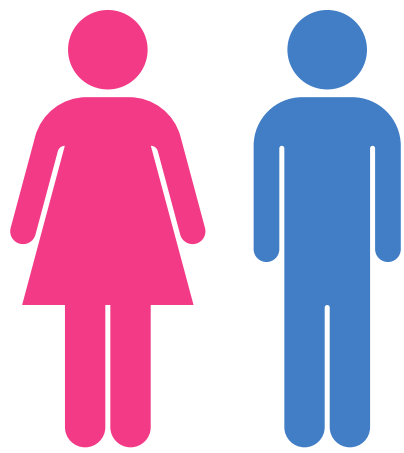


There are more resources on sexuality education for people with disabilities than on reproductive healthcare.



Some of the healthcare resources are intended for doctors who serve patients with disabilities rather than for people with disabilities themselves.

What did the researchers find? (continued)



There are more reproductive healthcare resources for women than for men.



There are only a few resources that talk about long-term problems, such as painful periods or endometriosis.



There are more resources on sexually transmitted infections and birth control than on screening for breast, cervical, and testicular cancer.



Some of the resources do not include information that is specific to the needs of people with disabilities.

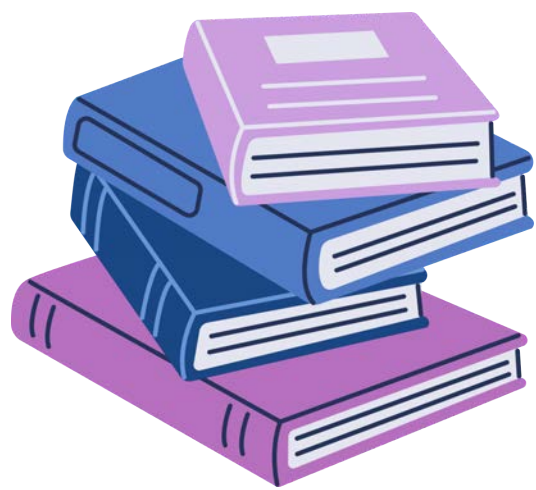


There are few reproductive healthcare resources for people who are blind/low vision or Deaf/hard of hearing.

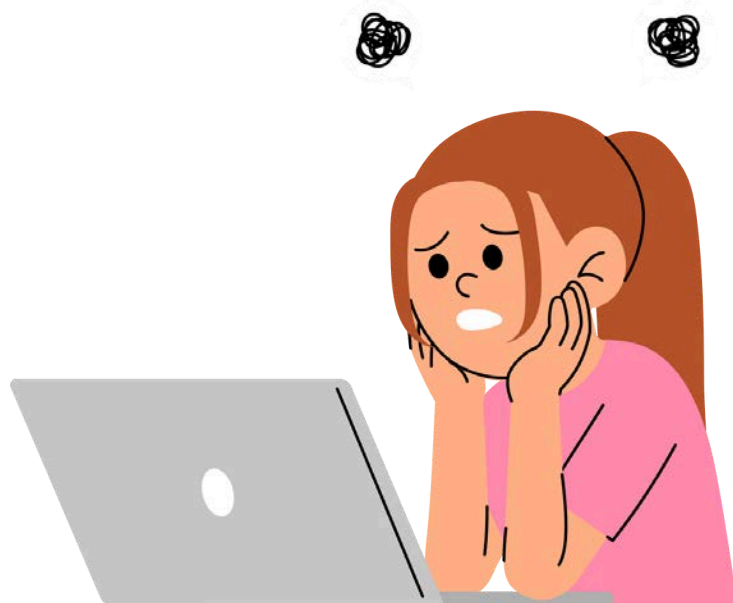


Although there are some resources that talk about certain parts of reproductive healthcare for people with some types of disabilities, there are no resources that cover all reproductive healthcare topics for all people with disabilities.

Takeaways



This gives a big-picture view of what reproductive healthcare resources are available for disabled people right now.



Even though there are many resources, it may be difficult for some people with disabilities to find a resource that meets their needs.

Next Steps



The researchers are working on a new reproductive healthcare toolkit. This toolkit will provide more complete and useful information on reproductive health care for a wider range of people with disabilities.



The research team is getting input from teens and young adults with disabilities about what they want to know. The team includes doctors who will make sure the medical information in the toolkit is correct.

When the toolkit is done, it will be available online for free.

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Reproductive and Sexual Health Resources for People with Disabilities

Reproductive Health Care

Resources for girls and women

- [Take Charge! Reproductive Health Guide for Women with Disabilities](#)
- [Women's Health and What Every Woman Should Know](#)
- [University of Kentucky Disability and Women's Health Resources](#)
- [Understanding me: Sexual Healthcare Doctor Visit](#)
- [Tiger Lily: Gyn Princess Warrior](#)
- [A Complete Guide to Your First Gynecologist Visit](#)
- [What Happens the First Time You Go to the Gynecologist?](#)
- [Your First Gynecologic Visit](#)

Resources for parents

- [Becoming a Woman](#)
- [Your Daughter's First Gynecology Visit](#)

General Health Care Information

Resources for girls and women

- [Getting the Care You Need](#)
- [Resources Supporting Health Care for Individuals with Intellectual and Developmental Disabilities](#)
- [Family Matters Toolkit](#)
- [Taking Charge of My Health Care Toolkit](#)

Sexual Health

Resources for people with disabilities

- [National Council on Independent Living: Sex Ed for People with I/DD](#)
- [Real Talk – conversations about dating, love, relationships, and sex](#)
- [Growing Up OK Guide](#)
- [Our Sexuality, Our Health: A Disabled Advocate's Guide to Relationships, Romance, Sexuality and Sexual Health](#)
- [Sexuality Education Resources](#)
- [Consent toolkit and Safe Boundaries toolkit from Self-Advocate Network](#)
- [Center for Relationships & Sexuality Education: Adult Workbooks](#)
- [Boundaries and Beyond](#)
- [Rainbow Guidebook](#)
- [Proud and Supported Series](#)
- [Sex Ed for Self-Advocates](#)
- [Amaze](#)
- [Sex Talk for Self-Advocates Webinar Series](#)
- [AbilityforLife](#)
- [Sexual Aids - United Spinal Association](#)
- [Sexuality and Disability](#)
- [The Handi Book of Love, Lust & Disability](#)
- [How do you symbolize intimacy? For many AAC programs, not particularly well.](#)
- [Temple University AAC Sexuality Vocabulary List](#)
- [Planned Parenthood of Delaware: ASL videos](#)
- [Sexual Health Video Library for Use by Deaf Communities](#)
- [Jooux – sexual wellness for Deaf, DeafBlind, DeafDisabled, Hard of Hearing, and Late-Deafened communities](#)

Resources for parents and educators

- [The Healthy Bodies Toolkit](#)
- [Talking to Your Children About Sexuality](#)
- [Sexuality and Developmental Disability: A Guide for Parents](#)
- [Family Tree Clinic DDBHH Video Transcripts](#)
- [Introduction to Sexuality Education for Individuals Who Are Deaf-Blind and Significantly Developmentally Delayed](#)
- [National Center on Deafblindness OHOA Module 21: Sexuality](#)
- [Sexuality Education for People who are Blind or Visually Impaired](#)
- [SkillFlix for Parents of Autistic Youth](#)
- [Charting the Course: A Family Toolkit to Help Youth with Autism Navigate Sexuality and Relationships](#)
- [Dear Parents Who Want to Keep Their Nonspeaking Children Safe as They Go Out Into the World](#)
- [AAPD Leadership Award Project- Healthy Sexuality & Sexual Violence Webinars](#)

Resource hubs

- [Disability Inclusive Sexual Health Network](#)
- [Sexual Health Education Resources-Federation of the Blind](#)
- [Elevatus: Free Resources](#)
- [Relationships & Sexuality](#)
- [Work Together NC: Explore My Sexuality and Gender](#)
- [AAC and Consent, Safety, and Dignity](#)
- [Healthy Relationships, Sexuality, and Disability](#)
- [Sexual Health and IDD Resources](#)
- [Sexuality Education for Students with Disabilities](#)
- [Sexual Health Equity for Individuals with Intellectual and Developmental Disabilities: Sexual Health Resources](#)

Curricula

- [Circles](#)
- [ElevateUs: Sexuality Education for People with Developmental Disabilities](#)
- [Family Life and Sexual Health Special Education curriculum \(FLASH\)](#)
- [Friendship & Dating Program](#)
- [Healthy Relationships through Arc of Spokane](#)
- [Illinois Imagines](#)
- [Sexuality Across the Lifespan for Children and Adolescents with Developmental Disabilities](#)
- [Positive Prevention Plus - Special Education](#)
- [Safe SECS](#)
- [Sexuality for All Abilities](#)
- [Relationships Decoded](#)
- [The Birds & the Bees](#)
- [Teaching Sexual Health: Teaching Human Sexuality to Students with Differing Abilities](#)
- [Teen Talk Adapted for All Abilities](#)
- [Positive Choices](#)
- [Down's Syndrome Association: Relationships and Sex](#)