



## What are the benefits?

Exploring your sexuality and getting the support you need in a non-judgmental space can be empowering and liberating. Royal Rehab's Sexuality Service is committed to providing holistic sexuality support following illness, injury and disability. We do this by attending to biological, psychological, social, and spiritual domains of our clients' sexual health and wellbeing.

Our multi-disciplinary team provides thorough assessment, and personalised, creative and evidence-informed education and interventions. Ongoing follow-up and referrals are offered, as required.

Everybody can have pleasure and meaningful relationships — take the first steps to discover yours today!



# Sexuality Service

Pleasure and relationships for every body



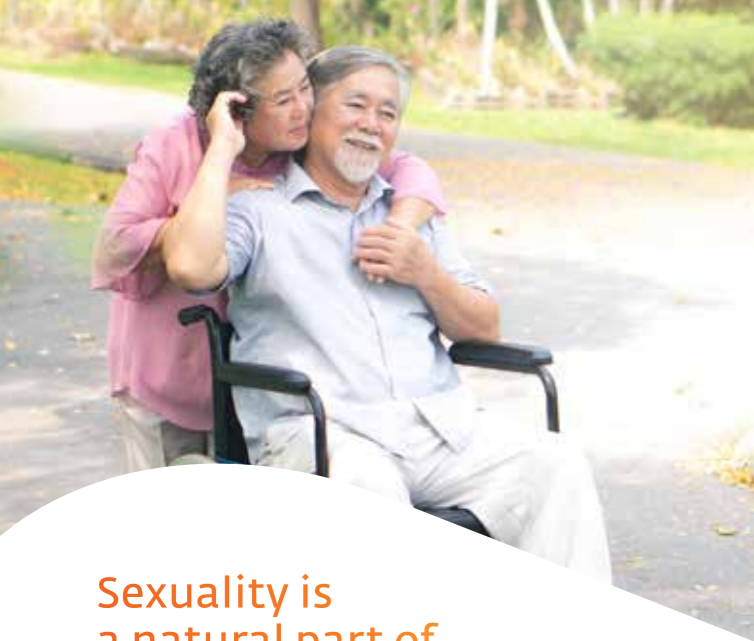
Contact us today

02 9808 9205  
sexuality@royalrehab.com.au

[royalrehab.com.au/sexuality-service](http://royalrehab.com.au/sexuality-service)



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Sexuality is a natural part of being human. From pleasure, intimacy and reproduction to gender identity, sexual orientation and eroticism, sexuality can be experienced and expressed in many ways.

It is common for your sex life and relationships to change after an injury, illness or disability. Sometimes your worries and concerns can be so personal that you're not sure where to turn.

If your disability impacts your sex life and you're looking for sexuality support and guidance, there's no need to feel isolated. Our qualified psychosexual therapists are here to help. We offer personalised support including one-on-one and couples counselling, and educational courses to empower you to create a meaningful, pleasurable, and rewarding sex life.

## What we offer

Sexuality can be very personal and talking about difficulties can often bring up lots of emotions. With our service, you will be in a non-judgemental, confidential, and safe environment where you are supported to be yourself following injury, illness or disability.



### Relationship and sexuality counselling:

A holistic approach to sexual wellbeing including personalised support to help you develop your confidence in exploring your sexual needs and abilities. All relationship styles are welcome, and people may attend individually or with their partner/s.



**Sexuality clinic:** Our specialised clinic has a holistic focus on all aspects of your sexual health and comprises a multi-disciplinary team of specialists including speech pathologists, occupational therapists, social workers, nurses and physiotherapists to help with a range of concerns.



**Sexuality retreats:** A safe space for couples and individuals to invest in relationships, build intimacy and communication skills.



**Sexuality training and education for clinicians:** Training programs and workshops for clinicians to upskill, improve knowledge and understanding around a wide range of sexuality topics. Whether you are after one-hour sessions or full day workshops, our training is tailored to your needs.



## We welcome you

**This service is available to anyone over 16 years of age who has experienced illness, injury or disability. We embrace clients from diverse sexual backgrounds, identities, communities, and lifestyles. These include, but are not limited to, LGBTQIA+, non-binary and gender expansive, kink/BDSM, sex work and ethical non-monogamy.**

The Sexuality Service may be accessed at the Royal Rehab Ryde campus, virtually via telehealth or in the convenience of your home (some travel restrictions may apply).

## What makes our team different?

Our psychosexual therapists are qualified health professionals who have completed post-graduate, specialist qualifications in psychosexual therapy and are members of the Society of Australian Sexologists (SAS).

Royal Rehab is Australia's leading provider of rehabilitation and disability services. Our psychosexual therapists have unique access to a multidisciplinary team of professionals including speech pathologists, occupational therapists, physiotherapists, nurses, and social workers. For you, this means a holistic approach to your sexual health and wellbeing.

Some aspects related to sexual health and function require the expertise of doctors, and referrals can be made through us.

## Fees and charges

Royal Rehab is an accredited NDIS provider, and the cost of our Sexuality Service may be funded through the NDIS. Fees may also be covered by icare, other compensable insurance schemes, or you can self-fund.

Contact our friendly team for a fee estimate.



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