

SIECUS wishes to thank staff intern Renée Muza along with the following sexuality education professionals for their guidance: Peggy Brick, MEd; Bill Taverner, MA; Pepper Schwartz, PhD; and Mary Krueger, PhD.

Websites

<http://www.sexualityandaging.com/> The blog of the **Sexuality and Aging Consortium at Widener University** provides resources and insights from professionals who provide sexuality education to older individuals and couples.

www.aarp.org/relationships The **Love & Relationships page of the AARP** (founded as the American Association of Retired Persons), a reference site focused on the sexuality of people age 50 and older.

www.sageusa.org The web site of **Services & Advocacy for GLBT Elders**. The largest and longest-established non-profit agency addressing the needs of lesbian, gay, bisexual, and transgender elders. SAGE works with LGBT elders to challenge discrimination in senior service settings, and to foster development of informal care-giving support, and new "family" networks.

www.nia.nih.gov/health/publication/sexuality-later-life The **Sexuality and Later Life** page of the **National Institute on Aging** at the National Institutes of Health. Focuses on the effects that physical and emotional changes of aging can have on sexuality in later life.

www.apa.org/pi/aging/resources/guides/sexuality.aspx The **Ageing and Human Sexuality Resource Guide** from the **American Psychological Association**, last updated in 2007, lists journal articles, books, book chapters, and organizations related to sexuality and aging.

<http://cregs.sfsu.edu/issues/sex-and-aging> The Sex & Aging page of the **Center for Research and Education on Gender and Sexuality** at San Francisco State University links to blogs and articles on topics related to sexuality and aging.

www.menopause.org The **North American Menopause Society** is a non-profit dedicated to promoting the health and quality of life of women through an understanding of all aspects of menopause. This site contains an online magazine, health news updates, and an "ask the experts" section.

www.sexsmartfilms.com **Sex Smart Films** promotes sexual literacy through film. This site contains an impressive archive of videos to teach, inform, and entertain, while covering a broad spectrum of topics related to sexuality.

www.ourbodiesourselves.org The **Boston Women's Health Collective** site contains a wealth of information on all aspects of women's sexuality, along with a special section devoted to menopause.

www.sexualitystudies.net/resource/sexuality-gender-and-aging **SexualityStudies.Net** is an international forum with open-source content. Modules on gender and aging, developed by Sue Dyson of Australia's La Trobe University, provide lesson plans addressing several dimensions of this topic for adult learners.

www.nakedatourage.com The blog of health and fitness writer Joan Price, **Naked at Our Age** is a continually-updated forum of senior sex news and views; reader issues; expert tips; and reviews of books, films, and sex toys.

www.dodsonandross.com **Betty Dodson's** sex-positive feminist site has a substantive section dedicated to menopause and "sex after 50," along with blogs, podcasts, videos, and a sex shop.

Books

All Night Long: How to Make Love to a Man Over 50

Barbara Keesling

A former sex and couples therapist, the author encourages new approaches to sex that will enhance sexual satisfaction for both partners in later life. Directed toward women, the book emphasizes that emotional intimacy and an understanding of the aging process can lead to better sex. Chapters include "Experimenting with Arousal," and "Orgasm, Ejaculation and Love over 50."

2004; \$10; *M. Evans and Company, Inc.*

Another Chance for Love: Finding a Partner Later on in Life

Sol Gordon and Elaine Shimberg

The authors approach the subject of dating from a holistic perspective. The book encourages getting to know oneself, placing friendship before romance, and learning to understand what is most valuable in a relationship. Chapters include "When the Media Fashions our Perceptions," "Sharpening Communication Skills," and "When you're Feeling Stuck."

2004; \$11; *Adams Media*

Better Than I Ever Expected: Straight Talk about Sex After 60

Joan Price

As a fitness professional, this author presents health, exercise, and lifestyle information as well as personal stories from her own and other women's histories. It also provides tips to help women have the best sex of their lives. Chapters include: "The Bodies We Live in," and "Staying Sexy without a Partner."

2006; \$16; *Seal Press*

Coping with Erectile Dysfunction: How to Regain Confidence and Enjoy Great Sex

Michael E. Metz and Barry W. McCarthy

This book approaches erectile dysfunction with a combination of medical, psychological, and couples-related interventions. Chapters include: "Psychosexual Skills: Cooperation for Pleasure," "Developing Your Couple Sexual Style," and "Enjoying Sex and Preventing Relapse."

2004; \$10; *New Harbinger*

Dr. Ruth's Sex after 50: Revving up the Romance, Passion and Excitement

Dr. Ruth K. Westheimer

This book provides insight on issues such as STDs, masturbation techniques, physical changes in women and men, counseling, erotica, and empty nest syndrome from an older adult's perspective. Chapters include "Pitfalls of Retirement," "Emotional Fitness," and "Finding a Partner."

2005; \$10; *Linden Publishing*

Dr. Susan Love's Breast Book, 5th Edition

Susan M. Love with Karen Lindsey

This fully revised book provides a comprehensive look at the breast. Chapters include: "The Healthy Breast," "Common Problems of the Breast," "Diagnosis of Breast Problems," "Prediction and Prevention of Cancer," "Treating Breast Cancer," and "Living with Breast Cancer."

Appendices are included.

2010; \$15; *Da Capo Lifelong Books*

Erectile Dysfunction: Integrating Couple Therapy, Sex Therapy, and Medical Treatment

Gerald R. Weeks and Nancy Gambescia

This book for professionals provides medical information about various kinds of drugs and other interventions to treat erectile dysfunction; physiological information on why certain drugs work and may not work; psychological information on the effects of the disorder on the individual as well as the couple; and information on when and how to seek treatment and what type of treatment works best under various conditions. Chapters include "Overview of Issues and Concerns," "Medical Aspects of Erectile Dysfunction," "Sex Therapy with Couples: Basic Principles and Strategies," and "Integrating Psychological and Medical Treatments."

2000; \$30; *W.W. Norton & Company*

For Each Other: Sharing Sexual Intimacy

Lonnie Barbach

This classic book provides the reader with more than 50 exercises that explain how to increase sexual desire, experience orgasms with a partner, and enhance vaginal sensitivity. Chapters include "Learning about Yourself: The Sexual Arousal Process," "Sexuality: An Ongoing Journey," "What Is Normal Sexual Desire," and "Lack of Sexual Desire." Originally issued in 1983 and since revised, this book remains on many people's must-read lists.

2001; \$13; *Anchor*

For Women Only: A Revolutionary Guide to Overcoming Sexual Dysfunction and Reclaiming Your Sex Life, Revised Edition

Jennifer Berman and Laura Berman with Elisabeth Bumiller

This book provides women with information about female sexual response. It addresses changes through various stages of life, how to recognize sexual problems, how to talk to your doctor about sexual complaints without embarrassment, and how to find information on new courses of treatments and drugs. It also includes resources on helpful techniques for enhancing sexual pleasure. Chapters include "Sexuality through the Life Cycle," "Exercise, Sex, and Longevity," and "Female Sexual Dysfunction: Definitions and Causes."

2005; \$12; Holt

Gay and Lesbian Elders: History, Law, and Identity Politics in the United States

Nancy J. Knauer

Drawing on materials from law, history, and social theory, this book integrates practical proposals for reform with larger issues of sexuality and identity. Knauer focuses on specific legal concerns such as estate planning, housing, discrimination, and financial insecurity, and how they impact LGB elders and their allies and family members.

2011; \$85; Ashgate Publishing.

Gay, Lesbian, Bisexual, and Transgender Aging: Challenges in Research, Practice, and Policy

Tarynn M. Wittten and A. Evan Eyler, editors

This text presents what is currently known about aging GLBT individuals and what services are needed to support them. The editors compare care-giving in GLBT and heterosexual aging communities, and other top experts in the field discuss biomedical, psychological, social/sexual, spiritual, socioeconomic, and service topics related to supportive aging for sexual minorities.

2012; \$30; Johns Hopkins University Press

Great Sex after 40: Strategies for Lifelong Fulfillment

Marvel L. Williams

This guide gives adults the information they need to recognize and adjust to the normal sexual changes brought on by aging. Chapters include "Adjusting to Normal Sexual Changes," "The Sexually Fulfilled Woman," "Preserving Male Sexual Function," "Sex and the Prostate," "Sexual Challenges of Cancer," "The Truth about Sex and Heart Disease," and "Staying Sexual No Matter What."

2000; \$20; Wiley

Harvard Medical School Sexuality in Midlife and Beyond

Alan M. Altman and Suki Hanfling

This report details how physical changes that occur as people age can affect sexuality. Includes information on the therapies and medications that can help older people overcome common sexual problems

2007; \$15; Harvard Medical School

The Heart and Soul of Sex: Making the ISIS Connection

Gina Ogden

Based on the results of the author's extensive "Integrating Sexuality and Spirituality" survey, the book discusses the varying ways in which women experience sex, with unique insights from older women in addition to the views of younger women. Chapters include "Broadening Our Vision of Sex," "Opening the Circle, Starting with Your Journey," and "Creating Sexual Ceremony."

2006; \$23; *Trumpeter*

Hysterectomy? The Best or Worst Thing That Ever Happened to Me?: A Collection of Women's Personal Experience

Elizabeth L. Plourde

This book provides insights into the effects of reproductive surgery on the body. Women's varied personal experiences cover topics such as complete hysterectomy, hysterectomy with one and two ovaries removed, tubal ligation, and resolution without surgery.

2003; \$17.50; *New Voice*

Love Stories of Later Life: A Narrative Approach to Understanding Romance

Amanda Smith Barusch

The author, a gerontologist takes a scholarly approach to the issue of romance. Integrating theory, research, and personal narratives, the author seeks to explore issue of love in later life. Chapters include: "The Aging Self," "Looking for Love," and "Infatuation: A Madness Most Discreet."

2008; \$28; *Oxford University Press*

Midlife Lesbian Relationships: Friends, Lovers, Children, and Parents

Marcy R. Adelman

This collection of essays explores the complexities of relationships and bonds that sustain and nurture our lives. Essays include "Lesbian Friendships at Midlife: Patterns and Possibilities for the 21st Century," "The Bloom Is on the Rose: The Impact of Midlife on the Lesbian Couple," "Lesbian Dating and Courtship from Young Adulthood to Midlife," "Making Up for Lost Time: Chemically Dependent Lesbians in Later Life," and "Midlife Lesbian Parenting."

2000; \$20; *Routledge*

Naked at Our Age: Talking Out Loud About Senior Sex

Joan Price

Personal stories of women and men - coupled and single, straight and gay - talking candidly about how their sex lives and relationships have changed with age, and about how they see themselves, their partners, or their single life. Price presents their situations – some are unsatisfied or having no sex at all – and offers tips and guidance for reclaiming one's sexual pleasure in later life.

2011; \$16.95; *Seal Press*

Bibliography: Sexuality in Mid to Later Life

Older, Wiser, Sexually Smarter: 30 Sex Ed Lessons for Adults Only

Peggy Brick, Jan Lunquist, Allyson Sandak and Bill Taverner

An update of the 2003 book *New Expectations: Sexuality Education for Mid and Later Life*, this re-titled 2009 edition serves as a comprehensive guide to teaching sexuality education to older audiences. Lessons include: “Sexuality... What’s Spirituality Got to do with it?” “Skin Hunger: Everyone Needs Touch,” and “Safer Cyber Sex.”
2009; \$35; *Planned Parenthood of Greater Northern New Jersey, Inc.*

Our Bodies, Ourselves: Menopause

Boston Women’s Health Book Collective

The authors consider menopause within the totality of women's health and as a natural process, not a medical problem. They detail typical menopausal symptoms, mainstream and alternative treatments, and risk factors for such conditions as osteoporosis, heart disease, cancer and diabetes. They also explain the biology of menopause and provide guidance on how to evaluate research findings related to menopausal treatments.
2006; \$12; *Touchstone*

Prime: Adventures and Advice about Love, Sex and the Sensual Years

Dr. Pepper Schwartz

In this book, the author shares her own personal story of becoming single after twenty five years of marriage. While relating her own journey, she also gives advice to women in the second half of their lives on dating, sexual pleasure, and spirituality. Chapters include “The Commitment,” “Being Single,” and “Discovering Sex and Sexology.”
2008; \$15; *Harper*

Reclaiming Your Sexual Self: How You Can Bring Desire Back into Your Life

Kathryn Hall

Eschewing hormone-replacement therapy for a more holistic approach, the author examines possible causes and treatment for low libido in women. Chapters include “Sex Doesn’t Exist in a Vacuum,” “Sexercise for the Mind and Body,” and “When is Sex Right for You?”
2004; \$12; *Wiley*

The Right Side of Forty: The Complete Guide to Happiness for Gay Men at Midlife and Beyond

Bob Bergeron

Gay men now reaching forty may find themselves without appropriate role models for successful aging, having lost a generation of older gay men in the first decades of the AIDS epidemic. This book provides a step-by-step program, drawing upon the insights of clinical practice, the life-stories of gay men, and the practical benefit of cognitive therapy for older gay men in the twenty-first century.
2012; \$15; *Magnus Books*

Seasons of the Heart: Men and Women Talk about Love, Sex, and Romance after 60

Zenith Henkin Gross

Sharing personal stories, this book explores the sexual, romantic, and platonic joys of relationships after 60. Chapters include "Not the End of the Song: Love When the World Says 'No' and Elders Say 'Yes,'" "Troubles and Triumphs: The Baggage We Bring," "Flowers in Winter: Men Speak of Elder Love," "A Durable Fire: The Long-Lasting Marriage," and "Love and Mortality: Gay Men and Lesbians As They Age."

2000; \$15; *New World Library*.

Sex and Love for Grown-ups: A No-Nonsense Guide to a Life of Passion (AARP)

Sallie Foley

Taken from the "Modern Love" section of AARP Magazine, this book uses a question and answer format to address concerns about relations and sexuality in later life. Questions include "My wife and I are in our fifties and we have sex once a week. This isn't enough for me. Is that normal?" and "Our kids just left for college and it's created a stillness between my husband and me. How can we reconnect?"

2005; price unlisted; *Sterling*

Sex for Grownups: Dr. Dorree Reveals the Truths, Lies, and Must Tries for Great Sex After 50

Dorree Lynn, PhD and Cindy Spitzer

This book, written in a straight-forward and accessible style, provides adults with advice and guidance on sex and intimate relationships. Chapters include: "You're Still Rockin,'" "Sex Is More Than Procreation," "Keeping Your Juices Flowing," and "Illnesses, Schmillnesses."

2010; \$15.95; *HCI*

Still Doing It: Women & Men Over 60 Write about their Sexuality

Joanie Blank

This book, consisting of personal stories and experiences of women and men over 60, is a testament to sexuality throughout the life cycle. These erotic stories are frank and sexually graphic, with descriptions of body parts, arousal techniques, connections, positions, and releases. Inclusive of all sexual orientations.

2000; \$12.50; *Down There Press*

Still Sexy after All These Years: The 9 Unspoken Truths about Women's Desire beyond 50

Leah Klinger and Deborah Nedelman

The authors aim to dispel myths about older women and sexuality. Chapters include "Same-Sex Relationships don't Scare Older Women," "It's Never too Late to Celebrate Your Sexuality," and "Masturbation Can Keep You Independent."

2006; \$15; *Berkeley/Penguin*

Bibliography: Sexuality in Mid to Later Life

The Wisdom of Menopause: Creating Physical and Emotional Health and Healing During the Change, Revised Edition

Christiane Northrup

This book provides information on menopause using case histories as well as the author's life-changing experiences. It also examines the connection between menopause and a woman's emotional and spiritual life. Chapters include "Menopause Puts Your Life under a Microscope," "The Brain Catches Fire at Menopause," "Hormone Replacement: An Individual Choice," "Creating Pelvic Health and Power," and "Sex and Menopause: Myths and Reality."

2012; \$15; *Bantam*

A Woman's Guide to Great Sex after 50: Getting Your Mind, Body and Relationship Ready for Pleasure

Pepper Schwartz, PhD

Written by a widely-recognized expert in sexuality studies, this downloadable e-book provides tips for addressing the concerns of older women, such as boredom, lack of communication, pain, and much more. Geared to both couples and singles.

2010; \$14.97; *Vibrant Nation e-Book*

The Woman's Guide to Hysterectomy: Expectations and Options

Adelaide Haas, Ph.D., and Susan L. Poretz

Written from a feminist viewpoint and a scientific perspective, this book provides valuable information about the experience of hysterectomy. It addresses common fears and expectations as well as questions about diagnostic tests, preparation for surgery, postoperative care, and sexual relations and sexuality after surgery.

2002; \$19; *Celestial Arts*

Women's Sexual Passages: Finding Pleasure and Intimacy at Every Stage of Life

Elizabeth Davis

In this book, the author encourages women of any age to understand and enjoy their sexuality. Chapters include "Women, Sex, and Culture," "Sexual Awakening," "Sexual Transformation in Menopause," "Sex in Later Years: It Can Get Better!," "Sexual Abuse and Dysfunction: Ways to Heal," and "Celibacy: A Time for Loving Yourself."

2000; \$16; *Hunter House Publishers*

Bibliography publication date: 2012