

# Disability Makes Us Good at Sex

*By Regan Linton, MSW, MFA*

Disability and Sex.

Do they go together? Absolutely.

Is there one way to address the topic? Hell no.

The very term "disability" – and who it describes – is complex and diverse.

Disability can be physical, intellectual, emotional.

Visible or invisible.

Temporary or long-term.

Chronic or acute.

Acquired or lifelong.

Impact communication and ambulation, socialization and employment.

The only common experience among those in the "disability community" – whether we be blind, d/Deaf, autistic, have wheelchairs, pain, fatigue, OI, SCI, CP, MD, MS, and alllll the rest – is that we don't fit the "norm" in some way. Because of that, society tends to assume that many life activities aren't available to us.

Including sex.

But that's bullshit. A fallacy. Sex and sexuality are just as available to people with disabilities as to the "normies" ...and an equally thrilling part of who we are.

Sex is as diverse as the humans who engage with it. It's not just about reproduction, and hasn't been for a long time. It's pleasure. Fun. Intimate. Spiritual. And disability, like any other human characteristic, can enhance and expand our sexual experience, as an asset...as long as we don't allow stigma and limited thinking to get in the way.

Unfortunately, lots of society takes a cookie cutter approach to sex. Many "sexperts" – advice columnists, therapists, podcasters, porn creators, doctors, etc. – have never been disabled or lived beyond the "norm" themselves. So their perspective is limited; even the "inclusive" ones frequently stigmatize and exclude disability.

On top of that, people with disabilities aren't represented in popular depictions of sex. The person shown on the vibrator website getting ready to pleasure themselves is never someone with a wheelchair, missing limb, ventilator, or Down syndrome. Top 10 tips never address sensory caressing if you are blind or paralyzed, how to fuck if you have a catheter, or safety tips for dating if you take Access-a-Ride.

The content isn't readily available to explore, research, feel, hear, read, and watch. But that doesn't mean we can't do it.

So get creative. Every physical/mental instrument has just as much possibility as anyone else's, and don't let ANYONE tell you otherwise. Beware of irrational fears, shame, or hesitation that originate from sources outside yourself. Disabilities can make us BETTER – at sense. Touch. Attention. Intimacy. Vulnerability. Openness. Humor.

A few general tips:

- Practice general universal safety: safe sex, contraception, consent, respect, and boundaries.
- Take time and space to explore! This starts with #1. What do you like/not like? What feels good? What do you want to try?
- Communicate: It can be challenging, but it is INCREDIBLY important to assert yourself, your needs, and what works for you.
- Adapt: There are so many ways. Positions. Senses. Toys. Imagination. Breathing. Visuals. Online chatting. Written erotica. Fantasies.
- Let your mind go wild: The #1 sex organ for EVERYONE is the brain. No matter how yours operates, the more you can engage it, the more you'll discover.

Disability equals creativity. Don't limit yourself.

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