

RELATIONSHIPS AND SEXUALITY

Research has shown that a great number of people with physical disabilities are young people – mostly young men in their prime, as a result of accidents, sporting injuries, violence etc. It is interesting to note that those who are in a relationship or marriage before an accident, often leave their partner out of fear that he/she will not/can accept the new circumstances. According to experts, people with disabilities should give their partners the opportunity to get used to the new circumstances.

Open and honest communication plays an important role in the success of any relationship. The self confidence of a person with a disability is drastically reduced and much time is taken up through attempts to adapt to the new circumstances. A supportive partner is invaluable.

The recent accident of Mathys Roets [as well as 2 rugby players], who were injured with spinal injuries, brought to the fore the fact how quickly one's life can change. The support these people received from all over is praiseworthy. The truth of the matter is however, that such cases annually go unseen – cases where those concerned do not receive the necessary support.

Many of those concerned crack as a result of trauma that goes with disability. What is your opinion?

The intimate side of a relationship can be fully enjoyed with help and assistance of therapists and doctors – technology makes it possible that many people with disabilities can enjoy a successful sexual relationship. In some cases children may be conceived naturally, whereas in some cases, artificial insemination may be used to ensure the wonder of parenthood.

Experts are of the opinion that a happy relationship is a lifestyle commitment that should be strived towards. There are times when it is reached but to be happy at all times is an unreachable dream. People with disabilities must always keep this reality in mind. Enjoy every moment of happiness when it comes your way. If you keep this expectation in mind you will receive it. People with disabilities know the other side – the darker side of life.

Therefore they are more likely to see the happiness more easily. Fame, romance and possessions do not guarantee happiness. Genuine happiness is only found when a person finds a reason for his/her existence.

People with disabilities should be themselves to reach their potential and must not unnecessarily be supported by others to show their self worth. The acceptance of your unique circumstances is important. Know where you are going and do everything in your power to achieve a future for yourself. This mindset will motivate you and others. People must find happiness within him/herself before they find it in others.

I would like to enquire from people with disabilities their experience regarding sex? The school of thought generally that people with disabilities are not interested in sex, is totally untrue.