

Selected References on Sexuality and Aging

Provided by the Consortium on Sexuality and Aging <http://www.sexualityandaging.com>

© Anita P. Hoffer, PhD, 2007

- Adams, C. G., & Turner, B. F. (1985). Reported Change in Sexuality From Young Adulthood to Old Age. *Journal of Sex Research, 21*(2), 126.
- Adelman, M. (2000). *Midlife Lesbian Relationships: Friends, Lovers, Children and Parents*. New York, Routledge.
- Allen, R. S., Petro, K. N., & Phillips, L. L. (2009). Factors influencing young adults' attitudes and knowledge of late-life sexuality among older women. *Aging & Mental Health, 13*(2), 238-245.
- Altman, A. and L. Ashner (2001). *Making Love the Way We Used To or Better: Secrets to Satisfying Midlife Sexuality* Columbus, OH, McGraw Hill.
- Altman, A., & Hanfling, S. (Eds.). (2007). *Sexuality in Midlife and Beyond*. Boston: Harvard Medical School.
- Alterowitz, B. and R. Alterowitz (2004). *Intimacy with Impotence: The Couple's Guide to Better Sex after Prostate Disease*. Cambridge, MA, Da Capo Press.
- Altschuler, J., & Katz, A. D. (1996). Sexual secrets of older women: countertransference in clinical practice. *Clinical Gerontologist, 17*(2), 51-67.
- Andrews, V. (2004). A New Model for Arousal: at midlife desire may need a jump start. Retrieved from www.afwh.org/articles/paid/newmodelofarousal.htm
- Arber, S., & Ginn, J. (1994). Women and aging. *Reviews in Clinical Gerontology, 4*(4), 349-358.
- Bailey, W. C., Westheimer, R. K., & Lehu, P. A. (2006). Dr. Ruth's Sex after 50: Reving up the romance, passion and excitement - a Review. *Journal of Women & Aging, 18*(3), 89-91.
- Banner, L. W. (1992). *In full flower : aging women, power, and sexuality : a history* (1st ed.). New York: Knopf : Distributed by Random House.
- Barusch, A. S. (2008). *Love stories of later life: A narrative approach to understanding romance*. New York, NY US: Oxford University Press.
- Basson, R., & Brotto, L. A. (2003). Sexual psychophysiology and effects of sildenafil citrate in oestrogenised women with acquired genital arousal disorder and impaired orgasm: a randomised controlled trial. *BJOG: An International Journal of Obstetrics & Gynaecology, 110*(11), 1014.
- Bauer, J. (2007). Never Too Old for Sex. *Miami Herald*. from <http://www.miamiherald.com/360/story/277558.html>.
- Bauer, M., & Geront, M. (1999). The Use of Humor in Addressing the Sexuality of Elderly Nursing Home Residents. *Sexuality and Disability, 17*(2).
- Beckman, N., Waern, M., Gustafson, D., & Skoog, I. (2008). Secular trends in self reported sexual activity and satisfaction in Swedish 70 year olds: cross sectional survey of four populations, 1971-2001. *BMJ: British Medical Journal, 337*(7662), 151-154.
- Bensing, K. M. (2004). Making Love the Way We Used To or Better: Secrets to Satisfying Midlife Sexuality (Book). *Library Journal, 129*(1), 59-59.
- Bielski, Z. (2009). The Secret to Good Sex: Aging. *Globe and Mail*. Retrieved from <http://www.theglobeandmail.com/life/family-and-relationships/the-secret-to-good-sex-aging/article1204549/>
- Birnbaum, G. E., Cohen, O., & Wertheimer, V. (2007). Is it all about intimacy? Age, menopausal status, and women's sexuality. *Personal Relationships, 14*(1), 167-185.
- Blank, J. (2000). *Still doing it : women & men over 60 write about their sexuality*. San Francisco: Down There Press.

- Block, J. D. (1999). *Sex Over 50*. New York: Reward Books/Prentice Hall Press.
- Bouman, W. P., & Arcelus, J. (2001). Are psychiatrists guilty of ageism when it comes to taking a sexual history? *International Journal of Geriatric Psychiatry*, 16(1), 27-31.
- Bouman, W. P., Arcelus, J., & Benbow, S. M. (2006). Nottingham study of sexuality & ageing (NoSSA I). Attitudes regarding sexuality and older people: a review of the literature. *Sexual & Relationship Therapy*, 21(2), 149-161.
- Brecher, E. M. (1983). *Love, Sex and Aging*. Boston: Little, Brown.
- Brick, P., & Lunquist, J. (2003). *New Expectations : Sexuality Education for Mid and Later Life*: Planned Parenthood of West and Northern Michigan.
- Brick, P., Lunquist, J., Sandak, A., & TAverner, B. (2009). *Older, Wiser, Sexually Smarter: 30 Sex Ed Lessons for Adults Only*. Morristown, NJ: The Center for Family Life Education, Planned Parenthood of Greater Northern New Jersey.
- Butler, R. N., & Lewis, M. I. (2002). *The new love and sex after 60* (Rev. ed.). New York: Ballantine Books.
- Butts, M. J. (1999). *Outcomes of comfort touch in institutionalized elderly female residents*. ProQuest Information & Learning, US.
- Cain, V. S., Johannes, C. B., Avis, N. E., Mohr, B., Schocken, M., Skurnick, J., et al. (2003). Sexual Functioning and Practices in a Multi-Ethnic Study of Midlife Women: Baseline Results from SWAN" *Journal of Sex and Research* 40(3), 266-276.
- Catania, J. A., & White, C. B. (1982). Sexuality in an aged sample: Cognitive determinates of masturbation. *Archives of Sexual Behavior*, 11(3), 237-245.
- CBCNEWS. (2009, August 5). Let's talk about sex: plays designed to stimulate seniors. <http://www.cbc.ca/canada/calgary/story/2009/02/09/cgy-seniors-sexuality.html>.
- Chalker, R. (2009). Strategies for Staying Sexual after Menopause Retrieved July 26, 2009, from http://nsrc.sfsu.edu/article/strategies_staying_sexual_after_menopause
- Cleary, T. T. (1994). *Sex, Health and Long Life: Manuals of Taoist Practice* (pp. 112). Boston, London: Shambala.
- Cleary, T. T. (1999). *Sex, Health and Long Life: Manuals of Tao Practice*. Boston: Shambala Press.
- Cole, E., & Rothblum, E. (1990). COMMENTARY ON 'SEXUALITY AND THE MIDLIFE WOMAN'. *Psychology of Women Quarterly*, 14(4), 509.
- Cooper, P. B. J. (1997). Treatment of Urinary Incontinence in the Elderly: A Bibliography, *Journal of Geriatric Drug Therapy* (Vol. 11, pp. 61).
- Cotten, A. L. (2005). Still doing it: The intimate lives of women over 65. *Sexual & Relationship Therapy*, 20(4), 483-484.
- Daniluk, J. C. (1998). *Women's Sexuality Across the Life Span: challenging myths, creating meanings*. New York: Guilford Press.
- Davidson Sr, J. K., & Darling, C. A. (1988). The Sexually Experienced Woman: Multiple Sex Partners and Sexual Satisfaction. *Journal of Sex Research*, 24(1-4), 141.
- Davis, K. B. (1929). *Factors in the Sex Life of 2200 Women*. New York: Harper & Brothers.
- Deeks, A. A., & McCabe, M. P. (2001). Sexual Function and the Menopausal Woman: The Importance of Age and Partner's Sexual Functioning. *Journal of Sex Research*, 38(3), 219-225.
- DeLamater, J., & Moorman, S. M. (2007). Sexual behavior in later life. *Journal of Aging & Health* 19(6), 921-945.

- Dello Buono, M., Zaghi, P. C., Padoani, W., Scocco, P., Urciuoli, O., Pauro, P., et al. (1998). Sexual feelings and sexual life in an Italian sample of 335 elderly 65 to 106-year-olds. *Archives of Gerontology and Geriatrics*, 6, 155-162.
- Dodson, B. (2008). Three healing women reflect. *Electronic Journal of Human Sexuality*, 11(June).
- Doress, P. B., & Siegal, D. L. (1987). *Ourselves, Growing Older: Women Aging with Knowledge and Power*. New York: Simon and Shuster.
- Ellison, C. R. (2000). *Women's Sexualities: Generations of Women Share Intimate Secrets of Sexual Self-Acceptance*. Oakland, CA: New Harbinger Publications.
- Fisher, L., & Needham, T. (2004, 2004/05/13/2004 Annual Meeting, Phoenix, AZ). *Sexuality at Age 40 and Beyond: A Look at Singles Ages 40-69*. Paper presented at the Conference Papers -- American Association for Public Opinion Research.
- Fisher, R., Kramer, J., & Peelen, J. (2005). *Invisible no more : the secret lives of women over 50*. New York: Universe.
- Foley, S., Kope, S., & Sugrue, D. (2002). *Sex Matters for Women*. New York: Guilford Press.
- Foley, S. (2005). *Sex and Love for Grownups: A No-Nonsense Guide to a Life of Passion*. Seattle, WA, Libri.
- Gelfand, M. M. (2000). Sexuality among Older Women. *Journal of Women's Health & Gender-Based Medicine*, 9(1), 15-20.
- Giambra, L. M. (1983). Daydreaming in 40- TO 60-Year-Old Women: Menopause, Health, Values, and Sexuality. *Journal of Clinical Psychology*, 39(1), 11-21.
- Gold, S. F., Chenoweth, E., Andriani, L., & Rotella, M. (2003). CRONES DON'T WHINE: Concentrated Wisdom for Juicy Women (Book). *Publishers Weekly*, 250(38), 100-100.
- Golden, F., Klarreich, K., & Malloy, W. (2004). Still Sexy After 60. *Time*, 163(3), 110-115.
- Gordon, S., & Shimberg, E. (2004). *Another Chance for Love: Finding a Partner Later in Life*. Adams Media Corporation.
- Gott, M., & Hinchliff, S. (2003). How important is sex in later life? The views of older people. *Social Science & Medicine*, 56(8), 1617.
- Gott, M., Hinchliff, S., & Galena, E. (2004). General practitioner attitudes to discussing sexual health issues with older people. *Social Science & Medicine*, 58(11), 2093.
- Gross, Z. H. (2000). *Seasons of the Heart: Men and Women Talk about Love, Sex and Romance After 60*. Novato: New World Library.
- Hall, K. (2004). *Reclaiming Your Sexual Self: How You Can Bring Desire Back into Your Life*. Hoboken, New Jersey: Wiley.
- Herdt, G., & De Vries, B. (Eds.). (2004). *GAY AND LESBIAN AGING: RESEARCH AND FUTURE DIRECTIONS*. New York: Springer Publishing Company.
- Hinchliff, S. (2004). The new Hite report: the revolutionary report on female sexuality updated by Shere Hite. London: Hamlyn, 2000. *Sexualities, Evolution & Gender*, 6(2/3), 195-207.
- Hinchliff, S., & Gott, M. (2004). Intimacy, commitment, and adaptation: Sexual relationships within long-term marriages. *Journal of Social & Personal Relationships*, 21(5), 595-609.
- Hinchliff, S., & Gott, M. (2008). Challenging Social Myths and Stereotypes of Women and Aging: Heterosexual Women Talk About Sex. *Journal of Women & Aging*, 20(1/2), 65-81.
- Hinchliff, S., Gott, M., & Wylie, K. (2009). Holding onto womanhood: a qualitative study of heterosexual women with sexual desire loss. *Health: An Interdisciplinary Journal for the Social Study of Health, Illness & Medicine*, 13(4), 449-465.
- Huang, A. J., Subak, L. L., Thom, D. H., Van Den Eeden, S. K., Ragins, A. I., Kuppermann, M., et al. (2009). Sexual Function and Aging in Racially and Ethnically Diverse Women. *Journal of the American Geriatrics Society*, 57(8), 1362-1368.

- Jacobs, R. H. (1997). *Be An Outrageous Older Woman*. New York: HarperPerennial/HarperCollins.
- Jain, H., Shamoian, C. A., & Mobarak, A. (1987). Sexual disorders in the elderly. *Medical Aspects of Human Sexuality*, 21(3), 14-25.
- Jones, M. E. (2003). Crones Don't Whine: Concentrated Wisdom for Juicy Women (Book). *Library Journal*, 128(16), 100-100.
- Kaye, L. W. (2000). SEXUALITY AND THE ELDERLY: A RESEARCH GUIDE (Book). *Social Work in Health Care*, 32(2), 96-98.
- Kellett, J. M. (1989). Sex and the elderly. *BMJ: British Medical Journal*, 299(6705), 934.
- Kellett, J. M. (1993). Sexuality in later life. *Reviews in Clinical Gerontology*, 3(3), 309-314.
- Kellett, J. M. (Ed.). (2000). *Older adult sexuality* (Vol. 2009). Hoboken, NJ US: John Wiley & Sons Inc.
- Kemp, E. (2002). *Older Couples: New Romances - Finding and Keeping Love in Later Life*. Berkeley, CA, Ten Speed Press.
- Kleinplatz, P. (2009). Aging - the secret to good sex. *Canadian Journal of Human Sexuality*.
- Kleinplatz, P. J., Ménard, A. D., Paquet, M.-P., Paradis, N., Campbell, M., Zuccarino, D., et al. (2009). The components of optimal sexuality: A portrait of "great sex". *Canadian Journal of Human Sexuality*, 18(1-2), 1-6.
- Kleinplatz, P. J., Menard, D. A., Paradis, N., Campbell, M., Dagleish, T., Segovia, A., et al. (2009). From closet to reality: optimal sexuality among the elderly. *Irish Psychiatrist*, 15-18.
- Kliger, L., & Nedelman, D. (2006). *Still Sexy After All These Years: The 9 Unspoken Truths About Women's Desire Beyond 50*. New York: The Berkley Publishing Group/Penguin Group.
- Kontula, O., & Haavio-Mannila, E. (2009). The Impact of Aging on Human Sexual Activity and Sexual Desire. *Journal of Sex Research*, 46(1), 46-56.
- Kreamer, A. (2008). The Beauty of Gray. *Sexuality and Aging* Retrieved July 26, 2009, from http://nsrc.sfsu.edu/article/beauty_gray
- Laumann, E., Gagnon, J. H., Michael, R. T., & Michaels, S. (1994). The Social Organization of Sexuality: Sexual Practices in the United States, 88.
- Laumann, E. O., Nicolosi, A., Glasser, D. B., Paik, A., Gingell, C., Moreira, E., et al. (2005). Sexual problems among women and men aged 40-80?y: prevalence and correlates identified in the Global Study of Sexual Attitudes and Behaviors. *International Journal of Impotence Research*, 17(1), 39-57.
- Laumann, E. O., Paik, A., Glasser, D. B., Wang, T., Moreira, E. D., Jr., Gingell, C., et al. (2006). A Cross-National Study of Subjective Sexual Well-Being Among Older Women and Men: Findings From the Global Study of Sexual Attitudes and Behaviors. *Archives of Sexual Behavior*, 35(2), 145-161.
- Leiblum, S. R. (1990). SEXUALITY AND THE MIDLIFE WOMAN. *Psychology of Women Quarterly*, 14(4), 495.
- Levine, S. (2006). *Inventing the rest of our lives : women in second adulthood*. New York: Plume.
- Levine, S. (2009). *Fifty is the new fifty : ten life lessons from women in second adulthood*. New York: Viking.
- Lindau, S. T., Schumm, L. P., Laumann, E. O., Levinson, W., O'Muirheartaigh, C. A., & Waite, L. J. (2007). A Study of Sexuality and Health among Older Adults in the United States. *New England Journal of Medicine*, 357(8), 762-774.
- Love, S. M., & Lindsey, K. (2003). *Dr. Susan Love's Hormone Book: Making Informed Choices about Menopause*. New York: Three Rivers.

- Luria, Z., Meade, R. G., Baruch, G., & Brooks-Gunn, J. (1984). Sexuality and the middle-aged woman, *Women in Midlife* (pp. 371-397).
- Malatesta, V. J. (2007). Introduction: The Need to Address Older Women's Mental Health Issues. *Journal of Women & Aging*, 19(1/2), 1-12.
- McAuliffe, L., Bauer, M., & Nay, R. (2007). Barriers to the expression of sexuality in the older person: the role of the health professional. *International Journal of Older People Nursing*, 2(1), 69-75.
- McCaffrey, R., Barnett, S., & Thomas, D. J. (2001). Seeking satisfaction. Treating decreased libido in women. *AWHONN Lifelines*, 5(4), 30-35.
- Montenegro, X. (2003, 2003). Lifestyles, Dating and Romance: A Study of Midlife Singles. *AARP The Magazine*, 175.
- Moreira, E. D., Jr., Brock, G., Glasser, D. B., Nicolosi, A., Laumann, E. O., Paik, A., et al. (2005). Help-seeking behaviour for sexual problems: the Global Study of Sexual Attitudes and Behaviors. *International Journal of Clinical Practice*, 59(1), 6-16.
- Moreira, E. D., Glasser, D. B., Nicolosi, A., Duarte, F. G., & Gingell, C. (2008). Sexual problems and help-seeking behaviour in adults in the United Kingdom and continental Europe. *BJU International*, 101(8), 1005-1011.
- Nay, R., & McAuliffe, L. (2008 September). Commentary on original study by Wang T-F, Lu C-H, Chen I-J & Yu S (2008) Sexual knowledge, attitudes and activity of older people in Taipei, Taiwan. *Journal of Clinical Nursing* 17, 443-450. *Journal of Clinical Nursing* 17(18), 2519-2520.
- Nicolosi, A., Buvat, J., Glasser, D. B., Hartmann, U., Laumann, E. O., & Gingell, C. (2006). Sexual behaviour, sexual dysfunctions and related help seeking patterns in middle-aged and elderly Europeans: the global study of sexual attitudes and behaviors. *World Journal of Urology*, 24(4), 423-428.
- Nicolosi, A., Glasser, D. B., Kim, S. C., Marumo, K., & Laumann, E. O. (2005). Sexual behaviour and dysfunction and help-seeking patterns in adults aged 40--years in the urban population of Asian countries. *BJU International*, 95(4), 609-614.
- Nicolosi, A., Laumann, E. O., Glasser, D. B., Brock, G., King, R., & Gingell, C. (2006). Sexual Activity, Sexual Disorders and Associated Help-Seeking Behavior among Mature Adults in Five Anglophone Countries from the Global Survey of Sexual Attitudes and Behaviors (GSSAB). *Journal of Sex & Marital Therapy*, 32(4), 331-342.
- Nusbaum, M. R. H., Singh, A. R., & Pyles, A. A. (2004). Sexual Healthcare Needs of Women Aged 65 and Older. *Journal of the American Geriatrics Society*, 52(1), 117-122.
- O'Donnell, J. (2009, April 29). Sexy Grandma is Not an Oxymoron. http://nsrc.sfsu.edu/dialogues/users/sexlit_outreach/blog/sexy-grandma-is-not-oxymoron.
- Ogden, G. (2008). *The return of desire: a guide to rediscovering your sexual passion* (1st ed.). Boston: Trumpeter.
- Price, J. (2006). *Better than I ever expected: straight talk about sex after sixty*. Emeryville CA: Seal Press/Avalon Publishing Group.
- Reuben, D. (1997). Everything you always wanted to know about sex after 50: but were afraid to ask. *New Choices: Living Even Better After 50*, 37(5), 44-47.
- Richard, D. (2002). Senior Sexuality. *Contemporary Sexuality*, 36(9), 1.
- Roosevelt, E. K. (1990). Sexuality in older women. *Nutrition Health Review: The Consumer's Medical Journal*(56), 16.
- Savage, L. E. (1999). *Reclaiming goddess sexuality : the power of the feminine way*. Carlsbad, CA: Hay House.
- Schulz, R. The Elderly as Modern Pioneers (Book). *Contemporary Sociology*, 18(1), 139-140.

- Serati, M., Salvatore, S., Uccella, S., Cromi, A., Khullar, V., Cardozo, L., et al. (2008). Urinary Incontinence at Orgasm: Relation to Detrusor Overactivity and Treatment Efficacy. *European Urology*, 54(4), 911-917.
- Sheehy, G. (2006). *Sex and the seasoned woman : pursuing the passionate life* (1st ed.). New York: Random House.
- Silverman, P. (1987). *The elderly as modern pioneers*. Bloomington, IN US: Indiana University Press.
- Silverstone, B., & Wynter, L. (1975). The effects of introducing a heterosexual living space. *The Gerontologist*, 15(1), 83-87.
- Stafford, M. (2008). Sex No Longer Taboo at Nursing Homes. Retrieved from <http://abcnews.go.com/US/wireStory?id=6508453>
- Starr, B. D., & Weiner, M. B. (1982). *The Starr-Weiner Report on Sex & Sexuality in the Mature Years*. New York: McGraw-Hill.
- Steinke, E. E. (1988). Older Adults' Knowledge and Attitudes about Sexuality and Aging. *Journal of Nursing Scholarship*, 20(2), 93-95.
- Swartz, S. (2006). *The juicy tomatoes guide to ripe living after 50*. Oakland, CA: New Harbinger.
- Umidi, S., Pini, M., Ferretti, M., Vergani, C., & Annoni, G. (2007). Affectivity and sexuality in the elderly: Often neglected aspects. *Archives of Gerontology & Geriatrics*, 44, 413-417.
- Walker, B. L., & Ephross, P. H. (1999). Knowledge and Attitudes Toward Sexuality of a Group of Elderly. *Journal of Gerontological Social Work*, 31(1/2), 85-107.
- Wang, T., Lu, C., Chen, I., & Yu, S. (2008). Sexual knowledge, attitudes and activity of older people in Taipei, Taiwan.
- Weed, S. S. (2001). *New menopausal years, the wise woman way: alternative approaches for women 30-90*. Woodstock, NY: Ashtree Publishing.
- Westheimer, R. K. (2005). *Dr. Ruth's Sex After 50: Revving Up the Romance, Passion and Excitement! (The Best Half of Life)*. Sanger, California: Quill Driver Books.
- Whidden, A. (2009). How are your orgasms, Mom? Retrieved July 26, 2009, from http://nsrc.sfsu.edu/article/how_are_your_orgasms_mom
- Williams, M. L. (2000). *Great Sex after 40: Strategies for Lifelong Fulfillment*. New York, John Wiley & Sons, Inc.
- Wynne-Jones, G. (2001). Sexuality in the elderly: a literature review. *Assignment* 7 (Winter)(4), 5-9.
- Zilbergeld, B. (2005). *Better Than Ever - Love and Sex at Midlife*. Norwalk, CT: Crown Publishing House.