Toolkit for Long-Term Care Centres (CHSLDs) and Private Seniors' Residences (RPAs)

Two audiences, two complementary formats: a guide for teams and a printable handout for residents.

Who is this toolkit for?

For teams: nursing staff, personal care attendants, psychosocial professionals, recreation teams, managers and people responsible for quality of life.

For residents: women and people who need gynecological care, whether or not they wish to talk about sexuality. The handout may be given directly, read aloud on request, or introduced in a private conversation.

When to offer the resource

When a person asks a question about pain, vaginal dryness, bleeding, a gynecological examination, menopause, intimacy, sexuality, emotional relationships or respect for their choices. Do not assume a person's needs or abilities based on their age.

A simple way to talk about it

“We have a short document about gynecological care, intimacy and your rights. Would you like to read it, or discuss it together in private?”

Good practices

Ask permission before raising the subject; preserve confidentiality; offer a paper version; respect a refusal; do not distribute sensitive documents where everyone can see them without consent. For someone with cognitive impairment, apply appropriate consent practices and clinical and legal rules, without automatically concluding that the person cannot express any choices.

This toolkit provides information and guidance. It does not replace a medical assessment or the institution's procedures.

English translation: 14 Nov 2026. Translation is not clinical review. Linked resources may be in French.

HANDOUT FOR RESIDENTS

My care. My intimacy. My choices.

At any age, you have the right to ask questions about your gynecological health, your body and your intimacy.

You can ask for help if:

• You feel pain or discomfort in the genital area.

• You notice vaginal bleeding after menopause.

• You have questions about vaginal dryness, examinations or treatments.

• You would like to talk about sexuality, affection, relationships or your private life.

• You do not feel heard or respected during care.

Vaginal bleeding after menopause must be reported to a health professional.

English translation: 14 Nov 2026. Translation is not clinical review. Linked resources may be in French.

HANDOUT FOR RESIDENTS

You have the right to talk about it

You can ask to speak privately with a nurse, a doctor or another person you trust.

You can ask questions before an examination and express your preferences.

You have the right to respect for your privacy and dignity.

To learn more:

Gynéco sans douleur

gynecosansdouleur.ca

You do not need a smartphone or a QR code. Simply ask someone you trust to help you visit the website or print a resource.

For a non-urgent health question in Québec, call Info-Santé: 811. In an emergency, call 911.

English translation: 14 Nov 2026. Translation is not clinical review. Linked resources may be in French.

TEAM REFERENCE SHEET

Bringing the resource into everyday practice

In long-term care centres (CHSLDs)

Prioritize individual distribution, respectful conversation and the option of reading together. Avoid reducing the topic to a poster in a hallway.

In private seniors' residences (RPAs)

Make handouts available in a discreet, accessible place; offer an optional information session and large-print copies.

For loved ones

The handout can support a discussion, but only if the resident wishes to share this information.

Optional digital access

Public website: https://gynecosansdouleur.ca. A QR code may be added to professional materials, but must not be required for residents.

Sensitive situations

If there is persistent pain, bleeding, a possible breach of consent or a risk of mistreatment, follow the applicable care, protection and reporting protocols.

Gynéco sans douleur - My body. My care. My voice.

English translation: 14 Nov 2026. Translation is not clinical review. Linked resources may be in French.