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

Who is this toolkit for? Residents, loved ones and care teams

A free, public and optional resource to promote more humane care, dignity, consent and access to clear information.

Why this toolkit?

• Recognize that intimacy, emotional relationships and sexuality can remain important at any age.

• Facilitate access to gynecological care for pain, discomfort, irritation, bleeding or other concerns.

• Respect each person's consent, privacy, autonomy and abilities.

• Respond carefully to the needs of people living with cognitive impairment, without assuming either their consent or their incapacity.

How to use it

1. At admission or during a meeting with a resident and their loved ones, offer the resource without pressure.

2. When someone expresses discomfort, pain, a question about sexuality or a need for privacy, offer discreet access to the website.

3. For bleeding after menopause, new pain or suspected violence, refer the person for a clinical assessment or follow appropriate protection procedures.

A simple way to introduce the resource

“Your gynecological health, your intimacy and your choices always deserve respect. Here is a free resource to explore at your own pace.”

Precautions

Residents and their loved ones may use this resource; teams must respect the rules on consent and confidentiality, and their institution's protocols.

Resource to share

https://gynecosansdouleur.ca

Resources and pathways evolve. Check the current website content before sharing widely.

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

PRINTABLE POSTER

My voice. My body. My care.

Free resources on gynecological health, pain, consent, intimacy and sexuality.

https://gynecosansdouleur.ca

Explore freely, without registering.

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CUT-OUT CARDS

GYNÉCO SANS DOULEUR

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A free resource to help you learn at your own pace.

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Print at 100% scale and cut out. The QR code links to the public home page.

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