

Lady Solaris presents

**HOW TO SURVIVE BDSM
DESPITE YOUR
DISABILITIES**

Disclaimer

- I am not a physician! All information given should be discussed with your doctor and should not be tried on the bases that I said so, so it must be true.
- Please remember that all information is from my research and experience and is not hardcore medical fact or an exhaustive list.
- These are opinions and suggestions and should be used with caution and at your own pace.
- Please always seek the help of a licensed medical or mental health professional for all medical issues!

Nearly 1 in 5 people suffer
from disabilities in the U.S.

– U.S. Census Bureau

Why talk about BDSM and Disabilities?

- ⦿ BDSM can be physically and mentally demanding
- ⦿ It is not discussed often enough
- ⦿ Often overlooked in negotiation
- ⦿ Some people may not share that they have disabilities for fear of rejection
- ⦿ Disabilities are sometimes stigmatized
- ⦿ Sometimes people don't know they have disabilities

What We Will Cover

- What are disabilities?
- Types of Disabilities
 - Physical
 - Mental
- Impact on BDSM
- Navigating BDSM with Disabilities
 - Pre-Play
 - Negotiation
 - During Play
 - Post-Play
- Discussion
 - Anonymous Option

What does “disabilities” really mean?

“Disabilities is an umbrella term, covering impairments, activity limitations, and participation restrictions...

Disability is thus not just a health problem. It is a complex phenomenon, reflecting the interaction between features of a person’s body and features of the society in which he or she lives.”

-- World Health Organization

What does “disabilities” really mean?

In short disabilities
impair, limit or restrict.

For our purposes...

We'll look at disabilities as
an inability to pursue your
interests because of a
physical or mental
impairment

Types of Disabilities

- Physical
 - Sensory Impairments
 - Pain Syndromes
 - Internal Functioning Issues
 - Natural Aging
 - Temporary Injury
- Mental
 - Anxiety Disorders
 - Depressive Disorders
 - Behavioral Disorders
 - Developmental Disorders

Physical Disabilities

- Impairments that can cause a person to not be able to conform to sociological norms
 - Some examples are:
 - Arthritis
 - Hearing Loss
 - Blood Disorders
 - Poor Circulation
 - Back Injuries
 - Digestive Issues

Physical Disabilities

Sensory Impairment

- Blindness or Visual Impairment
- Deafness or Hearing Impairment
- Muteness or Speech Difficulties
- Inability to Feel Touch
 - The opposite of all of these as well!

Physical Disabilities

Sensory Impairment

- ⦿ Impact on BDSM
 - Making it more difficult for the Dom/sub to experience surroundings in a predictable way

Physical Disabilities

Pain Syndromes

- Arthritis (such as RA)
- Nerve Damage
- Myofascial Pain (aka muscle pain)
- MS
- Widespread Chronic Pain
- Fatigue

Physical Disabilities

Pain Syndromes

- ⦿ Impact on BDSM
 - Sub not wanting pain
 - Dom not wanting to play because it causes them pain
 - Predictability of the pain is unknown so either play partner may change their mind as to what they can handle

Physical Disabilities

Internal Functioning Issues

- High Blood Pressure
- Diabetes
- Gastrointestinal Issues
- Heart Problems
- Liver, Kidney or Bladder Issues

Physical Disabilities

Internal Functioning Issues

- ⦿ Effects BDSM by...
 - Overall feeling of well-being
 - Makes some play impossible

Physical Disabilities

Natural Aging

- Arthritis
- Skin Thinning
- Sagging Skin
- Hormone Changes
- Eyesight and Hearing Impairment
- Urinary Issues

Physical Disabilities

Natural Aging

- ⊙ Impact on BDSM
 - Dom/sub not being able to do activities they could a few years ago

Physical Disabilities

Temporary Injury

- Broken Bones
- Temporary Nerve Damage
- Temporary Infection

Take care of these issues so they do not turn into permanent disabilities no matter how much you want to play

Physical Disabilities

Temporary Injury

- ⦿ Impact on BDSM
 - Comes on suddenly and can cause Dom/sub to not be able to play
 - Dom/sub being temporarily out of commission

Mental Disabilities

- Cognitive, intellectual, or biopsychosocial factors that cause a person to not be able to conform to sociological norms
 - Some examples are:
 - Learning disabilities
 - Depression
 - Anxiety
 - Anorexia
 - Addiction
 - Alzheimer's disease

Mental Disabilities

Anxiety Disorders

- Characterized by excessive worry to the point of interfering with the sufferer's ability to function
- Examples include:
 - Generalized Anxiety Disorder
 - Panic Disorder
 - PTSD
 - Phobias

Mental Disabilities

Anxiety Disorders

- ⦿ Impact on BDSM
 - Dom/sub may have phobias that impact play
 - Some BDSM situations may cause panic attacks or extreme anxiety
 - Sometimes can be unpredictable

Mental Disabilities

Depressive Disorders

- Characterized by feelings of sadness that interfere with the individual's ability to function or persist longer than most people experience in reaction to a particular life stressor
- Examples include:
 - Major Depression
 - Bipolar Disorder

Mental Disabilities

Depressive Disorders

- ⦿ Impact on BDSM
 - Change in mood can have effect on the physical body
 - Can cause a lack of interest in BDSM
 - Can cause Dom/sub to feel inadequate

Mental Disabilities

Behavioral Disorders

- Characterized by problems conforming to the tenets of acceptable behavior
- Examples include:
 - ADHD
 - Personality Disorders

Mental Disabilities

Behavioral Disorders

- ⦿ Impact on BDSM
 - Dom/sub having poor impulse control
 - Dom/sub acting in an irrational way
 - Dom/sub being unable to focus

Mental Disabilities

Developmental Disorders

- Examples include:
 - Asperger's Disorder
 - Learning Disabilities

Mental Disabilities

Developmental Disorders

- ⊙ Impact on BDSM
 - Dom/sub not understanding the other partner
 - Dom/sub actions not being socially acceptable
 - Dom/sub can be frustrated by having others treat them differently

Mental Disabilities

Not an exhaustive list!

- Other disorders can include:
 - Substance Abuse
 - Eating Disorders
 - Psychotic Disorders

Navigating BDSM with Disabilities

Pre-Play

- Before You Consider Playing...
 - Make sure you are medically cleared!!!
 - Educate yourself on your disability so you can explain it to others
 - Know your limitations
 - Stop feeling like you are broken because of your limitations
 - Get rid of the disability shame!
 - Watch Brene Brown's TED Talk

Navigating BDSM with Disabilities

Pre-Play

- If you have a tough time reigniting your BDSM passion...
 - Reflect on what worked
 - Get involved in community events
 - Join in conversations on the FetLife boards
 - Watch porn
 - Talk about what BDSM means to you

Navigating BDSM with Disabilities

Pre-Play

- Before The Dungeon
 - Get together a toy bag with toys you enjoy
 - Be sure to bring needed medication
 - Bring a dungeon buddy who knows about your disability
 - Bring a copy of the negotiation checklist
 - Preparation is key!

Navigating BDSM with Disabilities

Pre-Play

- At The Dungeon
 - New Play Partners
 - Try to find individuals who are receptive to your needs when discussing the option of play
 - Don't put up a front in order to have the chance to play
 - Insist on a detailed negotiation

Navigating BDSM with Disabilities

Pre-Play

- At The Dungeon
 - Recurring Play Partners
 - Communicate your physical/mental state that day
 - Tell partner sooner rather than later
 - If not feeling up to scheduled play date, make suggestions for other play options

Navigating BDSM with Disabilities

Negotiation

- Tell the Dom/sub upfront about your limitations
- Make sure your play partner is open to modifying the scene at any time
- Know what to do in case of emergency
- Go through the negotiation checklist with your partner

Navigating BDSM with Disabilities

Negotiation – Health Checklist

Use this list of questions as talking points during your negotiation with a play partner. If you are bottoming, be sure to give the Top answers to these questions even if they do not ask.

- 1) Do you have any health problems or disabilities?
 - a. If yes, what?
 - b. How are you feeling today?
- 2) Do you have physical limitations that restrict your BDSM play?
 - a. Any recent injuries or surgeries?
- 3) Are you taking medications?
 - a. If yes, what?
 - b. Do you have those medications with you in case of an emergency?
- 4) Are you allergic to anything?
(Examples: medical tape, latex, perfume, cats, etc.)
 - a. If yes, what?
- 5) Do you have any phobias or things that make you anxious?
 - a. If yes, what?
- 6) Who should I contact in case of emergency?
- 7) Any other important medical information I need to know?

Use The Space Below For Answers To The Above Questions

1)
2)
3)
4)
5)
6)
7)

Navigating BDSM with Disabilities

During Play

- Practice SSC (Safe, Sane, Consensual)
 - Especially with new partners
 - Stoplight safe word system is highly encouraged!
- Don't suffer through the scene if you are having trouble
- Schedule a short break during the scene to recoup
- Be present in the moment
- Take it one moment at a time

Navigating BDSM with Disabilities

Post-Play

- ⦿ Aftercare to aid in recovery
 - Icepack, Heating Pad, Medication, Food?
- ⦿ Discuss with your play partner your likes/dislikes
- ⦿ Think about future modifications
 - Write them down to remember easier
- ⦿ Give yourself recovery time

Navigating BDSM with Disabilities

- Value play even though it may be different from before your disability or different from the classic sense of play
- Your disability allows you to have a unique BDSM experience and not a cookie-cutter one

Discussion

Conclusion

“Being disabled should not mean being disqualified from having access to every aspect of life.”

-- Emma Thompson

Conclusion

- ① Do...
 - Be patient with yourself and your BDSM journey
 - Reach out to others in our community for help
 - Allow yourself time for exploration

Thank you!

**For the negotiation checklist,
a copy of these slides,
or to contact Lady Solaris
visit**

www.ladysolaris.com