

Lady Solaris presents

BDSM AND 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?

- Want people to be comfortable speaking about disabilities
- Get rid of the stigma – encourage speaking about it
- Encourage adaptation in kink activities
- Encourage others not to judge others circumstances
- Often overlooked in negotiation

What We Will Cover

- ⦿ What types of disabilities are there?
- ⦿ Discussing Disabilities with Empathy
- ⦿ Pre-Play
- ⦿ Negotiation
- ⦿ During Play
 - Play in a public space
 - Adaptations on types of play
- ⦿ Post-Play
- ⦿ Discussion

What types of disabilities are there?

⦿ Physical Disabilities

- One that affects a person's mobility or dexterity
 - E.g. multiple sclerosis, cerebral palsy, arthritis, etc.

⦿ Psychiatric Disabilities

- Also known as mental illness
 - E.g. depression, anxiety, bipolar, borderline personality disorder, etc.

What types of disabilities are there?

● Visual Impairments

- Only 5% of “blind” people cannot see anything

● Hearing Impairments

- There is a distinction between people who are deaf and those who have a hearing impairment

● Neurological Disabilities

- Results from damage to the nervous system that results in the loss of some physical and mental functions
 - E.g. stroke, heart attacks, serious infections, etc.

What types of disabilities are there?

- Intellectual or Learning Disabilities
 - People have a reduced capacity to learn tasks or process information
 - E.g. attention deficit disorder, autism spectrum, etc.
- Important to note!
 - Disabilities can be visible or non-visible

Discussing Disabilities with Empathy

Empathy Not Sympathy!

We are not...

- Tragic
- Helpless
- Angry
- Brave
- Trying to be inspirational
- All alike

We...

- Do things a little differently
- May see our disability as a part of our self identity
- Have the same needs, desires, and talents as others

Discussing Disabilities with Empathy

- ① RELAX!
 - Do not be afraid to make a mistake
- ① Treat adults as adults
 - We are all humans first!
- ① Do not make assumptions on what they can or cannot do
- ① Offer assistance, and if accepted, follow the lead of the individual

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
 - Search Google: Brene Brown: The power of vulnerability

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

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!

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

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

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
 - I.C.E. card or Medical Alert jewelry
- ⦿ Go through the negotiation checklist with your partner
- ⦿ **Be very clear in what you can and cannot do!**

Negotiation

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)

During Play

- ⦿ Practice 4Cs! (Consent, Communication, Caring, Caution)*
 - 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

During Play

- ⦿ Playing in a public space
- ⦿ Adaptations on types of play
 - Adaptations can be for both physical and mental disabilities

During Play

- ◉ Adaptations on types of play
 - Impact Play
 - Bondage
 - Edge Play
 - Dominance and submission (D/s rituals and protocols)
 - Humiliation
 - Sexual Play

Post-Play

- ① Aftercare to aid in recovery
 - Icepack, Heating Pad, Medication, Food?
- ① Discuss with your play partner your likes/dislikes
- ① Think about future modifications
 - What could be adapted for next time?
 - Write them down to remember easier
- ① Give yourself recovery time

Words of Advice

- 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

◉ 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 visit
www.ladysolaris.com**