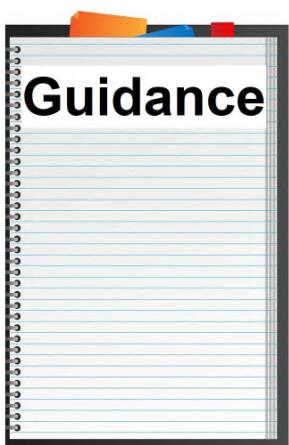


Relationships and sexuality in adult social care services

**Easy read version of guidance for inspectors and
social care providers (February 2019)**



This report is written by the Care Quality Commission (CQC).

We check services like:

- care homes
- care in people's homes
- hospitals
- doctors' surgeries.

We have written some guidance to help inspectors and social care providers to understand the **sexuality needs** of people using services.



Sexuality needs include things like:

- sex and being close to people
- being romantic
- gender identity – whether we see ourselves as a man or woman or neither
- sexual orientation – are we straight, gay, lesbian or bisexual
- what we choose to wear.



We want care providers to understand the needs of people and to support them when they want to have relationships.



Care providers will need to ask people about their sexuality needs. These are normal human needs and so should not be avoided.



Checks may need to be carried out to see if someone has the capacity to agree to sex. In law, both people must be able to agree to sex.



Care providers need to give people information to help them to make safe choices about sex and relationships.



Care providers need to protect people who can't make safe decisions on their own.



For example, some people may behave in ways that are unsafe because of their health condition – for example if they have dementia. They may not know that the way they behave is upsetting to others.



We need providers to help them to keep their dignity and to protect them or others from unsafe behaviours.



Providers need to make sure staff have training so they can support people properly with their sexuality needs.



We have included a list of questions inspectors might want to ask during inspections.



We have also included a list of information that care providers might find helpful at the end of the guidance.

How to contact CQC



If you would like this report in another format or language, or you would like to tell us something, you can contact us at:

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