

**DISABILITY AND SEXUALITY: AN  
OVERVIEW FROM SELF-ADVOCATES  
ON DATING, MARRIAGE, AND  
PARENTHOOD WITH A DISABILITY**

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# DEMOGRAPHICS OF DISABILITY

## Women with disabilities

- Historically marginalized, disadvantaged population
  - 1 in 5 women live with at least 1 disability<sup>1</sup>
- In 2013, Florida's rate of adult disability was 21.2%, notably higher than the national rate of 19.6% <sup>2</sup>
- This translates to over 2 million Florida residents with disabilities.
  - Of these individuals women make up a higher percentage than men

<sup>1</sup>US Census, 2010; <sup>2</sup> CDC Prevalence and Trends Data: <http://apps.nccd.cdc.gov/brfss/>

# IMPORTANCE OF HEALTHY WEIGHT FOR ALL

- Maintaining a healthy weight is not only important for women interested in having a baby but for all people.
- 38% of Floridians with disabilities are classified as obese.
- The keys to a healthy weight include:
  - Eating a variety of healthy foods like colorful fruits and vegetables
    - Cut down on sugary drinks like soda and juices
    - Drink more water
  - And getting at least 30 minutes of exercise daily
    - Like walking, running, swimming, dancing
    - Watch less TV and go outside to play



Information from <http://www.healthiestweightflorida.com/>

For information on menus, meal plans, healthy eating on a budget visit [www.choosemyplate.gov](http://www.choosemyplate.gov)

# GUEST SPEAKERS

■ **Tricia Riccardi**



**Daughter- Brielle**

■ **Christinne Rudd**



**Son- Adrian**

# DISCUSSION TOPICS

- While you were growing up did you feel there were the same expectations for you as for your peers as it relates to sex education?
- Moving ahead in time, how did you meet your husband?
- How do you think your husband would reply to the question: How was it to date a woman with a disability? What was the learning curve if any?
- How did your families react at the news of marriage and then of pregnancy later on?

# DISCUSSION TOPICS

- While you were pregnant, did you notice your healthcare provider or others treating you differently?
- Can you talk about your experiences with GYN exams or obtaining women's healthcare?
- How about the babies' pediatricians, do you feel they treat you differently?

# DISCUSSION TOPICS

- How do you think your husband would answer the following question: What are some of the obstacles of having a child with a disabled spouse?
- Can you talk about your experiences raising young children as a woman with a disability?
- How does your disability affect your ability to parent physically? What types of adaptations have you made in your parenting?

# CONTACT THE SPEAKERS

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**QUESTIONS FOR TRICIA  
AND CHRISTINNE?**