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

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with
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Women with disabilities

- Historically marginalized, disadvantaged population
  - 1 in 5 women live with at least 1 disability

- In 2013, Florida’s rate of adult disability was 21.2%, notably higher than the national rate of 19.6%

- This translates to over 2 million Florida residents with disabilities.
  - Of these individuals women make up a higher percentage than men

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
GUEST SPEAKERS

- Tricia Riccardi
  Daughter- Brielle

- Christinne Rudd
  Son- Adrian
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?
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QUESTIONS FOR TRICIA AND CHRISTINNE?