

Workshops: Intimacy, closeness and distance in nursing

Content:

We want to work out what different forms of closeness exist:

- 1) proximity that creates trust and brings it closer ("holding")
- 2) intrusive closeness that is direct and invasive (for example, during intimate hygiene), that is, a forced closeness that tends to create distance
- 3) Border Crossings: Proximity that wants more (too much)

Since the need for closeness, touch and sexual satisfaction is not lost in old age, but in most cases the privacy and the familiar are no longer present, the nursing staff can be confronted with sexualized encounters, cross-border behavior and stressful and obscene situations.

In this workshop the participants get the opportunity to deal with the topic in an atmosphere of acceptance, openness and professional appreciation. It can be discussed experienced situations, reflect on them and develop appropriate reaction possibilities.

Project idea:

The workshop takes on a topic that is subject to taboos. Sexual assault is no exception in the care sector, but is rarely explicitly and actively addressed. The workshop creates a framework that opens up a protected space to talk about one's own experiences. At the same time, the participants will receive an overview of the legal framework and offers of assistance.

The employees can be affected by attacks themselves, but they also can act themselves, e.g. by crossing borders as a result of time pressure. Together, the group approaches the topic and receives input on possible strategies for action.

The aim is to raise awareness of sexuality, sexual assault and the protection of the intimate sphere of customers. An open approach to the issue is an important step in this direction.

Zukunftsperspektiven:

The subject of sexual assaults, sexuality in old age, but also in the area of physical restriction is still associated with strong taboos. The offer represents a step towards awareness rising. Most of the care and support work is done by women who are strengthened by the workshops. They learn more about the responsibility of employers to protect them, more about social role models, gender relations, reversal of the victim-perpetrator discourse. This information should strengthen them and makes it easier for them to address situations in which they did not feel comfortable and get support. As a result the long-term retention of employees in this area increases in the long term. The careful handling of the topic signals appreciation to the employees. The nursing area is growing strongly, so it is becoming increasingly important to create good framework conditions. In the future, greater cooperation with the educational institutions and research may be considered in order to bring the topic to the attention of a wider audience.