

## PLISSIT Model

**Purpose** : Assessment of sexuality of older adults.

**Admin time** : 10 min - variable

**User Friendly** : High

**Administered by** : Healthcare Provider

**Content** : The PLISSIT acronym is a reminder to seek **P**ermission to discuss sexuality, share **L**imited information about sexual issues that affect the older adult, provide **S**pecific **S**uggestions to improve sexual health, and offer to provide a referral for **I**ntensive **T**herapy if needed.

**Author** : Annon, J. (1976)

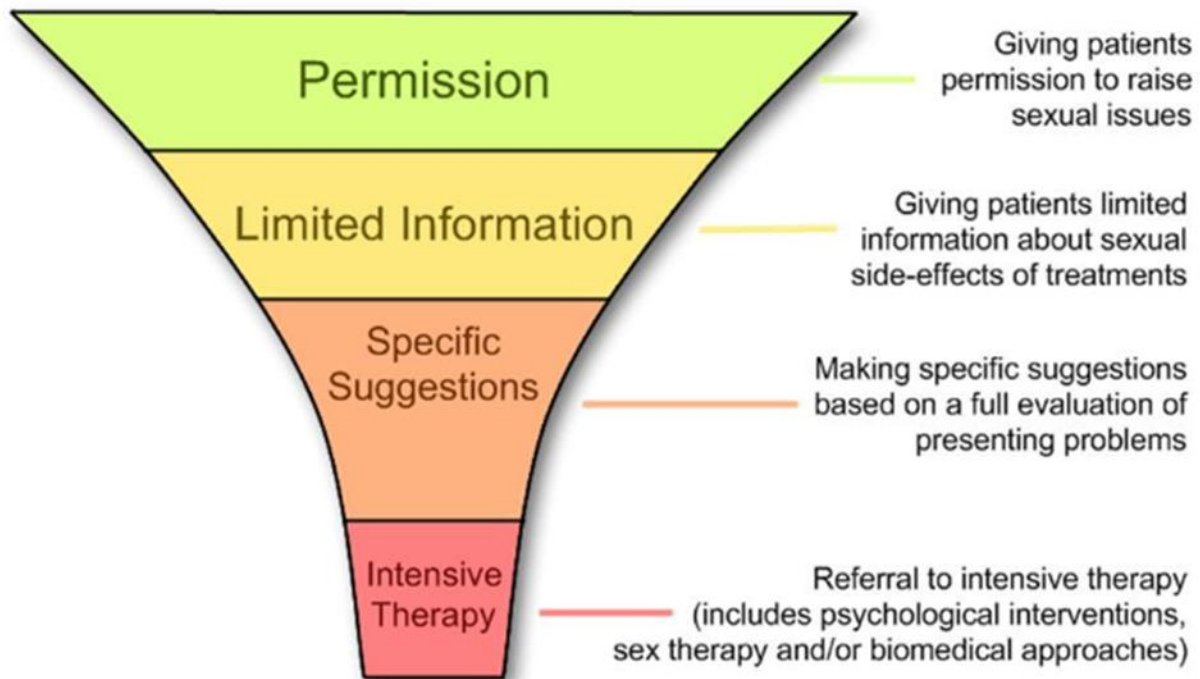
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<https://www.cgakit.com/plissit>

# PLISSIT Model

## PLISSIT Model of Addressing Sexual Functioning



(Annon J, 1976)

### Example :

**Permission:** “Can we talk more about your lack of interest in having sex because of the discomfort you have during sex?” or “Would it be OK to discuss your sexual activities?”

**Limited Information:** “With age, there is a decrease of estrogen that can cause dryness of the vagina and pain during the sexual act” or “It is not uncommon for older men and women to have sex well after they reach 60 or 70.”

**Specific Suggestions:** “I suggest you use K-y jelly lubricant before intercourse” or “Have you considered bioidentical hormone replacement?”

**Intensive Therapy:** “If that doesn’t work, I can refer you to either a sex therapist or a gynecologist who specializes in female sexual dysfunction” or “Let me refer you to a urologist who specializes in male sexual dysfunction.”