

How to Survive BDSM Despite Your Disabilities



**Presented by
Lady Solaris**



Disclaimer



- All information given should be discussed with your doctor and should not be tried on the bases that I said it so it must be true.
- Please remember that all information is the personal ideals and research that Solaris did and not hardcore medical fact.
- These are just opinions and suggestions and should be used with caution and at your own pace.
- **PLEASE ALWAYS SEEK YOUR DOCTORS HELP FOR ALL MEDICAL PROBLEMS!**

What Will We Cover

- Biographical Information of Presenter
- What are Disabilities
- Presenter Medical Background
- Negotiation and Disabilities
- Physical Disabilities
- Mental Disabilities
- How they effect BDSM and how to remedy it

Presenter Biography

- Solaris is a lifestyle Dominant with a 24/7 submissive (caelum)
- Solaris's collegiate studies have included coursework on:
 - Psychology: study of the mind
 - Sociology: study of human social interaction
 - Intra/inter-personal Communication
 - Human Sexuality
 - Kinesics: study of human body language

What are disabilities?

- **Definition of disabled:**
 - incapacitated by illness or injury; *also* : physically or mentally impaired in a way that substantially limits activity
- **Definition of disabilities:**
 - inability to pursue something because of a physical or mental impairment
 - In our case BDSM

Why talk about it?

- **BDSM can be a very physical and mentally demanding thing and disabilities can impair BDSM activities**
- **It is not talked about as much as it should be**
- **Sometimes it is over looked in negotiation**
- **Many people do not share their disabilities with others; but yet it is very important**
- **Disabilities are sometimes stigmatized**

Solaris's Personal Diagnosed Disabilities

- **Solaris has been diagnosed with:**
 - **Ankylosing Spondylitis**
 - **Fibromyalgia and Chronic Fatigue**
 - **Irritable Bowel Syndrome**
 - **Complex Regional Pain Syndrome**
 - **Periodic Limb Movement Syndrome**
 - **Mild to Moderate Anxiety**
 - **Previously Diagnosed with Depression**

Why did I tell you this?

- I want you to know that I too have disabilities that I struggle with
- I've lived with disabilities all my life and have modified the way I do things to live
 - This can be done in BDSM as well

What are physical disabilities?

- Disabilities that are physiological or sensory that cause a person to not be able to conform to sociological norms
 - They can include:
 - Arthritis in hands (from aging or otherwise)
 - Carpal Tunnel
 - Back injuries
 - Poor circulation in limbs
 - Diabetes
 - Blood Disorders
 - Hearing Loss

Breakdown of Some Physical Disabilities

- **Sensory Impairment**
- **Pain Syndromes**
- **Internal Functioning Issues**
- **Natural Aging**
- **Temporary Injury**



Sensory Impairment

- **Blindness**
 - Visual impairment
- **Deafness**
 - Hearing impairment
- **Dumbness**
 - Tonal amplitude
- **Inability to Feel Touch**
 - (sometimes in only certain areas)
- **Or the opposite of these**

Sensory Impairment and BDSM

- This effects BDSM by...
 - Making it more difficult for the Dom/sub to experience their surroundings in a “normal” way
- Can make things difficult because...
 - It can cause communication before, after, and during play difficult or non-existent
- Combat by...
 - Using other means of communication (for someone who is deaf, be sure to write everything down)

Pain Syndromes

- Arthritis (such as RA)
- Nerve damage
- Myofascial Pain (aka muscle pain)
- MS
- Widespread Chronic Pain
- Fatigue



Pain Syndromes and BDSM

- This effects BDSM by...
 - Sub not wanting pain
 - Dom not wanting to play because it causes them pain
- Can make things difficult because...
 - Either party can at any moment change their mind because mostly this comes and goes
- Combat by...
 - Taking advantage of the situation when either party feels okay
 - Work around painful areas

Internal Functioning Issues

- Cancer
- Blood disorders
- Hormone issues
- Thyroid problems
- Diabetes
- Liver, Kidney, Gall Bladder, and Pancreas issues
- Heart Problems
- High Blood Pressure

Internal Functioning Issues and BDSM

- This effects BDSM by...
 - Effecting overall feeling of well being
 - Makes some play impossible
- Can make things difficult because...
 - Dom/sub can become frustrated because it is ongoing internal chronic issue
- Combat by...
 - Utilizing communication to be able to play in whatever capacity possible

Natural Aging

- Arthritis
- Skin thinning
- Sagging skin
- Hormone changes
- Eyesight and hearing impairment
- High Blood Pressure
- Urinary Issues

Natural Aging and BDSM

- This effects BDSM by...
 - Dom/sub not being able to do activities they could a few years ago
- Can make things difficult because...
 - When Dom/sub is seen doing something for years and they on day cannot it is frustrating
- Combat by...
 - Slightly changing the way things are done to work around the problem

Temporary Injury

- Broken bones
- Temporary nerve damage
- Temporary infection

Just take care of these things so they do not turn into permanent disabilities no matter how much you want to play

Temporary Injury and BDSM

- This effects BDSM by...
 - Dom/sub being temporarily out of commission
- Can make things difficult because...
 - It comes on suddenly and can cause Dom/sub to not play at all for awhile
- Combat by...
 - Resting and waiting it out
 - Try using more D/s activities instead for awhile

What are mental disabilities?

- Disabilities that are cognitive, intellectual, or psychosocial that cause a person to not be able to conform to sociological norms
 - They can include:
 - Learning disabilities
 - Depression
 - Anxiety
 - Anorexia
 - Borderline Personality Disorder
 - Bi-Polar Disorder

Breakdown of Some Mental Disabilities

- **Mood Disorders**
- **Anxiety Disorders**
- **Personality Disorders**
- **Eating Disorders**
- **Addiction**
- **Developmental Disability**



Mood Disorders

- Depression
- Bi-Polar disorder
 - Also known as Manic Depressive



Mood Disorders and BDSM

- This effects BDSM by...
 - Dom/sub not physically or mentally being able to play sometimes
 - Can cause either party to feel inadequate
 - Bi-polar can cause massive mood swings
- Can make things difficult because...
 - It causes mood to effect body and then causes Dom/sub to not want to do anything
- Combat by...
 - Utilizing medication, herbs, acupuncture, massage, or enjoying activity to improve mood
 - And try and find happiness in the things you love (such as BDSM!)

Anxiety Disorders

- Generalized Anxiety Disorder
- Panic Disorder
- Phobias



Anxiety Disorders and BDSM

- This effects BDSM by...
 - Some BDSM situations may cause panic attacks or extreme anxiety
 - Dom/sub may have phobias
- Can make things difficult because...
 - Dom/sub can be okay one minute then panicky the next
- Combat by...
 - Communicating your anxiety ridden situations
 - Use help of friends in community
 - Breathe

Personality Disorders

- Paranoid Personality Disorder
- Borderline Personality Disorder
- Dependent Personality Disorder



Personality Disorders and BDSM

- This effects BDSM by...
 - Dom/sub has anger outbursts, frequent mood swings, and poor impulse control
- Can make things difficult because...
 - Dom/sub is not acting in an irrational way
- Combat by...
 - Having an open and honest discussion about your concerns and offer encouragement and support

Eating Disorders

- Anorexia
- Bulimia
- Compulsive Overeating



Eating Disorders and BDSM

- This effects BDSM by...
 - Leaving someone feeling weak because high or low weight
 - Or weight makes things more difficult for others
- Can make things difficult because...
 - Dom/sub can be preoccupied by food no matter what is going on
- Combat by...
 - Supporting Dom/sub
 - Help them with coping

Addiction

- Alcoholism
- Recreational Drug Abuse
- Prescription Drug Abuse
- Sexual Addiction



Addiction and BDSM

- This effects BDSM by...
 - Dom/sub being under the influence while playing
 - People getting hurt due to sexual addiction
- Can make things difficult because...
 - Addiction can be dormant then it can surface and cause relationship problems
- Combat by...
 - Not ignoring the problem
 - Never play with someone who is under the influence
 - Don't be an enabler

Developmental Disabilities

- Mental Retardation
- Autism
 - as well as Aspergers syndrome
- Trouble understanding people or learning things



Developmental Disabilities and BDSM

- This effects BDSM by...
 - Dom/sub not understanding other correctly
 - Dom/sub actions not being socially acceptable
- Can make things difficult because...
 - Dom/sub can frustrated by having everyone treat them differently
- Combat by...
 - Taking time to explain thoroughly
 - Not outcasting those who are different



Discussion

Conclusion

- Understand that disabilities are out there and that people should not be shunned because they are different
- Know that there are ways to get around an individual's inability to do something

Bibliography

- Wikipedia:
 - Search: disabilities, psychosocial disabilities, physical disabilities
- National Institute of Mental Health
 - <http://www.nimh.nih.gov/>