

## **Abstract**

This diploma thesis focuses on the issue of sexuality and partner relationships among persons with mental disabilities and on the determination of the attitudes and readiness of workers who work with these persons. Research has shown that sexuality education and counseling for people with intellectual disabilities is increasingly considered an important part of comprehensive care. Although more than half of respondents reported that their facility offers sexuality education or counseling, there is still room for improvement, particularly in the area of staff training.

The results of the research showed that the professional training of workers in the field of sex education is insufficient, which can negatively affect the quality of the support provided. Most workers do not have specialized education, which indicates the need for regular training and access to external experts. A positive finding is the interest of some workers in further education, which indicates their willingness to improve their skills and respond better to the needs of people with intellectual disabilities in the area of sexuality.

Recommendations arising from the research include improving staff training, creating clear methodologies and regular support through supervision and collaboration with experts. An interesting finding is also the attitude of workers towards masturbation among people with mental disabilities, where most respondents perceive this phenomenon as a natural part of sexuality, which indicates a growing openness and willingness to respect the needs of clients.

In conclusion, although progress has been made in the approach to the sexuality of people with intellectual disabilities, there are still areas for improvement, particularly in the education of staff and the provision of sensitive support. This work shows the importance of regular professional development of experts in order to ensure quality and respectful care for people with mental disabilities.