

*Scan for all toy names*



Finley Baker, 2025

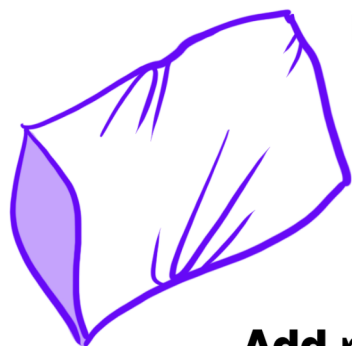
# ADAPTED SEX TOYS

*A Zine for  
People with Disabilities  
and Trans Folks*

# Beginner Kit

## Where do I start?

After a recent disabling event, it can be hard to get back into having sex. You may need to find new ways of being intimate with yourself or your partner(s). That's okay! Take time to grieve, and then start exploring.



### More pillows!

Pillows are excellent for adding more cushion to hurting or sensitive areas. Fold a body pillow in half, wrap a thigh harness around a rolled up pillow, etc.

### Add more lube

Areas with less sensation are more susceptible to damage without you noticing, so add some extra lube to be safe.

Testosterone and menopause can also make tissues more fragile, and extra lube can help provide more cushion.



### Play with sensation

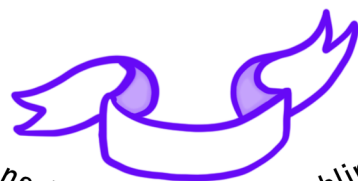
There are more erogenous zones than the genitals, and household items can be used on new areas like the earlobes, collarbones, back and more.



Feather as a tickler

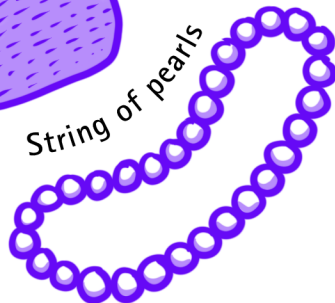


Soft washcloth



Use a neck tie or ribbon as a blindfold

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String of pearls

# Increasing Sensation

## I want to feel more



# Decreasing Sensation

## I want to feel less



# Low-Tech Options

*Cheaper, no batteries or motors*

## Harnesses

Thigh harness!  
Can also attach to  
pillow, knee,  
elbow, etc.



Ankle harness  
repurposed as  
hand harness



Back view

Face  
harness



Actual hand harness  
(3x as \$\$\$)



## Can't hold on!



Inside out

Use a stroker to add  
texture to your fingers

Built-up handle  
tubing on any toy  
with cylindrical grip



Wartenburg wheel



Adapted  
constriction  
ring with  
added loops

Velcro hand strap for exercise



DIY cuff with a hair  
scrunchy!

Universal cuffs



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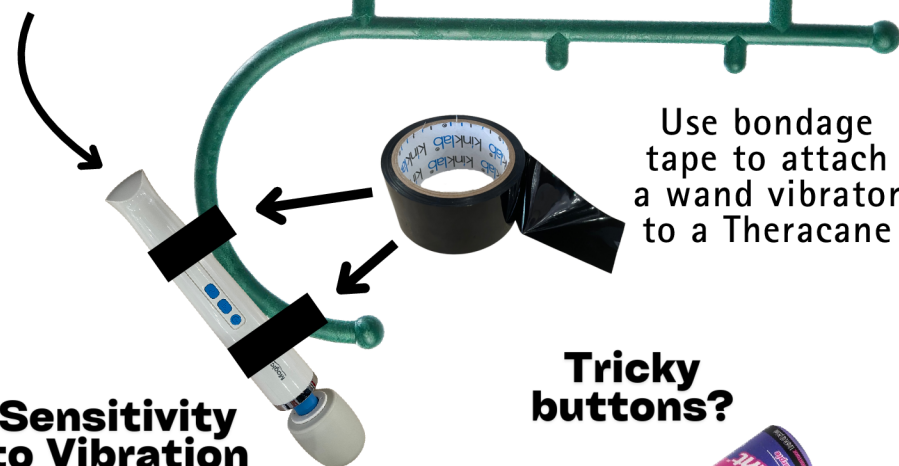
Toys with finger holes



Fleshlight

Swap for any toy

Can't reach?



Use bondage  
tape to attach  
a wand vibrator  
to a Theracane

## Sensitivity to Vibration

Putting extra fabric (like a  
clean sock) can muffle strong  
vibrations if you have hand  
nerve pain/sensory issues



## Tricky buttons?



Put puffy paint on buttons for  
increased tactile discrimination.  
Easier to feel in the dark.

## Does not require high cognition to operate



Add a sleeve for  
stimulating the  
penis, anti-fatigue  
for the hands

Added plastic to a bathtub  
spout, using water as a  
masturbation aid. Can be  
attached with velcro strap.



Any kinky  
sensation play -  
running different  
textured objects  
over your body

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# Mid-Tech Options

*More expensive, has batteries or motors*

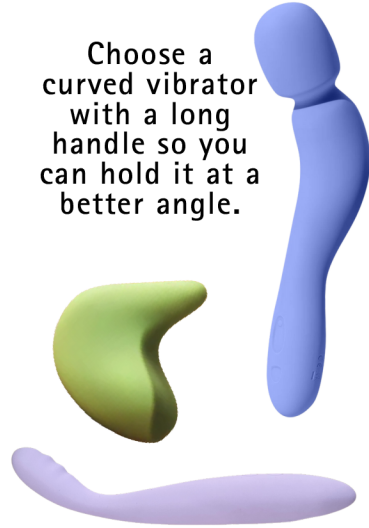
## Handles & Straps



Built-in universal cuff

## Unique Shapes

Choose a curved vibrator with a long handle so you can hold it at a better angle.



Smaller options if there is pain with penetration

## Grinding Options

Crotch of underwear goes here



"Panty vibe" that magnets to underwear

Small grind pad - wrap around penis, place on chair, or put in underwear

Large grind pad



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Grind pad with small base

# High-Tech Options

*Most expensive, has complicated innerworkings*



Thrusting toy, clenched between thighs (optional straps)

High contrast remote



High frequency penis stimulator for ejaculation for people with ED or spinal cord injury

Thrusting flashlight, option to mount on a surface



Straps to torso, swinging penis toy

## Furniture



Vibrating chair-style toy mount

Swinging chair and cot for partner to lie down on, commonly suggested for people with spinal cord injuries



Stool with elastic bands, for bouncing

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# Trans Femme Toys

## *Suggestions for trans feminine people*

Any toy used by a trans person is FOR a trans person! But the products here may feel more affirming or comfortable if you are on estrogen-based HRT or want the experience of using a vibrator.



### Wand Attachments

- Add function to existing toy
- Can be used externally, internally, or anally.

### No erection?

Try a "taco-shaped" toy that can wrap around the shaft or stimulate the tip



### Post-vaginoplasty

May still have a prostate that can be stimulated anally. May be in front of the vagina now, can be stimulated like a G-spot.



\*Rabbit head is the flared base!\*

Shallow or narrow depth? Small pocket?



Hypersensitive new clit → vibrator with low rumble setting



Hyposensitive new clit → vibrator with high buzzy setting



# Trans Masc Toys

## *Suggestions for trans masculine people*

Any toy used by a trans person is FOR a trans person! But the products here may feel more affirming or comfortable if you are on testosterone-based HRT and have experienced bottom growth (or have some intersex traits).



Add a textured dildo cushion when using a harness - this one is soft and has a small hole where bottom growth can slip in.

Transmasc pumps help draw blood to the genitals for more growth or pleasurable sensations.



Nipple suckers can be used similarly.



Try a toy that creates suction and has a larger opening for mid-sized genitals.

Use a phallic-shaped vibrator and/or one that has a longer cavity for air pulse.



Vibrating grind pads can be set up on chairs or wheelchairs.



Strokers are available in small sizes designed specifically for trans masc bottom growth.

# Bondage Gear for Positioning

*Using what's out there*



## Thigh Sling

A cushion behind the neck allows the legs to remain open.



## G-Spot Link

Attach ankles together so your legs can be moved by holding the strap.



## Bondage Tape

Non-latex tape that sticks to itself can be used to hold limbs out of the way.



## Spreader Bar

9 Soft cuffs and an adjustable metal bar keep the legs open.



## Handcuffs

Can be used to attach a rogue limb to the bed or to keep ankles together.



## Doggie Strap

This strap helps a partner control the motion of your hips.

# Finn's Wish List

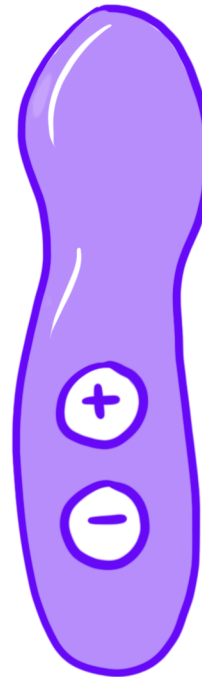
*Dreaming of the future*

Sex toy manufacturers have a long way to go with accessibility, so here's my suggestions on what I would like to see! Even better if they started consulting disabled folks when creating new toys.

## Giant buttons

Ideally:

- Contrasting colors
- Light-up
- Waterproof
- On all toys, even the trendy toys and the ones made for penises
- Able to push with little force
- Easy to understand their function cognitively



## Better apps

Many newer sex toys can be controlled by apps. These apps should be able to be modified by on-device accessibility features (Voice control, larger text, etc.)

## Easy-Use Condoms

External condoms are difficult to open and put on a penis or toy without excellent dexterity. Condoms that are easier to put on should be designed and widely available.



## Adaptive Kink

Disabled people are kinky too! Let's figure out how to include physical and cognitive adaptations to kinky toys.

