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Disability and Kink for beginners

When it comes to bondage or kink, it can be difficult to know where to start. There are numerous accessories on the market, making it overwhelming to navigate the space and choose the product that might work for you. This is particularly heightened when you are disabled, as you may have additional considerations regarding the use, setup, or safety of toys.

At the Love Lounge, we know this is an area that disabled and neurodivergent people are interested in. We receive numerous questions, ranging from toys to outfits to parties. We've partnered with sexperts at Whipple Tickle to provide a resource that will help you understand what different items are, how they work and the safety considerations around them.

Whipple Tickle is an online shop with one of the best collections of kink, bondage, sex toys, lube and lingerie. It houses over 6,500 products for you to choose from. Whether you are just starting out, or a seasoned pro, Whipple Tickle has something for every desire, and experience level. Their website allows you to select what level works for you from beginner to advanced, so you can discover pleasure at your own pace.

You can find Whipple Tickle by [visiting their online shop](#)

This resource will cover products that would work for, but aren't limited to, kink beginners and intermediate users. There is a separate resource for those who are experienced and/or into fetish items.

Disclaimer: Please be mindful of safety when trying new bondage products for the first time, take the time to research how the toy works, understand any risks, and make sure it's appropriate for your needs.

Beginner

After all, we have to start somewhere!

This section of the resource will introduce you to some products that you can explore if you are interested in kink as a beginner. Ensure that you have a conversation with your partner about what to expect, including the items that will be used and how they will be used. You cannot consent to anything if you don't fully understand what is going to happen and how an item will be used.

Please note - all items pictured are available from [the Whipple Tickle website](https://www.whippetickle.com).

Handcuffs

Bad Kitty Black Plush Handcuffs
£23.99

<https://www.whippetickle.com/product/bad-kitty-black-plush-handcuffs/>

Furry, feathered, silky or metal - the choice is yours! Handcuffs are a good place to start if you are interested in testing restraint or submission. Metal cuffs can feel more secure than fabric, but others may prefer the feel of material. You can try alternating for different scenes.

Limiting movement can create a heightened sense of sensitivity in other areas that can be great for people with sensory processing conditions, autistic people or people with nerve damage. For individuals with limited mobility, handcuffs can help maintain a comfortable position without requiring a significant amount of energy. They can be easily applied without the need for complicated knots if you are struggling with hand dexterity.



Safety considerations: Check how tightly you are tying them! Avoid bruising or nerve compression as it can be dangerous for anyone with Ehler-Danlos Syndrome, neuropathy or arthritis. Can you switch to using padded cuffs, Velcro or bondage tape to offer more comfort or adjustability?

Rope Bondage

10 Meters Red Bondage Rope
£10.99

<https://www.whippetickle.com/product/10-meters-red-bondage-rope/>

There is a long history of rope bondage in Japan. Shibari is the art of the knots and form rather than just restraint. Rope for bondage can come in different sizes or colours for personal preference. Using ropes can help enhance trust between partners and increase body awareness.

Rope bondage can offer a way to explore power dynamics without needing a huge amount of strength. It can help to slow things down and may help to focus attention, which can be really beneficial to people with ADHD. The ropes can be made adjustable to suit individual body shapes or sizes.



Safety Considerations: Make sure that you avoid positions that may put pressure on any bruises, sores, or joint pain. If someone has seizures, never bind around the neck or restrict their ability to move. Consider using a looser knot if someone has nerve pain or if you need to untie them quickly. Don't tie near the neck or chest if someone has asthma or respiratory considerations.

Ball Gag

Black Padded Mouth Gag with Breathable Ball
£17.99

<https://www.whippetickle.com/product/black-padded-mouth-gag-with-breathable-ball/>

A ball can come in many different shapes, sizes and colours. It's personal preference which you prefer. It is usually made of rubber or silicone and held in the mouth with a strap around the head to muffle speech as part of sensory play or power dynamic play.



When it comes to disability or neurodivergence, ball gags can provide deep oral pressure, which may be calming or regulating, especially for autistic individuals. For people who have fatigue from speaking, selective mutism or anxiety around talking, a gag removes the expectation to speak, which can feel freeing.

Safety considerations: It's worth keeping in mind that you shouldn't use a gag if someone has breathing issues, seizures, swallowing difficulties or jaw problems. To keep someone safe, make sure you pick a non-verbal safe action or sound, like bells or tapping. Consider the material of the gag you choose, too - do you use a softer material to start with?

Note: Whipple Tickle sells gags that are breathable with small holes in the ball.

Body Harnesses

Boundless Collar Body Restraint

£35.99

<https://www.whippetickle.com/product/boundless-collar-body-restraint/>

There are lots of different styles of body harnesses, and it comes down to personal preference when you are choosing one to purchase. You may find some are full body, upper or lower body or even just for one body part. They are usually adjustable, giving you the option to play around while heightening sensitivity as you restrict movement.



Harnesses can help to secure or stabilise parts of the body, therefore reducing the efforts needed to hold certain positions.

This could be useful for people with joint instability, muscle weakness or fatigue. It could also be useful if someone experiences involuntary movements. For neurodivergent people, this can create pressure on the body, like a sexy version of a weighted blanket!

Safety considerations: Be careful that you don't apply the harness really tightly on someone's joints, diaphragm or chest in a way that restricts breathing. Check that someone is not experiencing numbness, tingling or changing colour - this can be a sign of nerve or blood flow issues. If you spot this, remove or loosen the harness immediately. Be conscious of the materials you choose, as some neurodivergent people may struggle with different textures.

Paddles or Crops

Rouge Leather Padded Ping Pong Paddle
£19.99

<https://www.whippetickle.com/product/rouge-leather-padded-ping-pong-paddle/>

Paddles are designed to deliver a gentle yet firm spanking sensation that heightens the pleasure for both partners involved. The paddles, or crops, can feel very different from other products such as whips or floggers. It's worth exploring to see what the different sensations feel like and what you enjoy.

Paddles are perfect for people who prefer the flat surface, which usually comes in wood or PVC.

Paddles can be great for disabled people as they offer an easier grip and can be swung with limited strength.

Look for lighter material, paddles with wrist straps or padded versions. Whipple Tickle also offers an option for red or pink sets that include more than one whip or paddle, so you can try different sensations. Paddles can also be used in smaller spaces, at close range or if someone is lying down.

Safety considerations: Make sure you choose the right paddle for your needs. If you choose one with smooth or rounded edges, you can avoid cuts or scrapes. Look at the size of the paddle, as smaller ones can offer more control, whereas bigger ones spread out the impact more gently. Be very considerate of where you paddle! Try to avoid bony areas such as the spine, kidneys or joints. Be careful of any areas with bruises, wounds or skin conditions. Also, be mindful of strength if someone has fragile skin or bone conditions such as osteoporosis, or if they have muscle spasticity.



Whips or Floggers

Rouge Garments Large Purple Leather Sex Flogger
£54.99

<https://www.whippetickle.com/product/rouge-garments-large-purple-leather-flogger/>

There are lots of different colours, materials and sizes to choose from, all of which will affect how it feels on the skin. It will need to feel right for you, so take some time to feel, use, and get to grips with the product. Look for lightweight materials or handles. Many neurodivergent people enjoy the rhythmic sensations of light flogging. Repetitive movements can help ground a person in the body, but you will need to practice and communicate about how light or heavy your partner/s can use the whip or flogger.



Not everyone will enjoy the same level of sensation.

Safety considerations: Some people may find the sharp or unpredictable stings overwhelming. You can help to reduce this by making the environment less overwhelming with lower light and noise. Consider using pillows or wedges if you need someone to hold their pose for long periods of time. Avoid whipping areas that have devices such as ports, stomas or insulin pumps.

Ice Locks

Rouge Stainless Steel Ice Lock
£63.99

<https://www.whippetickle.com/product/rouge-stainless-steel-ice-lock/>

Ice locks can be a fun and versatile restraint! It allows your partner to secure a cuff to the wrist or ankle, attach to furniture for extra restriction or use it for temperature play.

Temperature play is a type of BDSM or sensory play that involves cold sensations on the body to heighten arousal. Locks like this are often used in power play or to explore power dynamics. You can open the lock, fill it with water, freeze it (allowing a space for expansion), and then attach restraints to it. The lock opens once the ice melts.

Adding locks like this can heighten psychological control, as no one can end a scene early. A scene is a consensual play where people engage in kink activities with defined roles and aftercare.

Neurodivergent individuals may enjoy the sensory changes between warm and cold or find it helps to ground them.

Safety considerations: Ensure that the other person is aware that this will remain in place until the ice melts. You will need to assess someone's tolerance for cold or restraint ahead of use, and it's worth testing how long the lock takes to melt, too. Regularly check someone's circulation and comfort while this is in place. Be aware that if someone has anxiety, this may be difficult for them.



PVC Bedsheets

Wet Play PVC Bedsheet Black 210x200cm
£21.99

<https://www.whippetickle.com/product/wet-play-pvc-bedsheet-black-210x200cm/>

PVC bedsheets can be placed on the bed or floor to keep both clean if you are using lube, oils, or if there are bodily fluids involved. It doesn't have to be used just for this, as some people may enjoy the feeling or sensation of PVC in their play.

Sex can be quite messy as it is, but these sheets are great for anyone who may use catheters or stomas, as they are waterproof and easily cleaned.



Some PVC sheets have a slightly textured surface that helps to reduce slipping compared to cotton sheets. This can be useful for people with limited mobility or muscle control as it provides traction during movement or positioning. It's worth noting that PVC sheets can get slippery if there are fluids involved! Some disabled people may enjoy the unique tactile sensation of PVC against their skin, adding a new layer to sensory play.

Safety considerations: PVC sheets can sometimes feel less breathable for some people, which can increase sweating. This may be something partner/s will need to monitor if someone finds temperature control difficult. Be mindful of choosing a sheet that is soft, phthalate-free or non-toxic to avoid skin irritation. You can also add lube to reduce friction.

Note: Make sure you keep the sheet clean and allow it to dry before you store it to avoid trapping bacteria!

Intermediate

Okay, so you've bought the handcuffs, cracked the whip, and even given a gag a go... what next? Starting in kink tests the boundaries of ourselves and our partners, along with our comfort levels. It's okay to admit that you'd rather stay at a beginner level. However, if you are ready to go to the next step, then here are some of the items you might consider!

Make sure you have a conversation with any of your partners about the level of kink they are comfortable with before you introduce a new toy or play.

Masks

Leather Full Face Mask with Detachable Blinkers Bondage Hood
£117.99

<https://www.whippetickle.com/product/leather-full-face-mask-with-detachable-blinkers/>

There are lots of different styles of masks. This particular one has detachable blinkers on the face, allowing someone to choose to look out or speak. These masks are often used in BDSM to enhance psychological, submission, sensory deprivation or exploration. By covering the face, it can intensify our feelings of vulnerability and help to create a feeling of anonymity or submission.



These masks may work for neurodivergent people who enjoy deep pressure, containment or sensory blocking, similar to a calming weighted blanket. For others, limiting the sight or sound can narrow the sensory input, making it easier to focus or relax. A mask may offer an alternative to blindfolds or hoods for those with mobility limitations who can't manage the constant adjusting. It's a good idea to practice wearing this for short periods before a session, so the wearer gets accustomed to the feel and restrictions.

Safety considerations: Make sure that the mask has clear, unobstructed airways so that someone can breathe. It's a good idea to allow someone time to get used to the mask by wearing it for shorter times, leaving the eye or mouth flaps open. Avoid using for long periods of time if someone has asthma or respiratory conditions. Some neurodivergent people may be hypersensitive to pressure or textures, which is another good reason to test the mask. Develop a signal that someone can make if they need to remove the mask, especially if the mask restricts their speech. Be aware that you may need to select a specific type of mask if someone uses hearing aids or cochlear implants.

Animal masks

Horse Bit Mouth Gag with Reins and Ears
£71.99

<https://www.whippetickle.com/product/horsebit-mouth-gag-with-reins-and-ears/>

There are many different types of animal masks, but the three most common are those of a puppy, pig, and horse. They are usually made of different materials, but most commonly leather, with or without a bit or gag.

Animal play is a form of role-playing in which individuals assume the persona of a preferred animal. Pup play, for example, may allow someone to explore submission, playfulness, or non-verbal connection with their partner/s, which can be called handler/s. Pup play is popular in the LGBTQ+ community, and pups can often be seen at Pride celebrations.

The masks can help users to develop deep trust with others who are awarded the responsibility of being their handler/s. Compression and containment from some hoods can be soothing for some people.



Others may find that the masks allow them to let go of visible gender cues, so transgender or nonbinary people can explore. For neurodivergent people who may have communication anxiety or communication impairments, hoods can support non-verbal scenes that don't rely on speech. It can also reduce the need for eye contact, but you will need safety signals if the mask has a gag.

For some people, the masks that cover more of the face, such as pup masks or pig masks, allow the exploration of intimacy without someone feeling self-conscious. It's worth looking for masks that are easy to put on or take off for anyone who may have limited dexterity or need help from a partner/s.

Safety considerations: Consider the type of mask if being worn by a hearing aid or cochlear implant user. Masks can muffle speech or completely prevent verbal safe words, especially for anyone who has heightened anxiety. You will need to establish non-verbal safe words in advance, such as hand signals, tapping or object dropping. Masks can also trigger past trauma, especially around not being able to speak or having the head covered. This can be a real consideration for survivors of abuse. Some hoods/masks/related outfits may interfere with assistive tech, depending on where they are on the body. Avoid tight hoods or masks on anyone who has epilepsy or asthma.

Chastity Devices

Black Metal Male Chastity Device With Padlock
£55.99

<https://www.whippetickle.com/product/black-metal-male-chastity-device-with-padlock/>

Metal chastity cages, usually worn over the penis, are used in kink and BDSM for control, denial and power dynamics exploration. Some of the reasons that people use chastity devices include erotic control, orgasm denial, heightened desire and submission. It gives control to your partner/s or anyone who holds the key!

This can help neurodivergent people with focus as it can create a structured way to manage sexual energy or introduce boundaries or control. For anyone with hypersexuality, which can occur with different conditions such as autism and ADHD, chastity can provide relief and a physical barrier from temptation or overstimulation.

For anyone with limited mobility or dexterity, cages can be locked and left. This enables long-term control without requiring constant adjustment or physical interaction.

Safety considerations: If someone is going to be wearing this for long periods of time, look into lightweight materials and design. Ensure that you apply lubricant around the rings and bars to prevent pinching. However, continue to monitor for any skin irritation and urinary access, especially if someone is incontinent or using a catheter.

Make sure there is a way to remove the cage easily and quickly if somebody is suffering from overwhelm or anxiety. Set time limits for wearers, especially beginners, that build up over time and make sure you incorporate time for thorough cleaning. Cages may be uncomfortable for people who have spasticity or muscle tightness or have reconstructed or post-surgical genitalia.



Swings

Whipsmart Luxury Bondage Yoga Pleasure Swing
£192.99

<https://www.whippetickle.com/product/whipsmart-luxury-bondage-yoga-pleasure-swing/>

There are lots of different types of swings out there that require individual levels of mobility. Not all of them require you to go upside down like the photo! They can allow partner/s to hold different positions for longer periods of time while supporting your body weight.

For individuals with mobility conditions or chronic pain, swings and harnesses like this can help support the body in a comfortable position. Swings are often adjustable, so you can find one that works for you.

Neurodivergent people may enjoy the gentle swaying motion of the swing and feeling secure.

Safety considerations: You will need to make sure the swing is properly fitted on a strong, stable support or part of the building that can take someone's full body weight. Regularly check the swing so you can spot any wear or tear before you get into it. Consider someone's limitations before you decide what position you will use the swing for. Test that the swing is secure before you use it. Check that you can safely transfer someone to the swing if your partner has limited mobility.



Cupping Systems

Master Series 12 Piece Cupping System
£52.99

<https://www.whippetickle.com/product/master-series-12-piece-cupping-system/>

Cupping systems are a new way to experience the ancient practice from your home. There are lots of different reasons why someone might use cupping therapy, such as circulation improvement, muscle tension, pain relief, reducing inflammation and detoxifying the lymphatic drainage system.

Some people may enjoy the deep pulling sensation on the skin and muscle that can feel stimulating, painful and/or relaxing, depending on the intensity. This can be built up over time, offering a slower form of impact play.

Cupping can leave visible marks or burning on the skin that can be incorporated into dominance or power play - even used as a symbol of endurance. The person applying the cups has complete control over how they are applied.

Autistic or sensory seeking people may find the deep pressure stimulation calming or regulating. Cupping can also be done while someone is seated or lying, which makes it a good choice for anyone with limited mobility or fatigue.

Safety considerations: Be mindful if your partner has extra fragile skin, which can be common with conditions such as Ehlers-Danlos Syndrome. There may be an extra bruising risk if someone has blood clotting disorders or takes blood thinners. Some people who have neuropathy or reduced sensation may not feel if something is too intense for them. Be careful to use gentle suction and avoid any fragile areas. Check in consistently with your partner and keep an eye on their skin where the cups are applied.

If someone has limited mobility, get them into a position where they feel comfortable, but also use pillows or wedges to help them hold the pose for longer periods of time. Start slow and build up the sensation over time.



Pinwheel Scratcher

Rouge Claw Pinwheel Scratcher
£19.99

<https://www.whippetickle.com/product/rouge-claw-pinwheel-scratcher/>

A pinwheel scratcher can be used to introduce sensation play by running the small wheels with needle points down the skin. This particular one is well suited to anyone with an interest in cat play.

Some people use pinwheel scratchers to explore sharp tingling or teasing sensations, making it ideal for sensory play, edging, or erotic teasing. It can help to build anticipation and work with nerve stimulation, especially when it's paired with blindfolds or handcuffs.

For some, it's a controlled way to engage with pain and vulnerability. Pinwheels are a low-effort toy that offers high sensory rewards. There is little strength or movement required to use one of these toys. They are ideal for people with fatigue, limited mobility or joint pain. The wheel is run over the skin with different levels of pressure applied. It is down to the individual as to how much pressure they prefer. For people who experience numbness, dissociation or sensory loss, pinwheels can help to gently stimulate awareness and reconnection with touch.

Safety considerations: Safety is key with pinwheel scratchers, especially if someone has fragile skin or medical conditions such as Ehlers-Danlos Syndrome, diabetes or blood disorders that can lead to slow healing and thin skin. Consider using a lighter touch or pressure, especially if it is someone's first time. Avoid any areas with bruising, scars or visible cuts.

Make sure you communicate what feels good and what doesn't with your partner. If someone has neuropathy or a condition that reduces feeling, then you will need to be careful with areas that they cannot detect pain or pressure in.



They may not be able to tell if someone is too intense. You will also need to clean the pinwheel after use, especially if it breaks the skin.

Ball Stretcher

Perfect Fit 2 Inch Ball Stretcher
£19.99

<https://www.whippetickle.com/product/perfect-fit-2-inch-ball-stretcher/>

Ball stretchers are used to increase genital sensitivity and provide a unique type of pressure or tugging that can be pleasurable for some people. They come in lots of different sizes and shapes and can be used as a way for people to explore control, power and identity.

Some neurodivergent individuals may find the pressure beneficial, as it can help with focus and grounding in the body. The physical pressure and intensity can help some disabled people who have sensory disconnection.

Start with a light, soft material and only use it for short periods of time. Communicate any access needs, safe words or sensory threshold before you start.

Safety considerations: You need to consider someone's circulation, especially if they have decreased sensitivity, which can make it hard to recognise if a ball stretcher has been on too long or is too tight. People with reduced mobility or chronic pain may struggle to apply the stretchers or remove them safely.

Some neurodivergent people may find the material of stretchers unpleasant- there are lots of different materials to choose from. People with ADHD may need to set reminders to remove the stretcher after some time, in case they forget. Conditions like testicular torsion can react badly to ball constriction or added weights.



Wrist and Ankle Binders

Rouge Stainless Steel Heavy Metal Wrist and Ankle Binder
£87.99

<https://www.whippetickle.com/product/rouge-stainless-steel-heavy-metal-wrist-and-ankle-binder/>

Wrist and ankle restraints are designed to give someone power over their submissive. They can be made from different materials but the one pictured is metal, which is sturdier.

Some individuals with disabilities or neurodiversity may find the sensation of cold metal appealing from a sensory perspective. Others might like the feeling of pressure, containment or restraint.



For some, surrendering control through bondage can be liberating, especially if they have a lot of responsibility, hypervigilance (which can come with PTSD, anxiety or chronic illness) or find themselves exhausted. It can be a relief to hand the controls over to someone for a change!

A binder's cool material or weight can help to redirect sensory attention, which can help to focus someone. The rigid structure may be easier for someone with limited dexterity to open and close in comparison to ropes, which need complex knots. It can be easily cleaned and sterilised on metal or fabric.

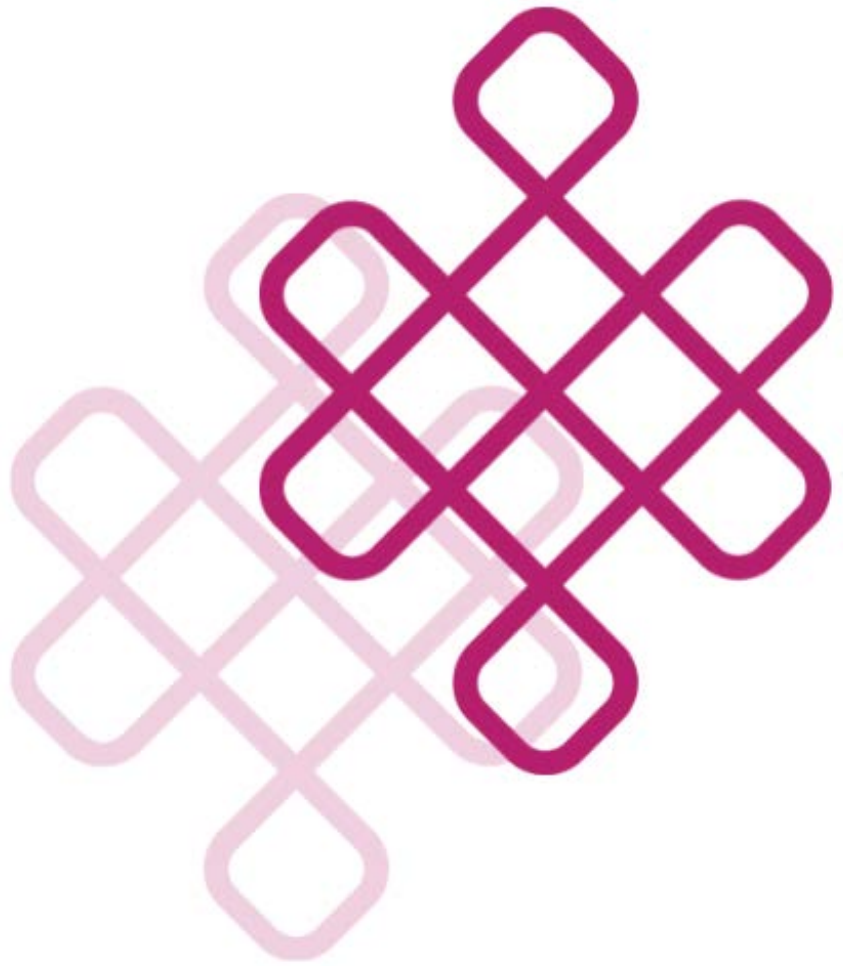
Safety considerations: You will need to be mindful of circulatory or neurological risks. Some people may have reduced sensitivity from neuropathy, nerve compression, diabetes or spinal injuries who may not notice if the wrist or ankle straps are cutting off circulation or pressing on nerves. If you are using metal, steel doesn't have any 'give' in it like rope or leather.

Improper positioning can really hurt someone or lead to bruising or nerve damage, especially if someone has a hypermobility condition such as Ehlers-Danlos Syndrome.

It's also worth looking at how you quickly release someone if you need to. Binders like this can feel heavy, so if you have limited hand strength, dexterity or fatigue, then be mindful that they can be more difficult to release. If they are key lock, know where the key is at all times in case someone has muscle spasms, dislocations or seizures.

All the products featured in this resource can be found at whippetickle.com

Whipple **Tickle**



About us

The Love Lounge, run by the disability charity Enhance the UK, exists to ensure disabled people are fully included in conversations about dating, intimacy, and relationships. We challenge harmful stereotypes, tackle accessibility barriers, and address the lack of accurate information around sexual health. Through events, resources, and personalised one-to-one support, we offer a friendly, inclusive space where disabled people can build confidence, seek advice, share experiences, and feel truly understood. We work to empower meaningful connections and celebrate every person's right to love, intimacy, and self-expression.

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#TheLoveLounge



CHANGING SOCIETY'S VIEWS ON DISABILITY