Innovative Approaches for Older Men's Community Engagement

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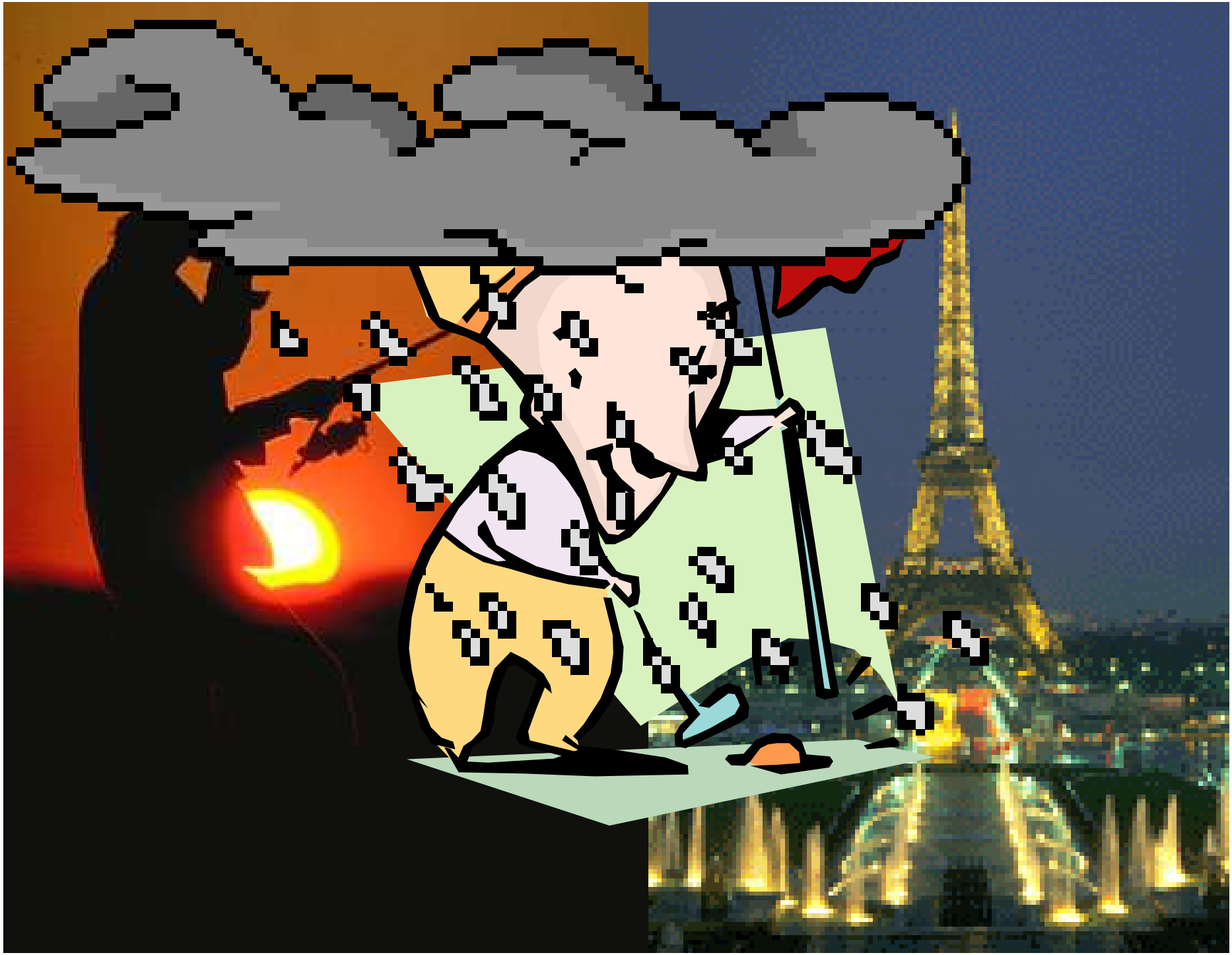
Older men and aged care services

- Not a lot of research
- Some research with healthy older men living independently
- What can learn from the existing research?

WORK

- Friends
- Money
- Sense of being in control
- Feeling productive
- Identity



Retirement

- Become sick
- Become a carer
- Family and friends, get sick, move away, or die
- Financial Problems
- BOREDOM

It's a funny time [retirement]
You're not working,
but you're not on holiday.

All my life I've been mixing with a lot of people in my job and always had plenty of company. And all of a sudden in my retirement I find that for about ten years now I'm becoming more and more isolated.

Feminisation of Services

- ♀ Staff
- ♀ Clients
- ♀ Volunteers
- ♀ Look and feel of services
- ♀ Lack of 'men-friendly' activities

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Health and Community Services

It's a feminised world as far as that's concerned. The social welfare or whatever you want to call it.

Keeping the Balance. (2001)

BREAST EXAMINATION
BABY CHECKS
VACCINATE THE KIDS
GAUL

Attitudes to older men

And she asked me, was I over forty-nine years of age. I said yes. So she said
"we won't take any members over forty-nine years of age."
I said why and she said…

"Well there is the, um, things that old men do to young boys."

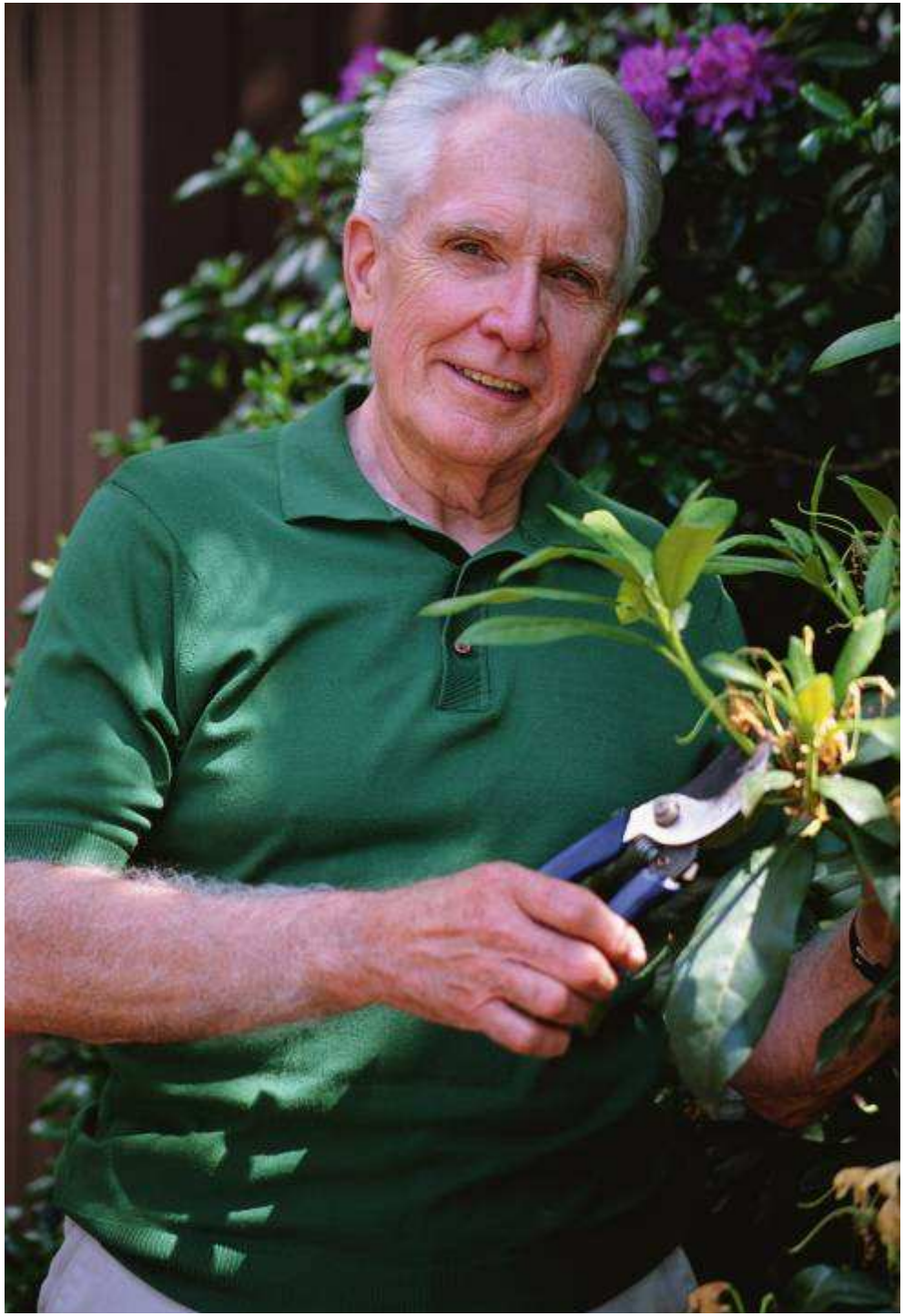
And I said well that's the finish of it.

from ***Keeping the Balance*** *(2001)*

What gives activities meaning?

What gives activities meaning?

- Utilisation or learning of skills/knowledge
- Physical activity
- Contributing to the lives of others
- Sharing common interests



Many men find meaning

OUTSIDE

the home

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DVD

Ashfield Men's Shed
Mary MacKillop Outreach

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MEN'S SHED

Fold Away Shed

Behaviour Advisory Service
Alzheimer's Australia (SA)

ANGASTON MOTORS PTY. LTD.
T. C. ENNIS AND Co.
DREW & CREWES PTY. LTD.

AUTOMATIC
TRANSMISSIONS

Australian Men's Shed Association (AMSA)

http://www.mensshed.org/

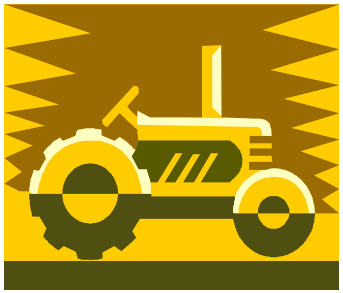
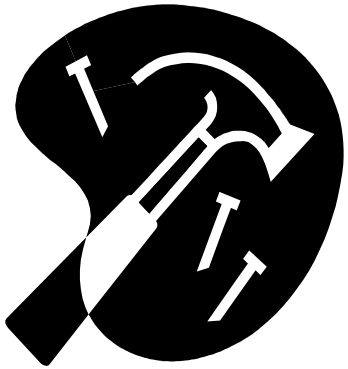
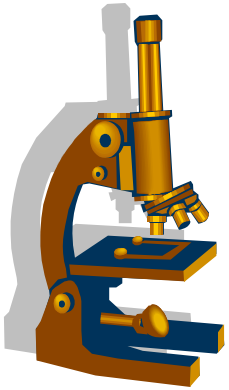
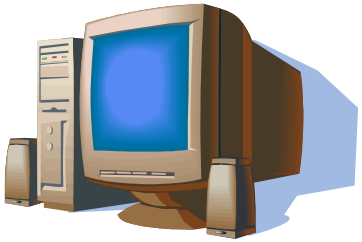
Fold Away shed

Behaviour Advisory Service
Alzheimer's Australia South Australia

http://www.alzheimers.org.au

Being Men-Friendly

- Remember retirement 'crisis'
- Incorporate the outdoors
- Involve other men, clients or volunteers
- Let it be messy!
- Remember men are not all the same!



Range of activities are needed one size does NOT fit all