



Out of the Shed

Myths and Magic about Men and Community Care

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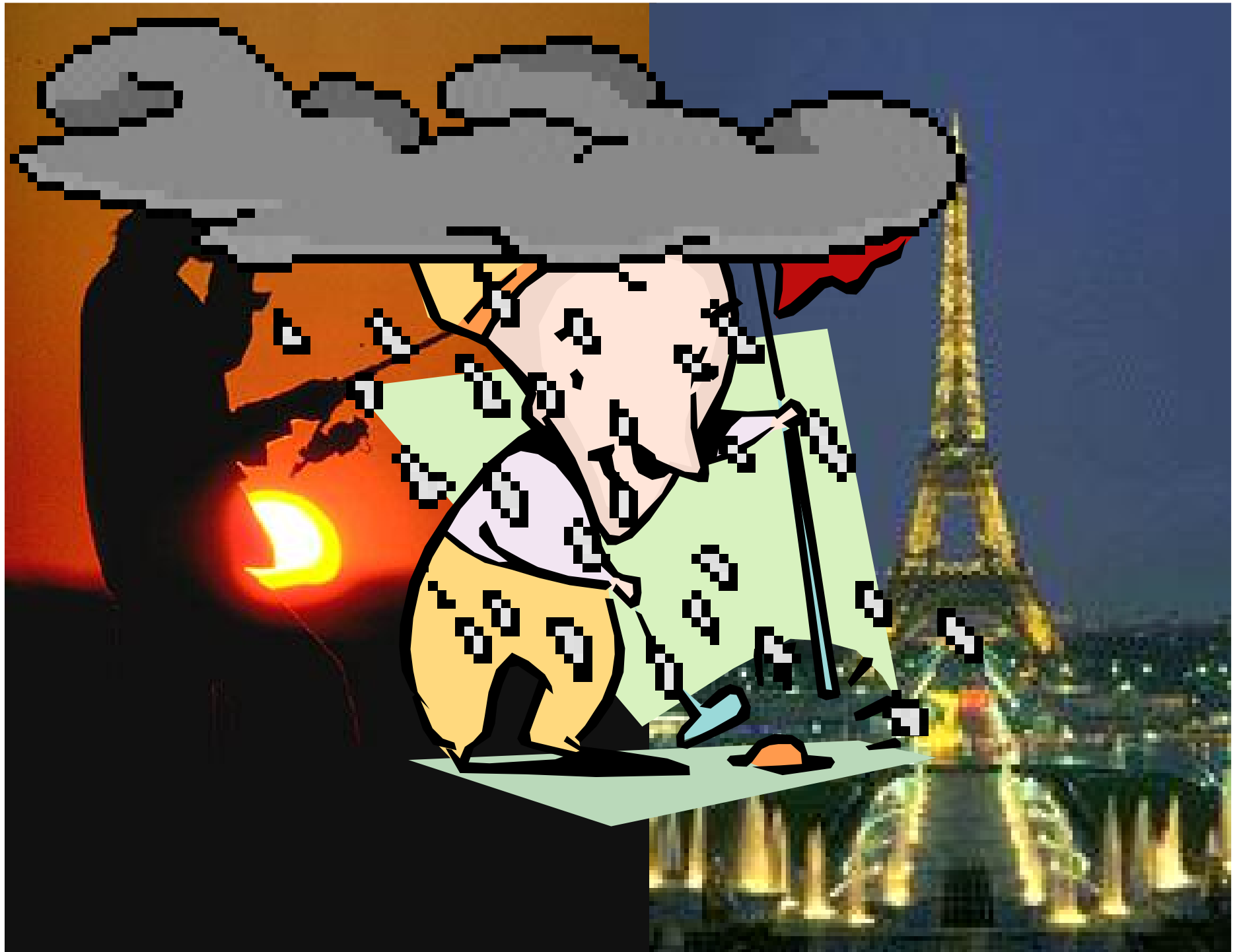




WORK

- 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

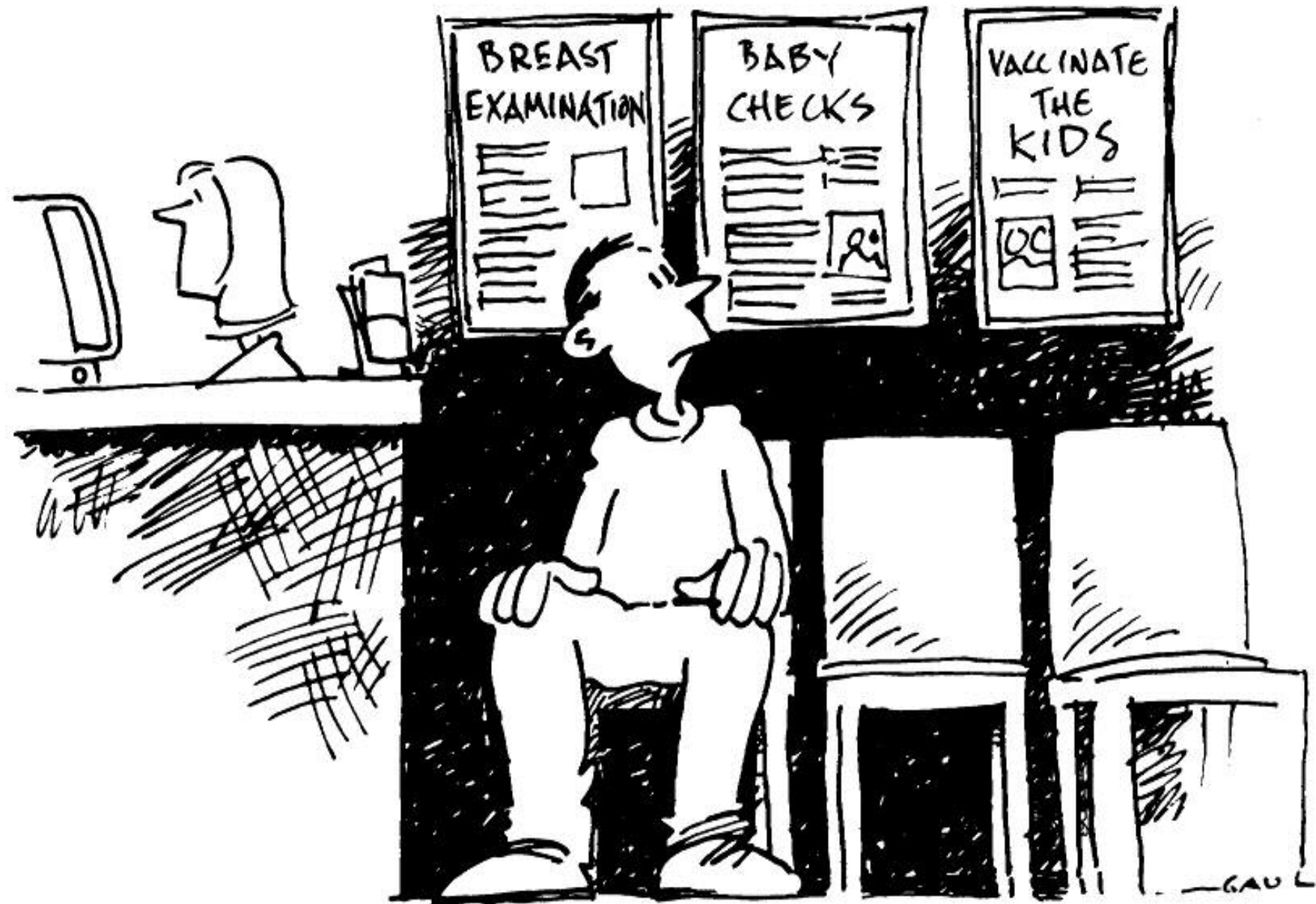


Health and Community Services

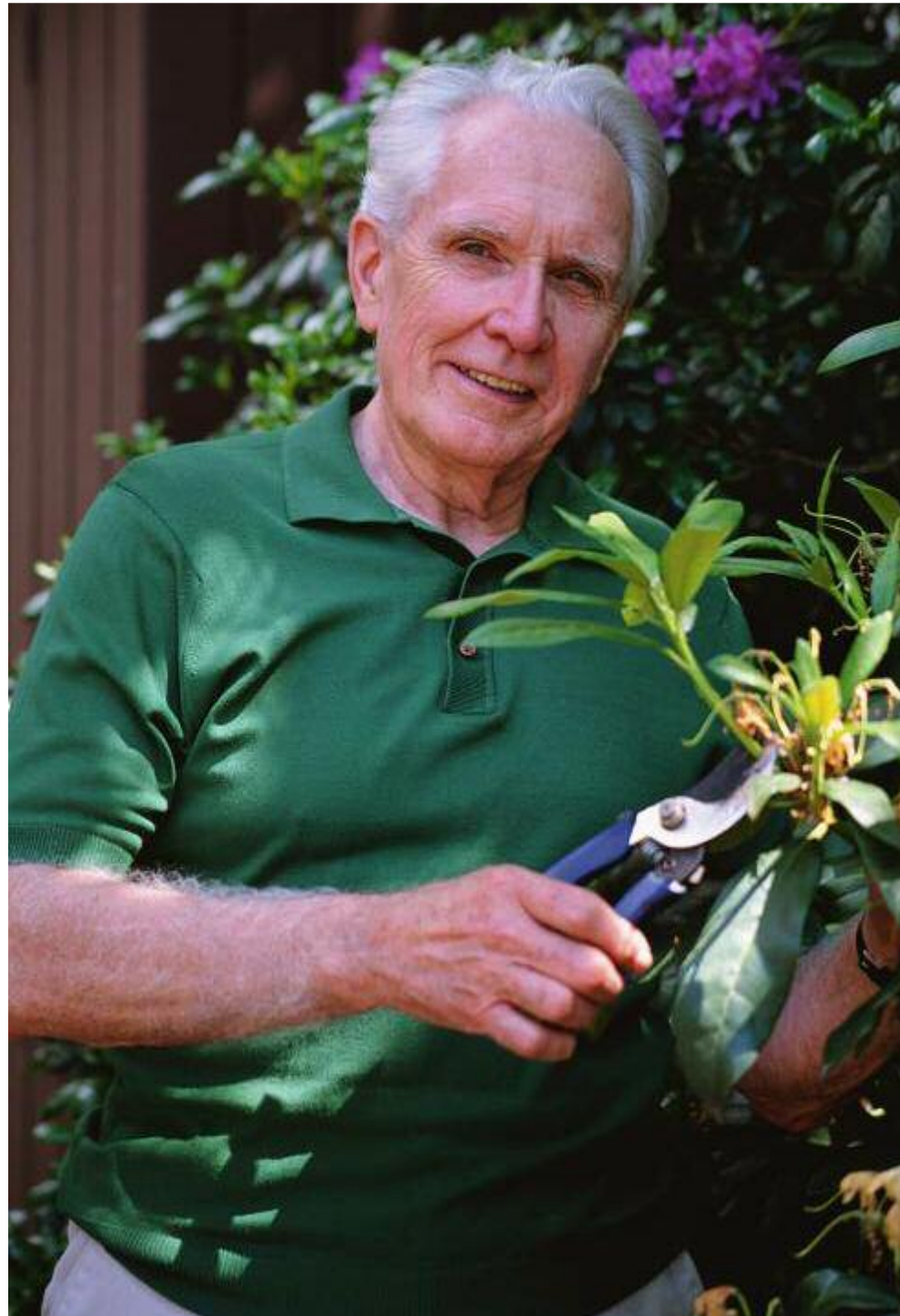
*It's a feminised world as far
as that's concerned.*

*The social welfare or whatever
you want to call it.*

Keeping the Balance. (2001)









Men want to be involved in activities that:

- Are skills based
- Are physical
- Contribute to others
- Involve 'like-minded' people

Hall, Brown, Gleeson, Zinn (2007) *Keeping the thread: Older Men's Social Networks in Sydney, Australia*. *Quality in Ageing*, 8(3): 10-17



Ashfield Men's Shed Mary MacKillop Outreach





Fold Away Shed

Behaviour Advisory Service Alzheimer's Australia (SA)









Fold Away shed

Behaviour Advisory Service

Alzheimer's Australia South Australia

Web: <http://www.alzheimers.org.au>

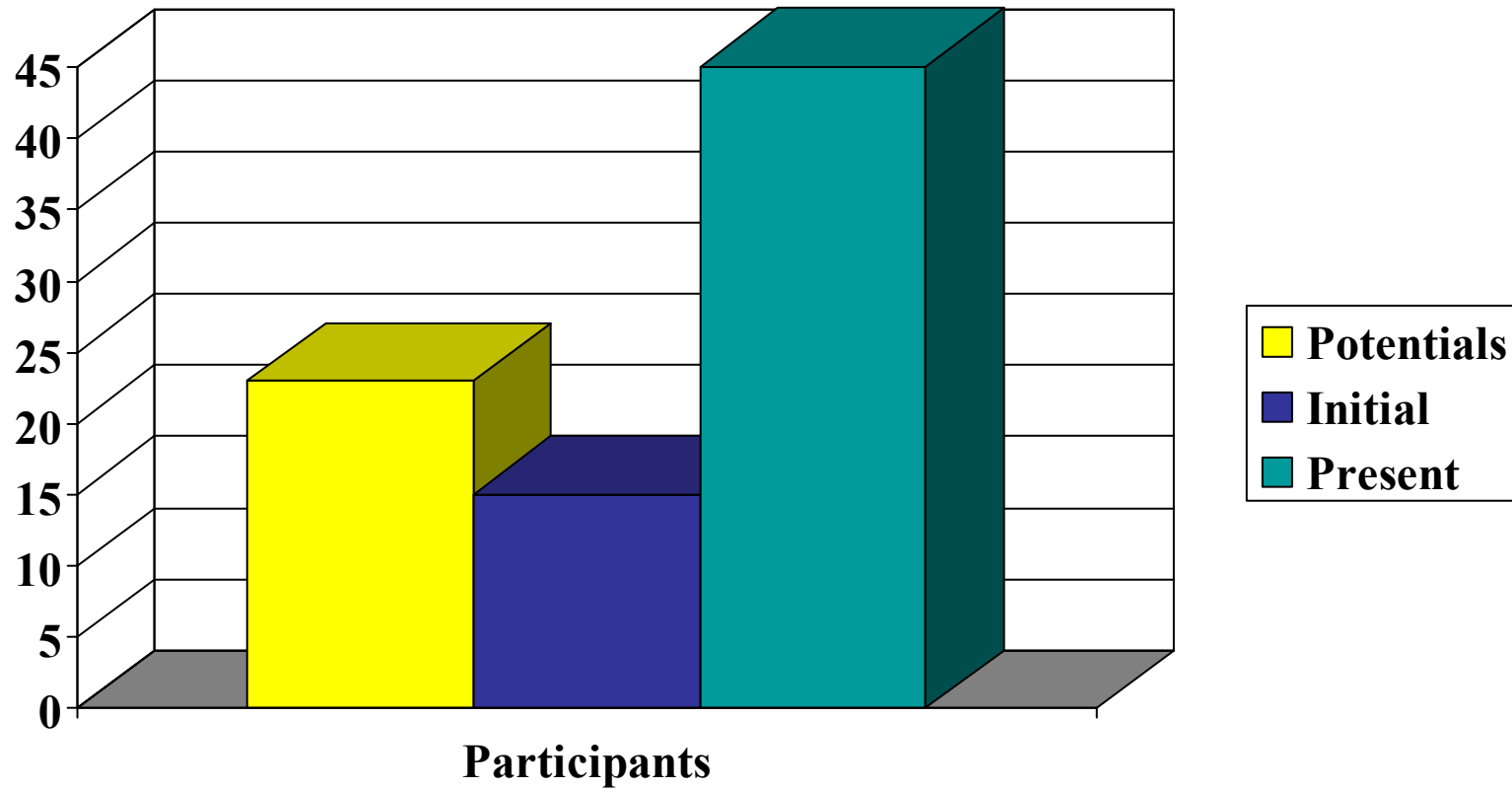


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Golden Oldies outcomes





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!