

Turn Up Your VOICE

Parafield Gardens

Project - Men's Group

Transferring Projects
Across Helping Hand
October 2021



Residents enjoying Men's Group

What we heard

We heard that staff and residents enjoy getting to know each other. Staff told us they would like to learn more about the residents' likes and dislikes.

'Some of the staff are like family. I really like it when they come in and give me a hug to say goodbye and tell me when they will be back. Staff tell me about their family and bring them in to visit me.' **Parafield Gardens resident**

The project team explored...



Staff and residents enjoy getting to know each other. Staff told us they would like to learn more about residents and likes and dislikes.

Strong relationships between staff and residents and knowing each other well, allows more individual care to be provided.

How could we learn more about each others stories?

How can we share what we learn?

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Staff discussed what we already know and do that helps staff to get to know residents better. The conversation shifted to residents experiencing loneliness and how residents could get to know each other and socialise when they have mutual interests. The project team discussed the need to bring male residents together and how great it would be to establish a Men's Shed. From here, a project was developed.

The Project

Setting up male oriented activities, with the end goal of bringing back a Men's Shed.

What were the steps?

1. A survey was distributed to male residents asking what they would like to be involved in
2. Based on the information collected, a Men's Group was created
3. An invitation was distributed to male residents inviting them to come along
4. The Men's Group is now offered regularly, once per month, and is run by a male volunteer
5. The project team sourced sport documentaries to play during the meetings
6. Attendees were surveyed to find out ways the program can be improved

What are the next steps?

- Taking the group members out to a community Men's Shed or club
- Asking new male residents what they would like to see and do, and inviting them to the Men's Group
- Linking with the local high school to come in and support woodwork activities
- Looking into a pool table and beer fridge as requested by Men's Group members
- Inviting guests from the RSL or other clubs to come and speak/meet with the men
- Sourcing a dart board and other games
- Running the meetings outside when weather permits

What have the benefits been?

- Increased social interaction for the men. It's often more about the social aspect than the particular activities
- Opportunity for men to meet other male residents, from other areas of the home
- Increased opportunity and reason for men to leave their rooms
- Something for the men to look forward to
- More men have joined the walking group, they come back happy from it and in a brighter mood

'It's good fun to catch up with people and just have a chat. I'm not so much into the games, but really value the social interaction.' **Resident**

'I enjoy getting out of my room and meeting the men there. Some I knew before but many I met there. It's a nice way of getting to know others.' **Resident**

'There's an overall feeling of being included and finding residents that like the same things, being able to talk not only about sport but their life story too. Residents are always smiling and asking when the next meeting is.

'Before this, male residents were comfortable sitting in their rooms, but with the Men's Group they've found a new purpose and another thing to enjoy and that's interacting with other male residents.' **Lifestyles Assistant**

Curious Questions

- How could I implement this at my residential care home?
- How could I build on this project?
- How would the residents at my care home benefit from this project?

Contact

For further information on Turn Up Your Voice, please contact the Consumer Engagement Team on tuyv@helpinghand.org.au.

For information on the project, please contact the Lifestyles Team at Parafield Gardens.