

MEN CARE TOO

AWARENESS | WELLBEING | ENGAGEMENT

SON - BROTHER - UNCLE - FATHER - HUSBAND - GRANDFATHER - NEIGHBOUR - MATE



1 in 10 or almost **1.2 million** Australian men make significant daily unpaid, informal contributions to the care and wellbeing of family and friends living with a disability, mental illness, chronic condition, terminal illness or living with age related challenges. (Abs.gov.au, 2018)

"I'm scared about the future, caring for Mum is all I've done for such a long time. What else am I good for?" - Tom* 39yrs old

*Name changed



"Often it feels like I don't exist, there's nowhere I fit in and that can make it pretty lonely at times" - Graham* 72yrs old

*Name changed

HIGHLIGHTING THE NEED FOR RESEARCH

The number of men in caring roles could be even higher when considering '**Hidden**' carers, a term used to define those who are unwilling or unaware of how to recognise the caring role as separate to the typical husband, partner, son, brother, mate relationship. The caring role may also go unrecognised where a care recipient is opposed to the concept of requiring support.

Men are largely underrepresented in carer research, based upon the current evidence, planning and delivery of services and support is seldom targeted at men in an **effective** way. Studies focused solely on the male caregiving experience are few and generally report on condition specific caring roles with small study cohorts. Observations from facilitators working with men in caring roles report that men don't often say they are a carer. Alternatively they '**look after**', '**help**' or '**manage**' whatever needs to be done, methodical and devoted, working towards improving quality of life for someone close to them.

"The caring role can be a complex, challenging, beautiful and emotional experience that provides a unique perspective on life. Understanding the male perspective of the caring role presents a challenge for the research community, government, organisations, service providers and community groups to better assist men who are often only reaching out for assistance when at a crisis point."

(Men Care Too, 2017)

CHALLENGES FOR MEN IN CARING ROLES

Opportunities exist for innovative research which explores the relationship between the male caring role and **key** topics such as **masculinity**, **male suicide**, **health and social services workforce** and **social connectedness**. This research will help shape a more inclusive approach to the management, planning and delivery of carer policy and programs resulting in improved social connectedness, physical and emotional wellbeing and uptake of services amongst male carers.



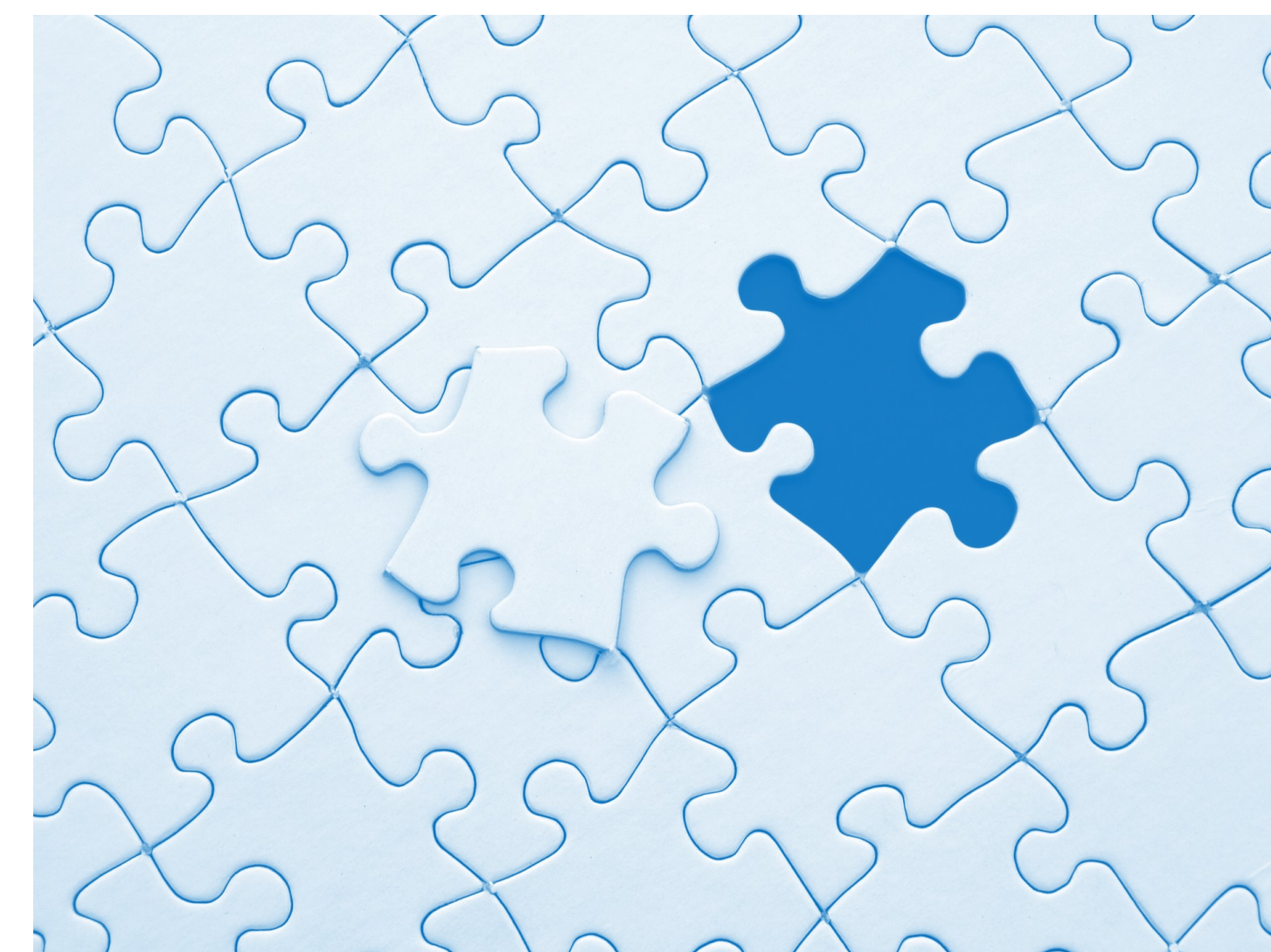
MASCULINITY

Real and perceived expectations to be physically strong, mentally tough and get on with the job. Asking for help is often viewed as a sign of weakness and failure in responsibility.



MALE SUICIDE

Many carers experience ongoing situational risk factors for suicide including financial stress, relationship breakdowns, grief, poor health and limited or non existent social activities.



MALE FRIENDLY SERVICES

Men make up less than 20% of the healthcare and social assistance workforce in Australia. The current design and delivery of programs does not engage effectively with men in caring roles.

(WGEA Data Explorer, 2018)



SOCIAL CONNECTEDNESS

Carers have limited opportunities to attend social activities or maintain friendships and hobbies of interest. Many carers experience feelings of guilt when taking a break or time out from their role.

57 is the average age of a man who is identified as a primary carer

(Abs.gov.au, 2018)

86% of Australian men aged 65 and over have a chronic disease

(Australian Institute of Health and Welfare, 2018)

Australian men aged over 85 have the highest suicide rate in Australia

(Abs.gov.au, 2018)

CONNECTING WITH CARERS IN THE ONLINE WORLD

WEBSITE

mencaretoo.org is focused on recognition and information sharing with men in unpaid caring roles. Links to male friendly services and supports, videos, research and podcasts along with details of upcoming events and activities are included.

(Numbers below since Oct. 17)



1500+

SITE USERS



2000+

SESSIONS



5000+

PAGE VIEWS

SOCIAL MEDIA

Using social media channels Men Care Too promotes healthy lifestyle choices and encourages men to connect with services and people in their community along with offering strategies or referrals to assist male carers through difficult periods.

(Numbers below from past 30 days)



200 +

FOLLOWING PAGE



1441

POST ENGAGEMENTS



9.800 +

POST IMPRESSIONS

WEEKLY EMAIL

MCT Monday encourages men to be proactive with physical and mental health needs whilst caring for others and is read by carers, academics and health professionals from within Australia and in other countries including the US, UK, France, Italy and New Zealand.

(Numbers below since Oct. 17)



4,700 +

EMAILS SENT



200 +

SUBSCRIBERS



46 %

OPEN RATE
(NFP AVE. 21%)

WORKING TOGETHER TO ENCOURAGE AND SUPPORT MALE CARERS

MEN CARE TOO is proud to have worked on events, activities and programs designed for men in caring roles with the following organisations:

The Iris Foundation | Wesley Mission Sector Support Central Coast NSW | Parramatta Mission Central Coast NSW | Carer Escapes | Bunnings Lakehaven | NSW Central Coast Local Health District | Hunter New England Local Health District | Nepean and Blue Mountains Local Health District | Men's Sheds Central Coast NSW | Australian Men's Health Forum | Carers Australia | Embracing Carers

MEN CARE TOO acknowledges The Glen Centre at Chittaway on the NSW Central Coast for your support of MCT to attend the SPA Conference

CONNECT WITH MEN CARE TOO: www.mencaretoo.org @mencaretoo mencaretoo.greg@gmail.com 0400 604 231

