

Moreton Bay Men's Group

Presenter
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Queensland Government

Queensland **Health**

Overview

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- ◆ Social Work Role
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- ◆ Evidence
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- ◆ Aims and objectives
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Demographics

- ◆ 3,779 people 65 yrs and older living in Wynnum (ABS, 2006)
- ◆ Moreton Bay Nursing Care Unit is a QLD Health facility - south east of Brisbane
- ◆ On campus there are 5 units, Acquired Brain Injury (ABI), Psychogeriatric, Frail Aged & Dementia Secure
- ◆ All residents have access to Allied Health services, Nurses, Doctors, Diversional Therapists and Volunteers
- ◆ Adjustment issues – effects the resident & family/carer



Social Work Role

Social Workers work with:

- ◆ Groups
- ◆ Individuals
- ◆ Communities

As a Social Worker I provide services such as:

- ◆ Counseling
- ◆ Mediation
- ◆ Social Support
- ◆ Assist with Nursing Home placement
- ◆ Liaise with other organisations/stakeholders
- ◆ Facilitate groups

What we found about the men @ MBNCU

- ◆ Gaps in service delivery – no male orientated groups
- ◆ Female dominated setting – influencing groups, activities
- ◆ Observed low morale amongst men– very little initiation of conversation
- ◆ Men expressed a need for purpose and sense of loss of independence
- ◆ Risk factors that contribute to depression

Evidence

Research showed:

- ◆ Five Australian men suicide each day, compared to one female
- ◆ out of 210 older people who committed suicide 34% had co-morbid conditions – ill health or disability
 - ◆ Contributing factors – breakdown in interpersonal relationships, isolation, retirement, institutionalisation, unresolved grief and loss and functional disability
- ◆ Suicide rate is high in men aged 85 year and older -33.62 per 100,000
- ◆ Depression is higher in nursing home settings – less likely to suicide, however an increase in suicidal ideation
- ◆ International and national studies revealed – not all men who suicided had prior history of suicidal behaviour
- ◆ Older men have a harder time dealing with the negative aspects of ageing

**Australian Bureau of Statistics (2006), Bird & Parslow, Llewellyn-Jones, RH & Snowdon J, Men's Line, NSW Government media release (2004),*

More Evidence

Men and suicide:

- ◆ Protective factors identified to help prevent depression – socialisation versus isolation
- ◆ Psychosocial and environmental interventions are important in all types of depression
- ◆ Health professionals, family and friends are the best source of information on health matters
- ◆ “Australian Men’s Shed Association” concept highlighted the benefits for men

*Office of Ageing families, youth and community care “A Hidden Problem Suicide in Older men In Queensland”

Aims & Objectives

- ◆ Facilitate friendships
- ◆ Social relationships
- ◆ Improve physical/mental health
- ◆ Enhance quality of life
- ◆ Develop new skills
- ◆ Promote strengths
- ◆ Empower &
- ◆ Decrease isolation

Planning

- ◆ Survey conducted in 2007
- ◆ Orientation package
- ◆ Referral criteria – things to consider
- ◆ Assessment form – crucial information for the facilitators

Our experiences

- ◆ Letters of support / linking with community
- ◆ Responses to the men's group
- ◆ Morning teas proved a way to a man's heart is through his stomach
- ◆ Attitudes of the men
- ◆ Attitudes of staff – being female facilitators
- ◆ Risk taking opportunities
- ◆ Good way to build rapport
- ◆ Volunteer

Evaluation

- ◆ Evaluation completed after 3 months
- ◆ Unsuccessful with men with dementia
- ◆ Men were observed to be reminiscing more
- ◆ Overall the results showed a general improvement in well-being
- ◆ One negative feedback

Current Limitation

- ◆ Venue
- ◆ Lack of volunteers
- ◆ Illness
- ◆ Strict funding criteria
- ◆ Lack of resources – our own shed
- ◆ Female facilitators – coming up with bloke type activities

Where to now?

- ◆ Better evaluation tool
- ◆ Include men from the community
- ◆ Recruit more volunteers
- ◆ Apply for funding
- ◆ Share our ideas and resources

Contact Details

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