

# *Older men and health*

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# Presentation

- Health?
- Social connections
- Access
- Grandfathers
- Who ages better?





# What is health?

- Older men conceptualise *health* holistically  
(Macdonald *et.al.* 2001)
- Social Determinants of Health
- Health as *interaction* with environment  
(Macdonald 2005)



# Social Connections

- Fewer friends than older women
- Value these friendships as much
- Tend to make friends through work and leisure activities



Scott & Wenger (1995)

# Access to services

## ***Personal Factors***

- Independence “I can manage myself”
- Help-seeking behaviours
- Don’t identify as needing help
- Don’t know services exist
- Perceive services as feminised



Macdonald, *et. al.* (2009).

# Access to services

## **Services**

- Activities not of interest
- Don't specifically target men (marketing / images)
- 'Language of care'
- Attitudes



Macdonald *et. al.* (2001)

Macdonald *et. al.* (2009)

# Grandfathers

- Roles of grandfathers changing (gender norms)
- Grandfathers under researched



(Tarrant, 2012)



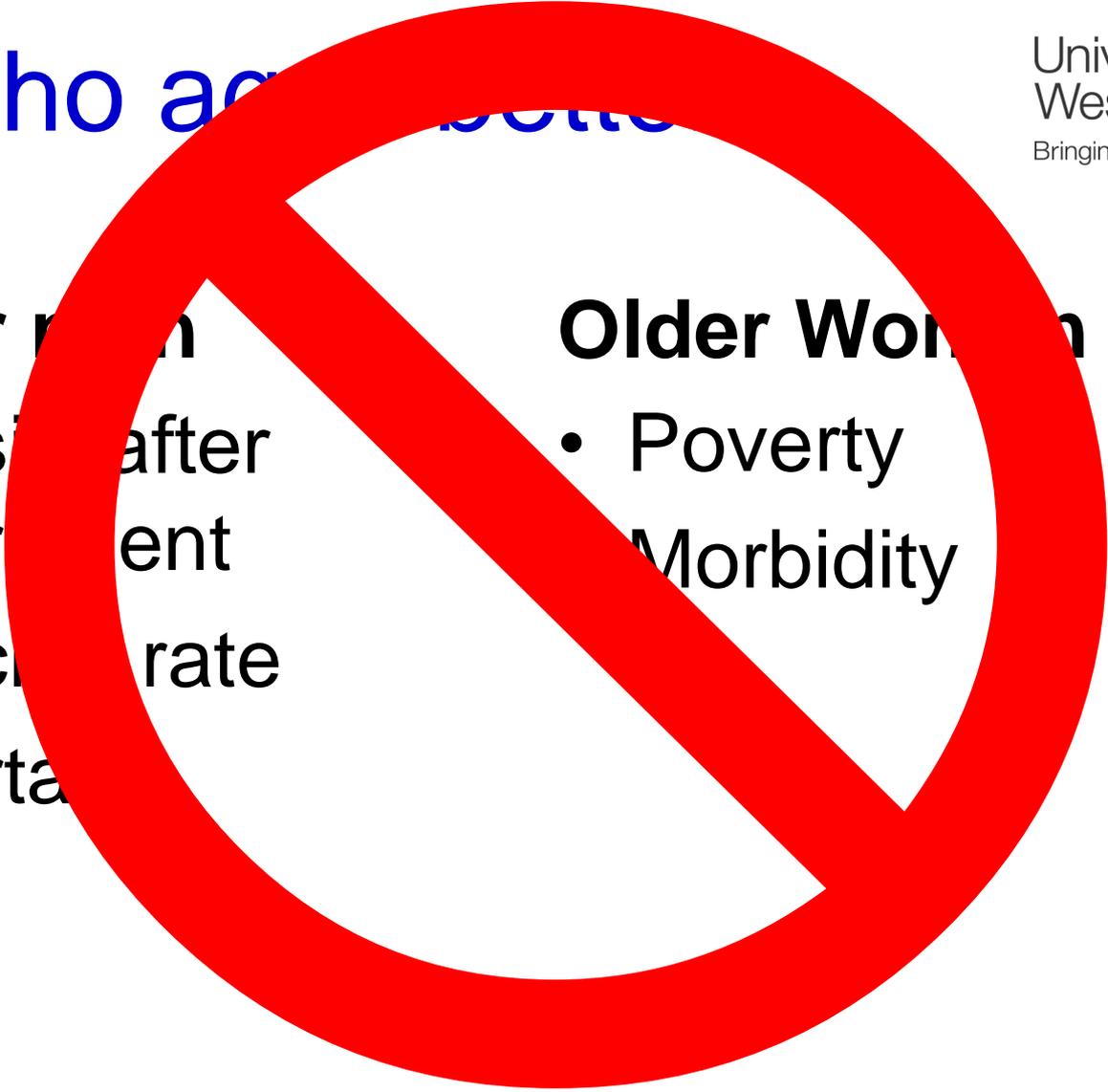
# So who are the victims

## Older men

- 'crisis' after retirement
- suicide rate
- Mortality

## Older Women

- Poverty
- Morbidity



# **Paradigm of 'competitive suffering'**

(Russel, 2007)



# The way forward...

While we

“quite properly are concerned to document the demographic, social and political forces and interests that shape the lives of older women and men, it is equally important to address the personal and cultural implications of population ageing as ***lived realities.***”

(Russell, 2007, p. 114, emphasis added)



Australian  
Human Rights  
Commission

Fact or fiction?  
Stereotypes of older  
Australians

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Bringing knowledge to life

*Genderless?*



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