

# Activities and Programming for Men with Dementia



What's Special About Men  
Living in Residential Settings

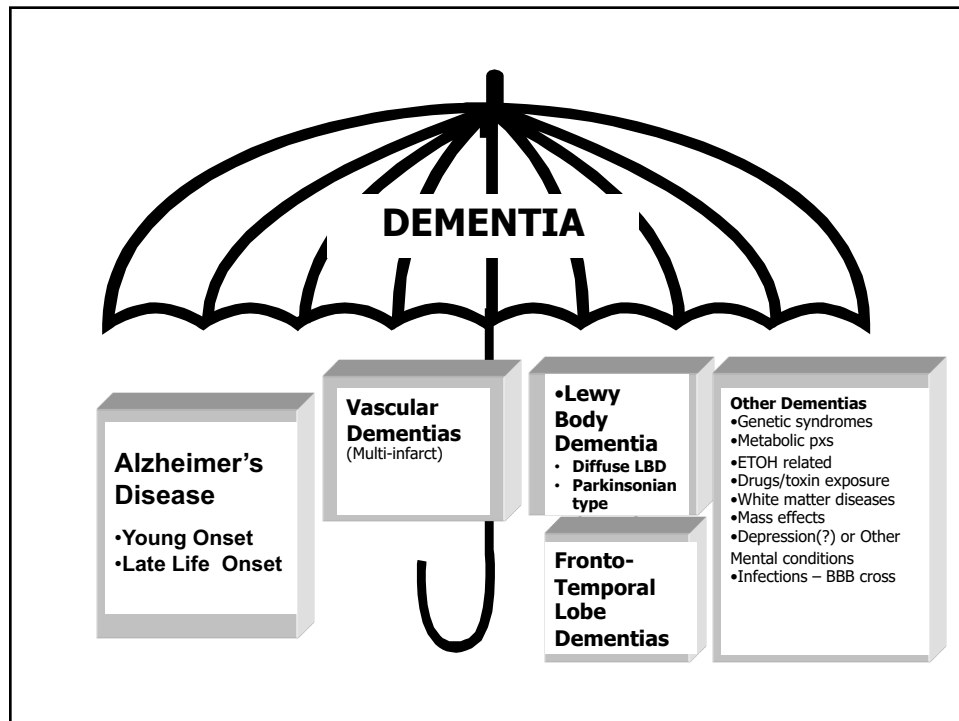
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***Dementia***  
does not equal  
***Alzheimers***  
does not equal  
***memory problems***

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## Men are Different They Have Special Needs in a Residential Setting!

- SURROUNDED by WOMEN!
- No 'women free' zones
- They may or may not LIKE women
- May or may not be competitive
- Have different life experience that matters
- Have experienced different losses

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## Men go to WORK!

- Our communities look like 'homes'
- 'work place', a 'hang out place', OR a 'guy place'
- Men are different in a 'work' setting
- Men may be seeking 'work' – unsettled
- Male – female roles at WORK?

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## Leisure Time for Men

- What do men do for “fun”?
- Where do men go to play?
- Do men play?
- What do men do with their free time?
- Active versus passive participation
- Social versus physical activity
- Solo versus group or team involvement
- Leisure locations and activities over a life time

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## How and Where do MEN rest and restore themselves?

- Introvert males go??? And do???
- Extrovert males go??? And do???
- What role do faith communities and activities have for men?
- What role does outdoors and nature have?
- What does role does exercise working out play?
- What about projects? vehicles and tools?
- What about animals or children?

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## Interacting Differences

- Logical – Head First thinkers
- More trouble using language to communicate needs
- Men are less likely to talk about or discuss feelings and emotions
- Men like specifics and routines and plans that are concrete and clear – surprises are frequently not welcome or fun – they like to know what is going to happen ahead of time

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## Men in CONTROL

- More difficulty with the transition into communal living
- More likely forced
- Resist engagement in activity programs to demonstrate their ability to 'control' something in their life

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## How Men Look Determines Behavior

- Business dress or uniforms – meet and greet, be social, get on the job
- Casual dress – meet with friends, go to sports events, do work with others, vacations
- Sloppy, home dress - do what I want, when I want, only if I want – hanging out time

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## Props Help

- Drinks and snacks
- Objects or items to look at and handle
- Pictures, newspapers, or books with pictures
- A game, program, or show
- A presenter or speaker with 'handouts and slides'

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## Men & Groups

- Civic or Club Groups – Rotary Club, Ruritans, Civitans, Lions, Elks, Eagles, Moose
- Military clubs or groups – VFW, Branches of Service
- Work Organizations – organizations organized and focused on work/jobs/careers
- Hobby or Collectors Groups – stamps, coins, tools, antiques, paintings, pipes, cigars....
- Sport Team Clubs/Organizations – baseball, football, basketball, hockey, golf, tennis, boxing...
- Political Organizations – debates, discussions, rallies - Democrats, Republicans, Independents - Local, State, National
- Other groups?

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## Men & Sports

- Doers & Watchers
- Buddies – Leisure - Just for FUN
- Competitors – Scoring important & rules
- May run two or three different groups

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## Men & Sports

- Billiards or shooting Pool sessions
- Golf – Putting or Driving Ranges
- Shuffleboard
- Bocce
- Fishing – fresh or salt water
- Softball/Baseball
- Tennis
- Swimming
- Running or Walking
- Weight Lifting or Gym Workouts
- Hiking

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## NEW OPTIONS to CONSIDER for DOING:

- Tai Chi
- Yoga
- Chair Exercise
- Aerobics

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## For Watchers...

- Those who have enjoyed WATCHING may benefit from 'get togethers' where the focus is on a Sports Event or Championship or 'FINALS' or Tournament
- They may prefer this to be 'without women' or in a 'bar' or 'clubhouse' format

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## Watcher Options

- World Series – Baseball
- Master's or other major Golf Tournaments
- NBA, NHL, NFL Play-Offs
- Super Bowl or Bowl Games - professional or college football
- March Madness – College basketball
- Auto Racing – Indy 500, Nascar....
- Wimbledon or other tennis competitions
- Olympics
- Stanley Cup Finals – Hockey

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## Other Sport Options

- Local kids games
- Local minor league, college, or high school games
- Group Members share a 'history' of sports experiences – old team pictures, old uniforms, old sports items, newspaper clippings, school/college yearbooks, community or workplace team sport events...
- Family members may help

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## Games and Men

- Table games – checkers, chess, poker, bridge, gin rummy, backgammon...
- Cognitive activities – group crosswords, hangman, trivia, name that tune, scrabble, charades...
- Sports
- Computer or video games
- Championships or contests

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## Men & Music

- Many men have active in choirs or other musical groups
- Many are good dancers, or at least enjoy dancing
- Many have played instruments and may still have that skill or at least some of it
- Some men may be interested in trying out new musical interests

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## Men for Formal Faith Communities

- Bible study or Torah discussion groups
- Help with organizing or setting up for services
- Help with passing out or collecting materials
- Readers or singers

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## Men Need Work

- Recycling Crew – collect and recycle throughout the community – cans, paper, newspapers, plastic...
- Mail Delivery – Calendar Delivery – Posting Menus & Announcements
- Greeter – Ambassador
- Building Inspectors – Bring selected men onto a 'team' that checks the building and grounds for housekeeping and maintenance issues
- Gardeners Group – Grounds Crew

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## Special Events

- Something to watch or look at –
- A common experience to comment on:
- A game or event
- Remembering and Sharing Groups –
- Men's Cooking – BBQ – Outdoor meals
- Outings – fishing, boating, rides out
- Travel Discussions –
- Genealogy & family trees

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## Ideas from You

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Culture of Dementia Care  
One Mind at a Time*

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Dementia **Knowledgeable**  
Dementia **Skilled**  
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