



The older male carers project

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Participatory research project between...



**11 male carers who
are over the age of
85 including Paul
and Derek**

**Five Faculty of Media
BA Media Production
students**



The research team....



Research aims...

- Establish a research group of older male carers who are valued for their expertise and insights
- Gain a deeper understanding of the needs of older male carers and to draw on their expertise to develop carer support and provision which improves the quality of life and citizenship for this growing and often hidden population of carers
- Create representations and resources to enhance support and provision for older male carers

Background

- Over 51,000 carers in England are men over the age of 85 a number which has more than doubled in the last decade.
- Carers over the age of 85 are the only demographic of carers where men outnumber women (59%).
- Local data from the Bournemouth and Poole Carers Centre (CRISP) suggests that older male carers are the group least likely to ask for help and often present to them through GP services at crisis stage.

What has happened so far...

- Conducted interviews to enable the carers to 'tell their story'
- Produced narratives from the interviews to capture their lived experience of being an older carer
- Held regular meetings with the older carers to explore themes and findings
- The older carers worked with BU media students to create a film to share their experiences and recommendations for professionals and students working in health and social care
- Produced a booklet for older carers, written by older carers (now being distributed in GP surgeries across Bournemouth and Poole)

What has happened as a result.....

- Festival of Learning event to launch the film and to engage and discuss with health and social care providers
- Published the findings in Journal of Community Nursing
- Film has been shown as part of Bournemouth Arts Festival by the Sea
- Older carers have been featured on BBC South Today; BBC Radio Solent, Bournemouth Echo – raising awareness of the needs of older male carers
- The Older carers group was awarded the Proud to Care 2017 ‘Special Recognition Award’

The film can be viewed on You Tube: <https://youtu.be/VWgEaUHs97s>

The booklets can be viewed on the Bournemouth University PIER website
www.bournemouth.ac.uk/pier under resources

Copies of the booklet can be obtained through CRISP (Bournemouth and Poole Carers Centre)
<https://www.crispweb.org/home.aspx>

The journal paper can be accessed from Hughes, M., McKay, J., Warren, A., Atkins, P., Ryden, J
2017 Chief cook and bottle washer: life as an older male carer. Journal of Community Nursing. 31
(4), 63-66



Questions.....