MEN’S SHEDS
Why have a Community Shed?

- Downsizing
- Loss of own Shed
- (Early) Retirement, job redundancy, unemployment
- Loss of life purpose/ personal id
- Isolation/loneliness
- Personal relationship loss
  death/divorce/separation
- Need to feel useful in some capacity
BENEFITS OF A MEN’S SHED

- Men have own meeting place where ‘blokey’ things happen
- Skilled and non-skilled share and learn with each other
- Networking opportunities – new friendships and supports
- Share health information
- Feel viable and vital again and contribute to society
- Men can be creative
- HAVE FUN
A Typical Men’s Shed
What happens at Sheds
Shed “Doings”
A Shed Member at Work
Looks great... But what’s available for other men....?

- Can a Shed work for men with disabilities?
- What about Alzheimer's & dementia patients?
- Aren’t Sheds too dangerous for them?
- What sense of purpose would they gain?
- What activities could they do?
- What fun can they have?
But ... where do you put them?

- Probably the easiest Shed to actually get
- Does not require huge funding
- Can be built in a ‘corner’ of any facility caring for men with Alzheimer's.
- Requires minimal materials to ‘stock’ it
- Can cater for many projects at a time
- Is limited only by lack of imagination!
W.H.O. defines dementia

A syndrome due to disease of the brain of a *Chronic or progressive* nature:

*disturbance of cognitive functioning* - affecting:

- memory
- thinking
- orientation
- comprehension
- calculation
- learning capacity
- Language
- judgment
- *age is the greatest risk*

Dementia estimates & projections

2008
- 52,000 people newly diagnosed
- 1000 per week
- Number of Australians with dementia will be more than 200,000 or 1% of population

2050
- Number of Australians with dementia will exceed 730,000 or 2.8% of population
Acknowledgement of Keith Bettany’s work on Men’s Sheds and Dementia

“Easier ‘Shed’ than done”

“A means to providing meaningful activities for Men with Dementia in the community and Aged Care Facilities”

From Keith Bettany’s Work for Alzheimer’s Australia S.A.
Problems:
Men living in an aged care facility

- relocation stress
- drastic changes
- female environment
- staff team
- “lovely” surroundings
- alien to most men
- no shed - no escape
- square pegs in round holes
Disengagement from Activity

At risk group:

• frail
• aged
• institutionalised

Disengagement leads to:

• reduced physical health
• reduced psychological health
• increased agitation
Common Unmet Needs Leads to Increased Agitation

- discomfort
- sitting all day
- no activity
- need for love and belonging
- social contact
- want to be of help
- limited stimulation
One Therapy Missing in Aged Care Facilities...

- For people with dementia

SHED THERAPY
Shed Therapy
Thank Goodness for Sheds

- a man’s domain
- last area .. has control
- workshop of equipment, tools of equipment and hoarded goods
- strange smells, clutter, dust, disorder - the norm
- opposite to home
Meaningful Activities help:

- physical and psychological benefits
- reduces stress
- feelings of competency
- increases in self esteem
- opportunities for conversation and companionship
- socially engaging
- creates fun, laughter, mateship
- feel busy & useful.
- stimulates the senses, the mind & memory and more

*The Alzheimer’s Society Book on Activities, (2002), Sally Knockers*
The Shed Provides Sanity at the Home Front

- Time spent meaningfully
- Transition - a different space of their ‘own’
- Purpose - can be productive and useful
- ‘out’ - not in the same old spot!
- not under foot - they are not a nuisance, in own space
- reduces stress - more relaxed
- sanity - allows life to be more meaningful
- rhythm - important to look forward to a pleasure at given times
Factors that Decrease Agitation

- music
- providing meaningful activities
- opportunities for socialisation
- 1:1 human contact
- massage
- pets

- and this can all occur in a shed
Shed Activities for Men with Dementia

- reading
- sorting hardware (great link with other Sheds)
- assembly work (pre-made kits)
- Reminiscing (photo albums, ‘old’ picture books, talking)
- project work
- relaxing
- jigsaws (shadow board)
- listening to music
- gardening activities
- playing games (and more)
- activity boards

*risk assessment on each man to maintain safety*
Work is a source of a meaningful quality of life. Residents with dementia all were viable, active citizens in their homes, jobs, and community.

The challenge is to take the tasks that they one time were engaged in easily ... and successfully adapt or modify them for a continued sense of purposeful participation.”

Carly Hellen, “Using Activities for Behaviour Intervention”, Pp 85--91
The “Portable” Shed
Portable Sheds

- Can be built in a disused corner
- Does not have to be big
- Cheap – a few donated tools and some wood provide a ‘shed’
- Easy activities are a backdrop to the men’s space and ‘talk area’
- Add creative things like wood shavings and secreted jars of ‘metho’ for authentic ambience!!!
Portable Shed operating
Funding Bodies to Approach

- Uniting Care if under U/C
- Dept. Vet. Affairs
- DADAC
- Fed. & State Govt. Grants
- Local Councils
- Small Business Grants
Funding Bodies to Approach

- Rotary/Lions Clubs
- Insurance Companies and Health Funds
- Local RSL-type clubs
- Sponsors – may give donations of equipment etc
WEBSITES

- www.mensshed.org
  interactive national site
- www.mensshed.org.au
  Lane Cove Site

For Funding Help:
- www.ourcommunity.com.au ($156 per year – will provide access to grants search database etc.
- www.communitybuilders.nsw.gov.au
  (searchable database of NSW Grants)