

Understanding ageing well in culturally diverse older males living in greater Shepparton

Author/s: Feldman, Susan Radermacher, Harriet | **Year:** 2011 | **Publication type:** Report | **Peer reviewed:** | **Topic area/s:** General Wellbeing

Reference: Feldman, S. and H. Radermacher (2011). Understanding ageing well in culturally diverse older males living in greater Shepparton. Healthy Ageing Research Unit, Monash University.

Key Words:

qualitative, men, rural, health, Italian, Macedonian, Albanian, Turkish, wellbeing

Research aim:

This report presents the findings of a qualitative study concerned with the health and wellbeing of older culturally and linguistically diverse (CALD) men in the Greater Shepparton region of rural Victoria. In particular: How do CALD men in rural communities currently perceive their own health and wellbeing?

Results/Conclusion:

Having good physical health was regarded by the older men as the most important factor for ageing well. Different CALD groups have different experiences and perspectives about health and wellbeing. Older men reported experiencing a range of physical conditions - high cholesterol and blood pressure, diabetes, arthritis and musculoskeletal issues, work related injuries and back problems, cardiovascular issues, hip replacements and illnesses related to work place practices. Significant levels of stress and anxiety were evident among all the groups of older men, however, not all individuals expressed their concerns in the same manner.

Implications:

The qualitative interviews with all the participants generated many insights into the health and wellbeing of older CALD men, only a small part of which could be included in this summary. This data will be reported more comprehensively elsewhere.

Cultural Group(s):

Italian, Macedonian, Albanian, Turkish

Location of study:

Victoria (Shepparton - rural)

Age group:

mean age 66

Number included in study:

13 stakeholders, 26 older CALD men

Type of participants:

stakeholders who provide health, ethnic services in rural communities, older men from Italian, Turkish, Albanian, Macedonian backgrounds living in rural Victoria

Research approach:

Qualitative

Type of data:

Primary

Secondary data sources used:

Specific scales or analytical techniques used:

Implications/ Recommendations:

Notes:

Also see book section by same authors about this study