

Providing a safe connection to chat, reminisce and laugh for those living with dementia

A unique and innovative men's group is making a real difference to the lives of residents and clients at [MannaCare](#). Running since September 2017, the program aims to provide fun and fellowship for older men and it has unquestionably taken off!

“They said this type of group just wouldn't work with those living with dementia but we have proved them wrong in a big way,” says CEO Ross Dawson of MannaCare.

Operating on a weekly basis at Grevillea House, these gatherings have become an anticipated date in the calendar, providing an opportunity for the participants to come together in a non-political and non-religious atmosphere. What is unique about this particular program is that the “methodology is based on stimulating senses and interaction in a group setting,” states Philip Green, the facilitator. “It creates an opportunity for people to interact in any way that's within their own potential.”

Philip reveals that when retiring in mid-2017 and with his daughter's support and inspiration, “I focused my enthusiasm and energy into the creation of a new discussion group at Grevillea House.” With a bucket load of knowledge and experience from the business world, Philip notes that he, “Always liked working on a project or in a team. And I have realised that the skills of being a group facilitator are the same as in the business world.”

The men's group discuss the day's 'special topic' with everyone getting a turn to share and discuss. The facilitator's role, says Philip, is to, “Work to inspire and build rapport - both within oneself and with others - thus leading the member's willingness to act with courage, experience, and help expand their potential.”

“By sharing life experiences, interests and activities within a safe group, the men are able to enjoy each other's company,” states Philip. We notice that the men are “inspired through increased awareness of their potential to engage in a range of areas in their future lives and improved confidence when communicating with other members through self.” He continues we have received, “Very positive feedback from partners of most group members, with all saying the group has help lift self-esteem, purpose of life and enjoyment of other 'like men' company.”

Philip conveys joy when he speaks about the, “Interaction of our members, their opinions and seeing them all leaving the group meetings with a smile on their faces.” His final comment sums up the experience, “I relish in the fun, laughter, sharing and enjoyment that is now provided with our special group of men in the Grevillea House Men's Den.”

For more information about the men's program contact:

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Dezlie Marrison – Coordinator – Grevillea House with Program Facilitator, Philip Green.