Table 3. Masculinity and gender capital – project results

No.	Identified problems, obstacles and needs	Recommendations/suggestions
1	Older adults are mostly seen as a DE-GENDERED group.	When discussing older adults, gender should be recognised as plural, relational, multidimensional, and deeply contextual (see Johnson & Repta, 2012). Sensibility for gender capital should be developed within organisations dealing with older adults.
2	Older adults are mostly seen as a HOMOGENOUS group.	Because the interviewees mostly socialised within their generation (older adults with other older adults), which is also subject to all the negative aspects of the ageing process, they had failed to establish more permanent, comprehensive and intergenerational systems of mutual and other assistance in the community. Sensibility for the very understanding of the heterogeneity of older adults should be developed within organisations dealing with older adults: heterogeneity of needs, possibilities, capabilities, interests, lifestyles, motivations, experiencing ageing, dealing with ageing, (gender-related) health-issues and risks, etc.
3	HEGEMONIC MASCULINITY vs. MASCULINITIES IN SUBORDINATE POSITION. Hegemonic masculinities are often represented by established stereotypes and structures that influence how men think and act in relation to their view of what 'being a man' means (Mackenzie et al., 2017).	Masculinities that might be seen as fitting into a subordinate position, those that do not fit the hegemonic stereotype, involve groups such as working-class men, black men, men with disabilities, and homosexual men.(…) For many men, particularly those who are disadvantaged and unemployed or who are older, this hegemonic measure can leave them marginalised and under resourced and impact negatively on their mental and physical health status (Foley, 2018, 30-31). Therefore, hegemonic masculinities should be disclosed through public discussion, through education and learning, health promotion programmes, through other community programmes – with the consciousness that this issue concerns all generations and all genders.
4	Seniors' activities are taking place in AGE-SEGREGATED COMMUNITIES and not in the intergenerational community/context.	Suggestions were made towards overcoming generational distinctions (it was emphasised that the second life stage generation is completely withdrawn from society due to employment and is the one interviewees have the least contact with - young parents, family also in need of assistance, and therefore this cooperation should be developed and strengthened). Develop intergenerational common spaces for exchange, interaction, gathering – cultural institutions in this regard often represent an important common place if they are open to the community.
5	Unsuitable existing activities (predominantly women's activities, themes, spaces, women participants, women's leadership); a clear need for	Institutions of various natures that organise activities for older adults should be aware that the participation of women and men are driven by different factors (and understand those factors).

	men's spaces, the company of men, men's activities, etc., was expressed.	Activities that are friendly to men and women should exist, and social spaces familiar to women and/or men should be nurtured and encouraged. The key is not in organising men-only activities, but the diversity of learning opportunities, so that men and women can choose the ones they like the most. If men-only activity is suggested or developed by older males themselves, it should be recognised, valued, supported and accepted with the recognition of a clear need for men's spaces, men's activities, men's socialisation that can empower older men in later life. The evaluation of the education and learning opportunities available to older adults should be done in the context of the municipalities, considering the possibilities of all institutions, making better use of the existing resources. New activities or new institutions should be created only after a global evaluation of resources/ educational offer, taking into consideration the needs of the older population.
6	FRAGMENTATION of the institutions working with older adults.	Institutions of various natures worried about the well-being and quality of life of older adults, should build stronger and wider partnerships. Better organisation and information will benefit all older adults. These partnerships should include the security and health services.
7	Older men as PASSIVE OBSERVERS, not active stakeholders in the community. POLITICAL PARTICIPATION / ACTIVE CITIZENSHIP	Institutions of various natures that organise activities for older adults should make an effort to involve older adults in their management bodies. Participatory budgeting in the case of Slovenia (Maribor, Ajdovščina) proved to be an important political practice for older men. Similar findings show good practices from Malta. Institutions of various natures that organise activities for older adults should find ways to involve older men as active and equal members of their institution/programmes.
8	Already identified problems/obstacles	See arguments no. 7, 8 and 9 in Table 2.C.2