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# Conquering the Kitchen: Cooking and Older Adult Male Caregivers

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**Abstract**

Older adult men who have taken on an unfamiliar role as a caregiver find themselves at a loss with how to conduct meal preparation and cooking (Russell, 2007). The purpose of this study was to explore the effects of a specialized cooking class on the perceptions of older adult male caregivers. Method: This mixed method, retrospective study analyzed surveys from subjects who attended a cooking class designed specifically for male caregivers. Participants were 60 years of age or older and were required to be living in one of nine participating local counties. Results: The participants reported that the course expanded their cooking skills, helped them feel more comfortable in the kitchen, and provided an enjoyable social outlet. Conclusion: Participation in a cooking class for older adult male caregivers may be an important step to meet the caregiving demands of this growing population. Additional research with a longer follow-up, is needed to determine if the results of this study are generalizable.

*Keywords:* spouse caregiver, Alzheimer type dementia, gender roles, geriatrics