5 Myths about Men in Social Care

**Myth 1:** Social care jobs are not attractive to men as they are all low paid and under-valued.

**The reality:** Social care roles can offer competitive pay, especially when you gain experience.

‘*When I was supporting young adults with learning disabilities, I loved my job and loved going to work every day – I liked it more than any other job I’ve had. The job satisfaction was the best. I felt I could really be effective and empower people to develop their skills.’*

**Myth 2:** Social care is “woman’s work”  
**The reality:** Social care requires a range of skills that are not gender-specific, men can bring a different perspective and approach, which enhances the quality of support provided.

*‘We need to start education for young men about social care in schools or colleges… people of all ages need to know about the training on the job and the wide range of jobs available’*

**Myth 3:** There is no career progression for men   
**The reality:** Over 30% of senior managers in social care are men.

*‘The work can be flexible around my studies and I appreciate the work/life balance.’*

**Myth 4:** It’s all about personal care.  
**The reality:** Whilst personal care can be an important part of some roles, roles often include a focus on emotional support, coordinating activities and interests, supporting people to have an active life and, at times, helping people navigate the social care system.

*‘My work is around support rather than care, I think ‘care’ can sometimes give men the wrong message.’*

**Myth 5:** It is embarrassing for men to say they work in social care  
**The reality:** In the UK, there are more men working in social care than in the UK armed forces.

*‘I feel part of a team more in this job than any other… I can be myself and am much more confident. In the supermarket I just used to clock in and out, here I have a connection with everyone and actually want to be here’*