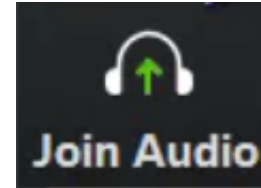


Intergenerational Programs Potpourri: Tips and Strategies to Develop Engagement Opportunities Between Generations

Webinar Instructions

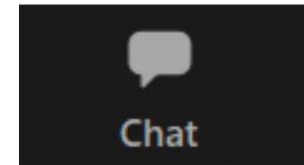
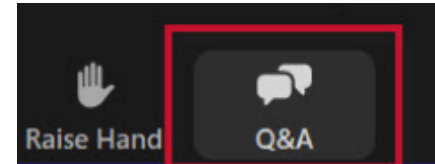
Audio Options

- Use your computer speakers, **OR** dial in using the phone number in your registration email.
- All participants are muted.



Questions and Answers (Q&A)

- You can submit questions for the panelists at any time during this presentation. On the Zoom module on the bottom of your screen, click the Q&A icon, type your question in the box and submit.



CLICK HERE TO START CHAT

Accessibility and Support

- **Screen Reader Users: Reduce unwanted chatter**
 - Request speech on demand: Insert, Spacebar, “S”
- **Webinar participants can view closed caption subtitles, watch a live transcript of the meeting or adjust the size of subtitle text**
 - To control closed captions, click on the CC Live Transcript button in the control bar at the bottom of the Zoom window
- **To get our attention if you need tech assistance:**
 - Raise or Lower Hand: Alt + Y

engAGED

- National effort to increase social engagement among older adults, people with disabilities and their caregivers
- Administered by USAging
- 18 Project Advisory Committee members:
www.engagingolderadults.org/partnerships
- Funded by the U.S. Administration on Aging, which is part of the Administration for Community Living

Presenters



Sheri Steinig

Special Projects Director, Generations United

Lynna Mitchell

Grant Writer, Appalachian Agency for Senior Citizens

Cindy Smith

Certified Occupational Therapy Assistant, Appalachian Agency for Senior Citizens




Shai Rosenfeld

Lead Educator, DOROT

Jodi Waterhouse, MHA

Director, Outreach Programs, University of Colorado Anschutz Multidisciplinary Center on Aging

A young girl with glasses and a ponytail is focused on working on a wooden boat project. An older man with glasses is leaning over her, pointing at a part of the boat, likely providing guidance. They are in a workshop setting with various tools and materials visible. The image has a purple tint and a red vertical bar in the top right corner.

Intergenerational Programs: Opportunities to Connect Children, Youth, and Older Adults

Intergenerational Program Definition

Intergenerational programs bring people of different ages together in purposeful, mutually beneficial activities that promote greater understanding and respect between generations.



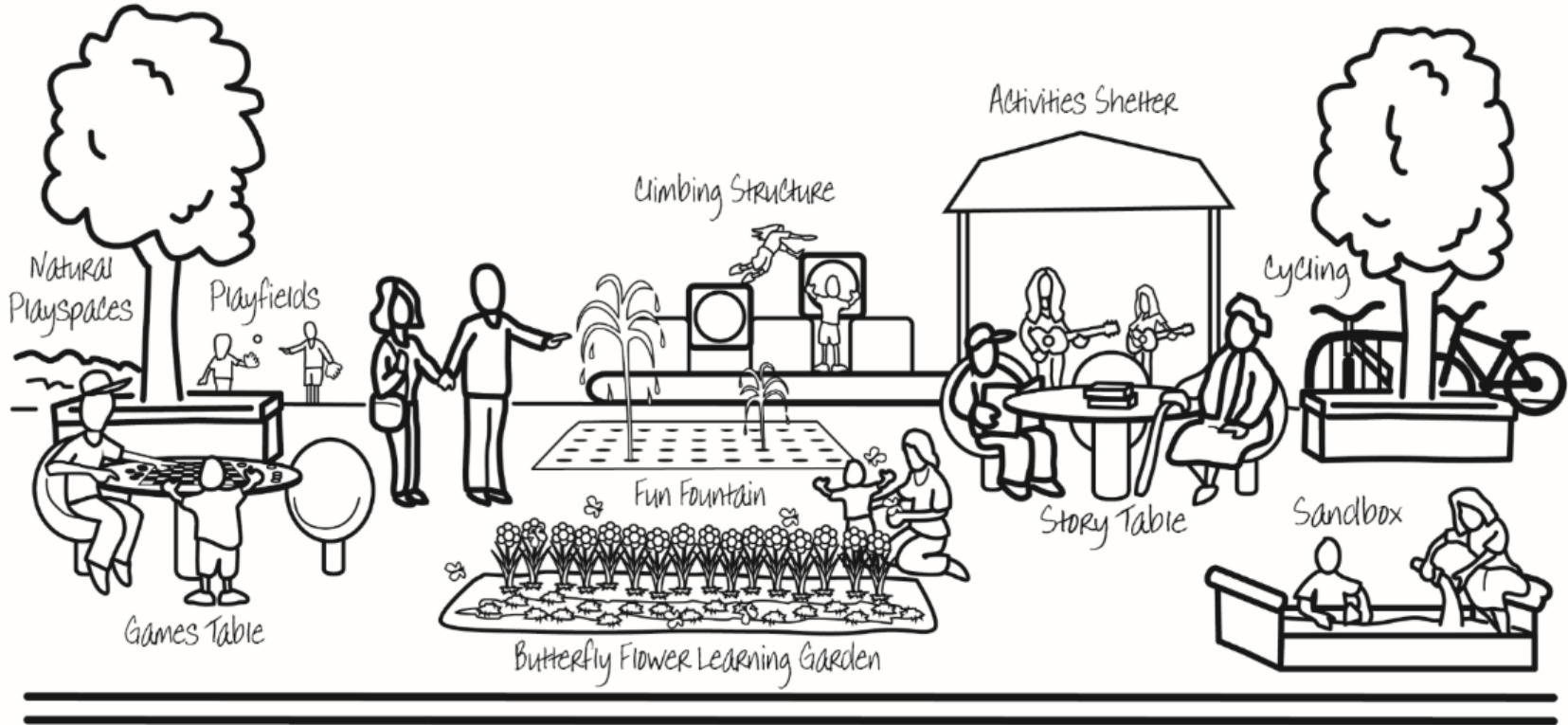
Intergenerational



Multigenerational



A park as an intergenerational setting



A park as a multigenerational setting



Who Benefits from Intergenerational Programs?

Everyone.

**BABIES &
PRE-SCHOOL**



**ELEMENTARY
SCHOOL
CHILDREN**



**MIDDLE SCHOOL
CHILDREN**



**HIGH SCHOOL
STUDENTS**



**YOUNG ADULTS
& COLLEGE
STUDENTS**



**PARENTS & ADULT
CHILDREN**



OLDER ADULTS



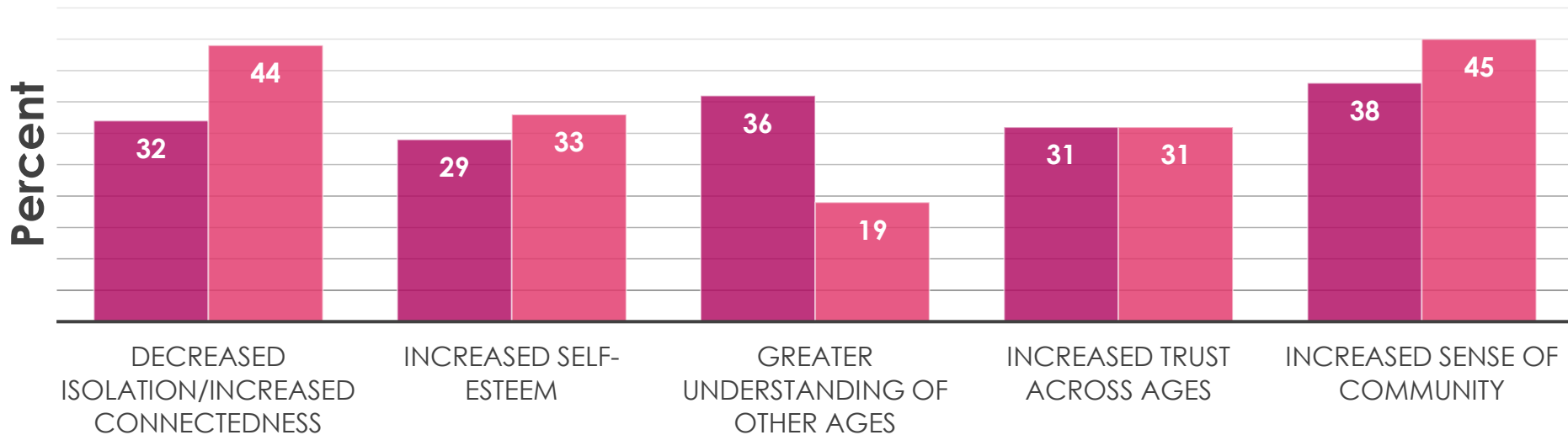
ALL AGES



**STAFF,
CAREGIVERS, &
NEIGHBORHOODS**



Top 5 Perceived Benefits of Intergenerational Programs for Older Adults and Youth



**AN INTERGENERATIONAL LENS CAN BE APPLIED
TO WIDE RANGE OF TOPICS SUCH AS:**

- Academic Achievement & Enrichment
- Physical, Cognitive, & Mental Health
- Social Isolation & Loneliness
- Cultural Identity
- Environmental Awareness & Action
- Affordable Housing
- Job Readiness & Entrepreneurship
- Neighborhood Revitalization
- Addressing Structural Racism & Inequalities
- Technology Access & Use
- Caregiving
- Food insecurity
- Community Change
- Substance Use
- Ageism

Finding Examples

- ▶ Programs of Distinction
- ▶ Intergenerational Program Database
- ▶ Resources & Program Profiles



Our Resources



FACT SHEET: INTERGENERATIONAL PROGRAMS BENEFIT EVERYONE

Intergenerational programs intentionally unite the generations in ways that enrich participants' lives and help address vital social and community issues while building on the positive resources that young and old have to offer each other and to their communities. These programs bring people of different generations together for ongoing, mutually beneficial, planned activities, designed to achieve specific program goals and promote greater understanding and respect between generations. Reciprocity, sustainability, intentionality, meaning, support, and viewing younger and older people as assets are hallmarks of successful programs.


There are many types of intergenerational programs ranging from mentoring and community service to service learning and workforce development. The goals of these programs are just as varied, and some examples are outlined in the chart on pages 4 and 5. Some programs primarily focus on improving academic outcomes among younger generations, with roles for older generations as tutors, mentors, allies, and friends. Other programs primarily focus on improving social, health, and economic aspects for older adults with younger generations as partners. While other programs aim to promote healthier lifestyle behaviors for both generations simultaneously, thereby lowering health risks. The possibilities for intergenerational programs are endless.

Intergenerational programs unite younger and older generations to enrich participants' lives and help address vital social and community issues.

AN INTERGENERATIONAL LENS CAN BE APPLIED TO WIDE RANGE OF TOPICS SUCH AS:

- Academic Achievement & Enrichment
- Physical, Cognitive, & Mental Health
- Social Isolation & Loneliness
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- Addressing Structural Racism & Inequities
- Technology Access & Use
- Crime/ing
- Food Insecurity
- Community Change
- Substance Use
- Aging


generations United
Because we're stronger together!



STAYING CONNECTED WHILE STAYING APART: INTERGENERATIONAL PROGRAMS & THE COVID-19 PANDEMIC

generations United
Because we're stronger together!

A REPORT FROM GENERATIONS UNITED AND THE ESNER FOUNDATION 2019



THE BEST OF BOTH WORLDS: A CLOSER LOOK AT CREATING SPACES THAT CONNECT YOUNG AND OLD

generations United
Because we're stronger together!

THE ESNER FOUNDATION
Because we're stronger together!

I NEED YOU, YOU NEED ME: THE YOUNG, THE OLD, AND WHAT WE CAN ACHIEVE TOGETHER

EXECUTIVE SUMMARY

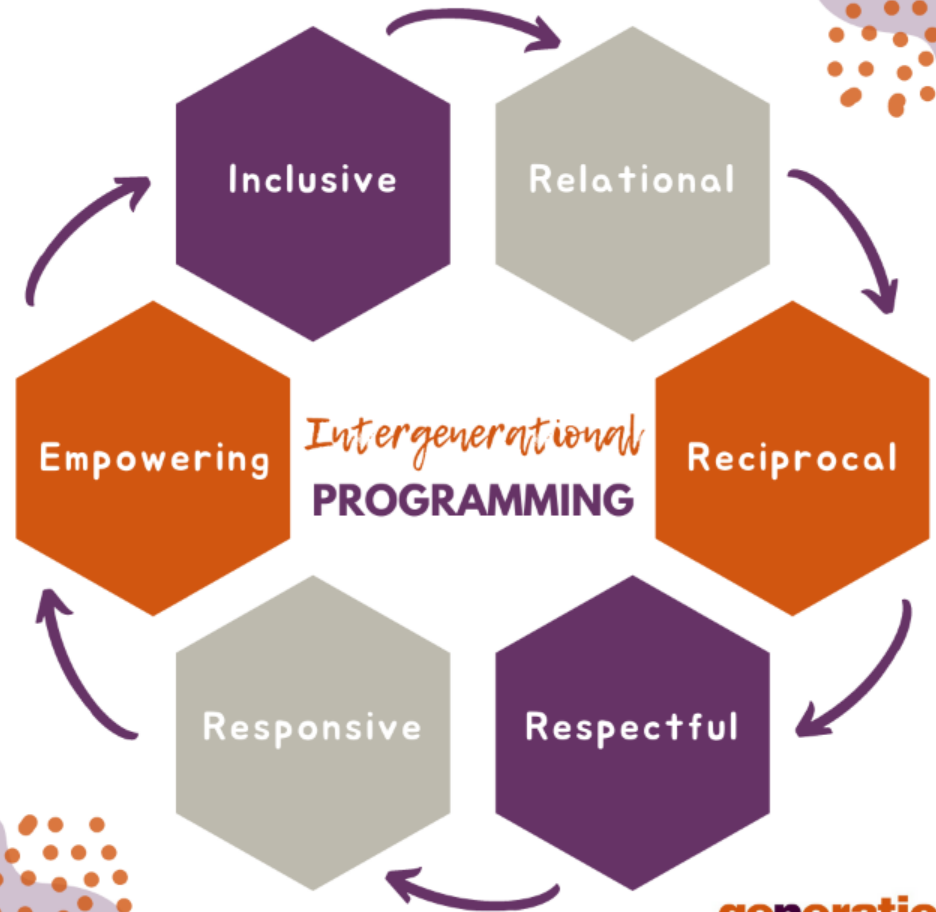


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Because we're stronger together!

THE ESNER FOUNDATION
Because we're stronger together!

www.gu.org

Key Elements



Trends



Reinforced the Value of Connections





ReGen Storytelling virtual workshop in Detroit. <https://www.gu.org/resources/profile-koreatown-storytelling-program/>

In-Person, Remote, Hybrid



An older adult and child at ONEgeneration in Van Nuys, California connect through a window.

<https://www.gu.org/resources/profile-koreatown-storytelling-program/>

Technology



Kendra Gonzales of Teeniors program in Albuquerque coaches Linda Haverly on how to add a photo of a friend to her contacts list on her phone. *Photo: Megan Kamerick/KUNM*
<https://www.npr.org/2020/01/20/796583594/youth-teaching-tech-to-seniors-fosters-generational-connections>

College & University Connections



An intergenerational Spanish class at the Ypsilanti Senior Center with students from Eastern Michigan University.

<https://www.secondwavemedia.com/features/intergenerationalprogramming04072022.aspx>

Outdoor Spaces



The R.H. Myers playground and courtyard at Menorah Park in Cleveland, Ohio

<https://www.menorahpark.org/lifestyle/gardens-and-green-spaces>



The Indaba Community Bandshell at St. Ann Center for Intergenerational Care in Milwaukee, Wisconsin

<https://stanncenter.org/community/indaba-band-shell/>

Cultural Responsiveness



Koreatown Storytelling Program is an oral history and media project connecting high school journalists and community elders in Los Angeles's Koreatown neighborhood. <https://www.gu.org/resources/profile-koreatown-storytelling-program/>



As part of the Native American Education Program at Grand Rapids Public Schools, two 8-year-olds were the official “shkaabewis” the helpers, a position of high honor for a drum feast. <https://www.schoolnewsnetwork.org/2022/04/13/drum-feast-brings-grps-students-together-with-community-members/>

Diverse Intergenerational Programs Survey



<https://www.surveymonkey.com/r/J2GDLG2>

Shared Sites

Sharing Our Space: Toolkit for Intergenerational Shared Sites

sharingourspace.org

**generations
united**

Because we're stronger together®



THE
EISNER
FOUNDATION



Tips

- ▶ Learn from others
- ▶ Start small
- ▶ Look local
- ▶ Find the intergenerational intersection
- ▶ Be creative and persistent
- ▶ Have fun!



Contact

Sheri Steinig, MSW

Special Projects Director

Generations United

ssteinig@gu.org

www.gu.org

www.grandfamilies.org

www.sharingourspace.org



Art At Your Own PACE



*Appalachian Agency
for Senior Citizens*



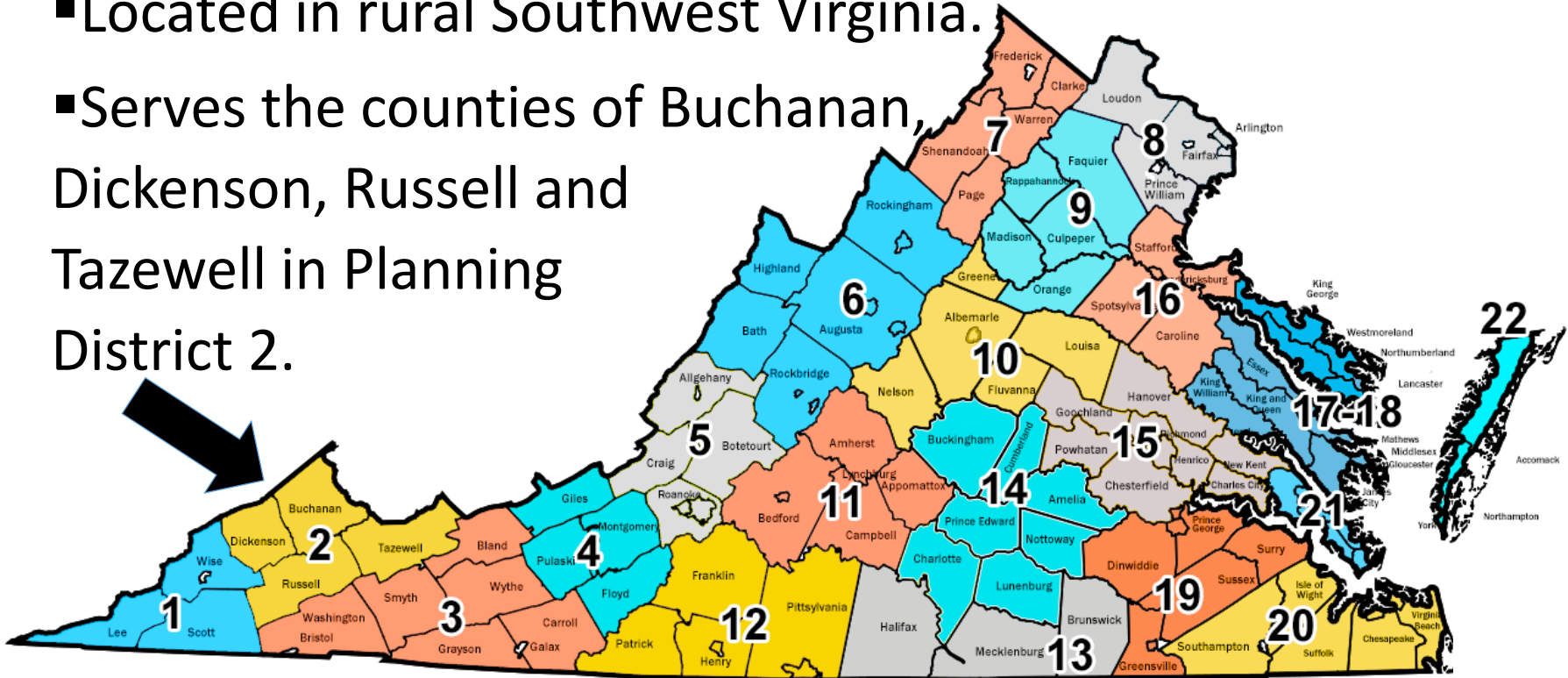
**Lynna
Mitchell**
Grant Writer



Cindy Smith
*Certified
Occupational
Therapy
Assistant*

Appalachian Agency for Senior Citizens

- Located in rural Southwest Virginia.
- Serves the counties of Buchanan, Dickenson, Russell and Tazewell in Planning District 2.



“Art at Your Own PACE”

Began in spring 2018 with a \$5,000 grant funding from the Alzheimer’s Foundation of America

*Art Therapy
For PACE
Participants*

- Targets participants living with Alzheimer’s and dementia with creative expression. Art fosters health and communication.

*Occupational
Therapy Is
Ideal*

- Painting and crafting engage clients while exercising cognitive, visual and sensory skills. Demonstrated elevations in mood, social support and self-esteem.

Art At Your Own PACE

Items
Purchased
With Grant
Funds

Numerous art supplies such as paints, brushes, canvases, etc.

Furnishings and aprons with clients' names

Sewing machine and embroidery machine

Cricut used to make T-shirts, banners, etc., with potential to generate revenue for the program

Dedicated Art Room



Governor's Christmas Tree Ornament



Every Christmas, each county in Virginia sends a special ornament to the governor for the Executive Mansion tree. Participants crafted an ornament to highlight our cultural heritage titled, “The Christmas Quilt.”



2019 Christmas Parade Float



2021 Christmas Parade Float



Live Mural



An intergenerational “live mural” was created. Sidewalk chalk on the end of dowel rods allowed adults using wheelchairs and walkers to release creative energy. Children took center stage and relaxed in a “hammock” hanging between palm trees, and became the “body” of a butterfly and the “face” of a flower.

Participants' Artwork



Participants' Artwork



GROW – Gardens Reward Our Work



Seniors share their expertise in growing vegetables and flowers with the children, and the children enjoy seeing the fruits of their labor come to life.



AASC

GROW – Gardens Reward Our Work



Educational opportunities exist to teach children valuable lessons in not only traditional skills such as counting, but also in the commitment required in caring for the plants and reaping the rewards of that care.

In learning to grow their own food, children also learn to establish healthy eating habits.



Instructional time is not just about gardens but teaches life lessons the children will carry into adulthood and beyond – possibly to their own children and grandchildren.

A Day in the Garden



Adapting to COVID-19



Art at Your Own PACE continued operating through the COVID-19 pandemic.

The adult day center closed when the health crisis began to safeguard vulnerable seniors, but AASC staff continued to serve clients in their homes.

Activity packets were left with clients so they had fun activities to keep creativity flowing between staff visits.

For those with technology, Facetime sessions kept them engaged with different projects. For other clients, staff routinely called to check on them.

Adapting to COVID-19

COVID-19 necessitated changes in programming and staff found creative ways to engage both the older adults and the children.



One way is to have the adults paint a portion and then send the art to the children for them to paint and then back to the adults to finish.

Flying Free – Dream Travel



This is a new project of painting birdhouses and sending them to locations where participants would like to travel. Information is included about the “Art at Your Own PACE program,” the area and the participants.



Outcomes



Original expectations for this project were far exceeded in the execution and resulting impact of “Art at Your Own PACE.”

- There’s a permanent art room.
- Client improvements were demonstrated in activities of daily living, fine and gross motor skills, and cognitive skills.
- The program has helped curb depression, and most clients enjoy the fun activities — especially ones with the children.
- Many clients who didn’t want to participate in activities now are eager to join in the art projects.

Another Outcome

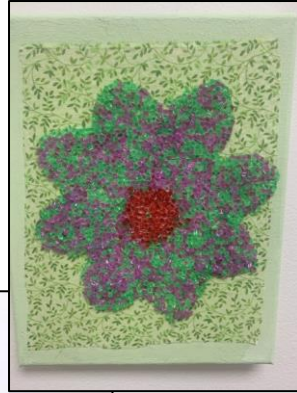
Another outcome was the agency marketing folder that features artwork of the first-place winner of the sunflower painting art contest.

Fifteen participants completed sunflower paintings as part of the “Paint and Sip” activity, and AASC employees voted for their favorite.



Sustainability

- Enterprise program of selling artwork
- Online art gallery
- Ongoing donations



Replication



The success of “Art at Your Own PACE” is attributed to the dedication of OT staff to ensure participants were engaged in projects. Creativity of the OT assistant inspired creativity of participants.

No additional cost was incurred for personnel since the OT assistant was on staff and previously worked with PACE participants to expand their artistic abilities and showcase their unique talents.

Having a defined “Art at Your Own PACE” program with a dedicated art therapy room stocked with supplies provided more opportunities to build on what had already begun.

Appalachian Agency for Senior Citizens



Wardell Industrial Park, 216 College Ridge Road
Cedar Bluff, VA 24609

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**Cindy
Smith**

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276-964-4915





INTERGENERATIONAL PROGRAMING IN A VIRTUAL WORLD



SUMMER TEEN INTERNSHIP



NEXT GENERATION



**ACADEMIC YEAR
INTERNSHIP**

OUR PROGRAM HIGHLIGHTS



B'NAI MITVAH



SCHOOL CLUBS



SERVICE LEARNING

IF YOU WERE TO TELL A STORY

about a time that you felt most comfortable, most at ease, or most like yourself you would tell a story about the time you _____

religious but
ts are
important on
side
are

Man

was
n to

worried about grades

worried about appearance

tense relationship with
parents

raveling
ound much

Mom (Maria) : at home
but they fight because he
doesn't try hard enough
Not living up to

ACADEMIC TEEN INTERNSHIP

WINTER 22 SEMESTER - 4:30 PM 7:00 PM

MONDAY

Chess

Midrash

Russian Tech

Virtual Visits

TUESDAY

Discussion Group

Yiddish

Creative
Storytelling

Virtual Visit

WEDNESDAY

Music

Creative
Conversations
About Breaking
Down Bias

Brain Games

Virtual Visit

THURSDAY

Art

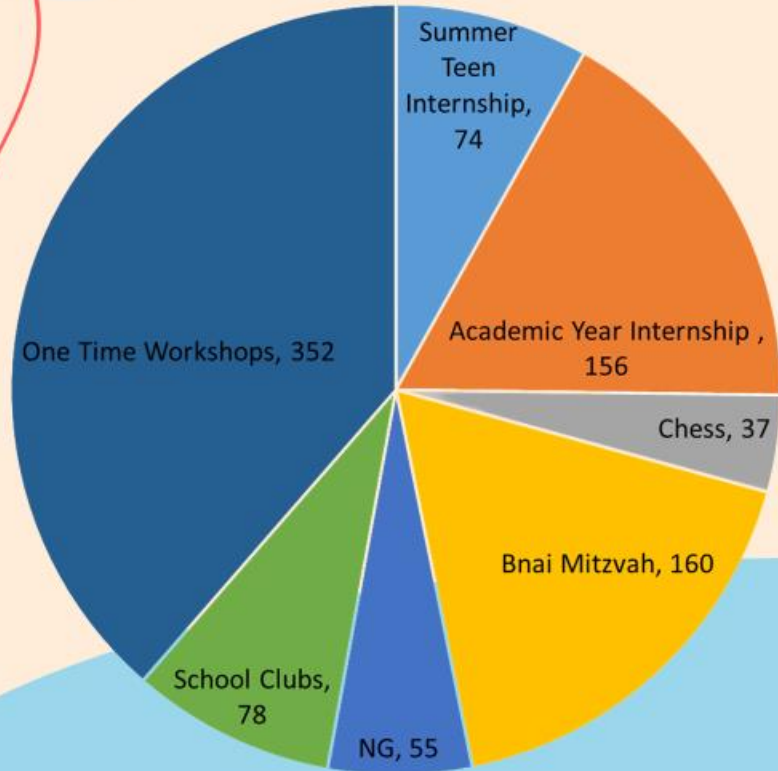
Story Circles

LGBTQ+

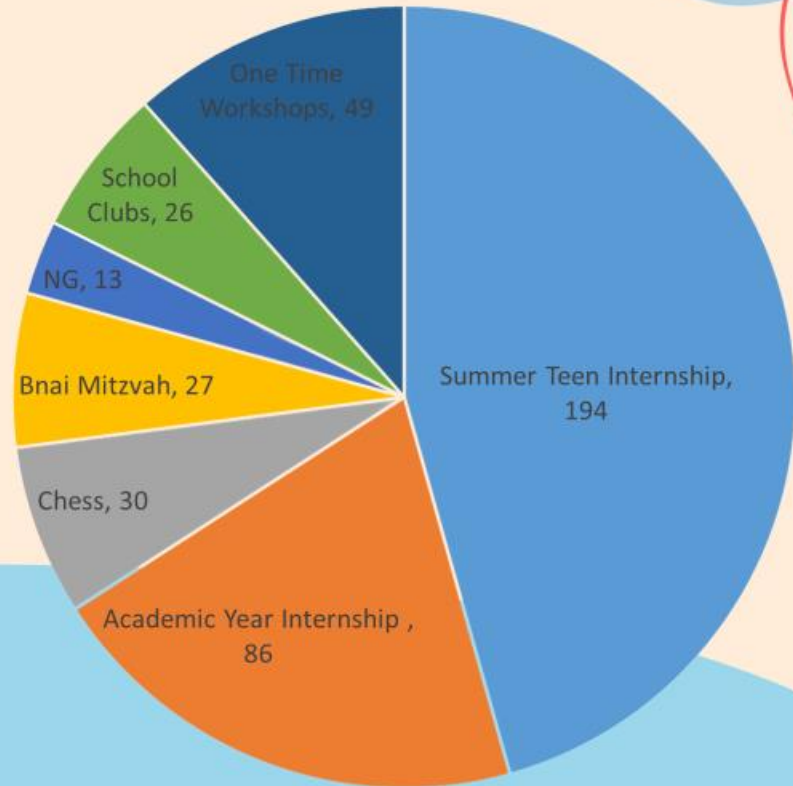
Virtual Visit

FY21 PARTICIPANTS

959 YOUTH



286 ADULTS





OUR MODEL

- **EQUAL PARTNERS**
- **THE CYCLE OF PRAXIS**
- **CONTINUED COMMITMENT**




WHAT'S NEXT

- Virtual Teen Internship
- Summer Hybrid Model
- Affinity Groups



QUESTIONS?



Connecting Older Adults and Students Through Interprofessional Telecare (COAST-IT): A Model for Stakeholder Engagement and Project Implementation

Jodi Waterhouse, MHA

Director, Outreach Programs

CU Anschutz Multidisciplinary Center on Aging

Vice-Chancellor for Health Affairs | Division of Geriatrics

June 21, 2022



Multidisciplinary Center on Aging at Anschutz Medical Campus

- Promotes the multidisciplinary work of University of Colorado faculty and researchers focused on **education/training, clinical care, research, and outreach/engagement** related to aging
- Serves as a **centralized resource** for academic and community stakeholders interested in improving the health and wellbeing of older adults



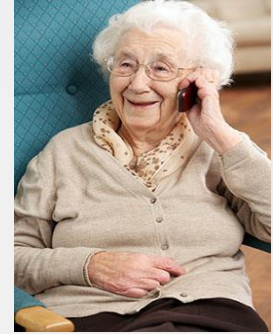
COAST-IT (Connecting Older Adults and Students Through Interprofessional Telecare)

- Social phone calls between a student and an older adult
- Helps combat isolation for older adults and hones communication skills for CU Anschutz Health Profession students
- Paired UCH Senior's Clinic patients with CU Anschutz students – 1,000+ health phone calls in 1st two weeks
- Spring '20 – interest from Long-term care and assisted living communities



COAST-IT (Connecting Older Adults and Students Through Interprofessional Telecare)

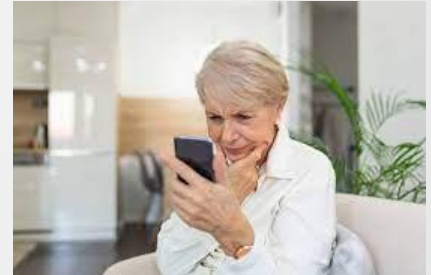
- Fall '20 – interest from older adults living independently in the community were interested
- Over 45 LTC, AL and 250+ independent older adults participating throughout CO (9 different states)
- Over 300 older adults & students have been paired
- Named City of Centennial Social Isolation Community Partner (beginning Fall '22)



COAST-IT (Connecting Older Adults and Students Through Interprofessional Telecare)

Criteria for Older Adult Participants:

- ▶ Older adults who have felt some mental or physical health effects from loneliness and isolation and/or would like to participate in mentoring a health professions student
- ▶ Older Adults who would enjoy interacting with a student regularly and sign a consent to agree to participate
- ▶ Older Adults who could successfully participate in regularly scheduled (up to weekly or bi-monthly) phone calls with a pharmacy, nursing, dental medicine or medical students
- ▶ Older Adults who are comfortable communicating on the phone or by tablet



CLINICAL: INNOVATION HIGHLIGHT

- ▶ **Why Does This Matter both for the Older Adult and Future Clinicians? (Student In-services)**
- The US population is aging, we need providers in all health care specialties to work with our older patients
- Early exposure to older adults and geriatric medicine may increase the interest in students pursuing geriatrics as a part of their career
- There is a strong link between a provider's communication skills and patient's adherence to medical advice – your ability to communicate with older adults is crucial for their health

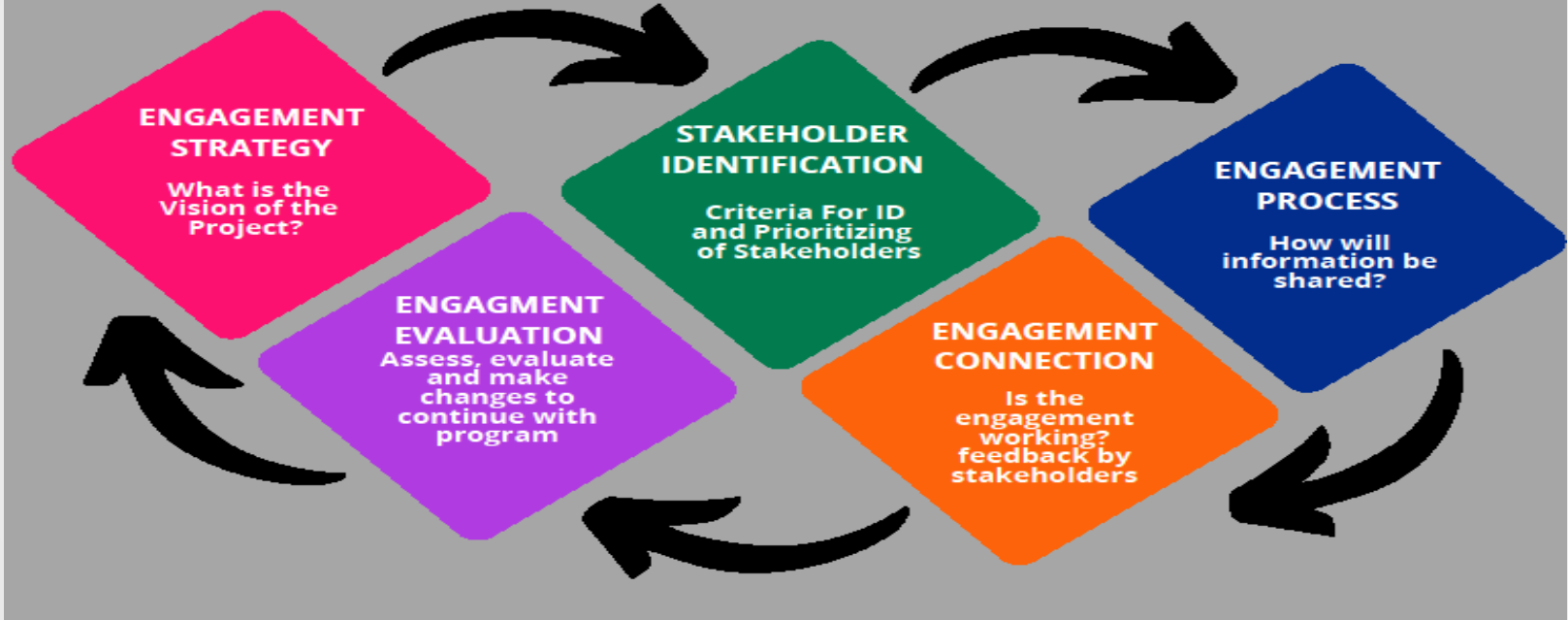
CLINICAL: INNOVATION HIGHLIGHT

Program Evaluation:

- Students are given a pre & post semester survey (COCOA© 24 – Carolina Opinions of Care of Older Adults Rating Scale)
- 19 Qualtrics questions about attitudes, feelings, and perception they personally have about aging
- 77.75% of students reported being fairly or very confident in their ability to talking/interviewing older adults after participating in COAST-IT.
Increase from 52.15% prior to beginning of program



Stakeholder Engagement



Stakeholder Engagement Steps

Engagement Strategy

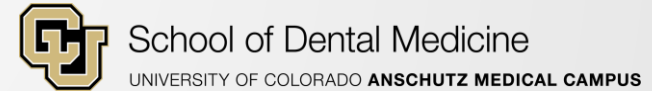
- ▶ **Vision:** Older adults have been significantly impacted by loneliness and social isolation during COVID-19. At the same time, health professional students in their first 1-2 years of training have lost opportunities to have interactions with older adult patients. The team at the CU Anschutz Multidisciplinary Center on Aging hosts a social isolation outreach program where students from the CU Anschutz School of Pharmacy, College of Nursing or School of Dental Medicine and medicine programs will pair with an older adult to have weekly to bi-monthly social phone calls.



Stakeholder Engagement Steps

Stakeholder Identification:

- ▶ College of Nursing
- ▶ Skaggs School of Pharmacy and Pharmaceutical Sciences
- ▶ School of Medicine
- ▶ School of Dental Medicine
- ▶ Multidisciplinary Center on Aging
- ▶ UCH Seniors' Clinic
- ▶ CO Assisted Living and Long-Term Care Facilities
- ▶ CO Community Organizations



The logo for 'uhealth' is displayed in a red, lowercase, sans-serif font with a thin red underline, set against a white background.

Stakeholder Engagement Steps

Engagement Process

- ▶ Create promotional materials explaining program and the action steps
- ▶ Provide promotional materials in a variety of deliverable formats
- ▶ Develop a promotional schedule with pertinent deadlines for stakeholders to share the information
- ▶ Develop process for receiving action items back to the MCoA (i.e. consent forms)



Stakeholder Engagement Steps

Engagement Connection

- ▶ Create timeline for regular check-in's with stakeholders if information is being received appropriately
- ▶ Identify immediately if information shared is difficult to complete i.e. formats of documents, lack of technology etc.
- ▶ Work with stakeholders to review delivery mechanisms for next round of outreach and reformat if necessary

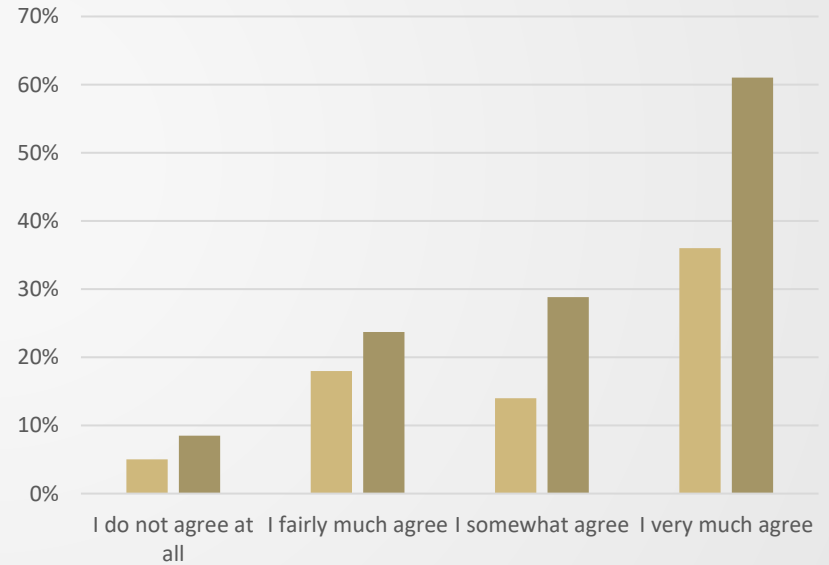


Stakeholder Engagement Steps

Engagement Evaluation

- ▶ Produce program evaluation reviewing multiple assessment tools i.e. UCLA Geriatrics Attitude Scale didn't quite fit – moved to COCOA© 24 for impact and scale
- ▶ Review data collected and use that information to change direction if needed for program improvement
- ▶ Use this data for future funding sources information

Choosing a career in geriatrics would be a good decision



Lessons Learned

- ▶ Balance of students and older adult participating
- ▶ Create a longitudinal program so students have OAP's for at minimum a full academic year
- ▶ Centralize the contact point as a COAST-IT hub that has a dedicated coordinator to field questions, assist with pairing and create a continuous touch point with key stakeholders
- ▶ Funding, funding! For administrative support and coordination





Thank you! Questions?

engAGED Resources

- Newest publication: *What Works: Social Engagement Innovations and Best Practices*
- Other resources:
 - Social Engagement Innovations Hub
 - Toolkits and template materials
 - Videos
 - Consumer brochures
- Monthly newsletter and blog



Connect With Us!

- www.engagingolderadults.org
- Facebook: @engAGEDCenter
- Twitter: @engAGEDCenter
- info@engagingolderadults.org

Commit to Connect

- Fostering a nationwide network of champions who are committed to addressing social isolation and loneliness
 - Online discussions
 - Communities of Practice
 - Peer Networking opportunities
 - Monthly newsletter
- Funded by ACL
- USAging announced as the Coordinating Center



COMMIT TO
Connect

<https://committoconnect.org/>

New From Commit to Connect

- Are you interested in connecting with others who are engaged in intergenerational programming and social engagement?
- Apply to join the **Intergenerational Community of Practice!**
- Learn more in an Information Session on Thursday, June 23, 2022 at 2:00 PM EST
- More information: <https://committoconnect.org/communities-of-practice/>.



COMMIT TO
Connect

Questions and Discussion

Please submit your questions or comments
through the Q&A.

Thank You!

- Please complete the survey which will be displayed in your browser after Zoom closes. There is also a brief 3-month survey.
- The recording will be available on www.engagingolderadults.org.
- Thank you for attending today's webinar!