

Intentionally Intergenerational?

How can we do that?

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Outline of Presentation

1. Introduction
2. Overview of intergenerational programs
3. Approaches to intergenerational programs
4. Challenges
5. Action steps

Speaker Introductions



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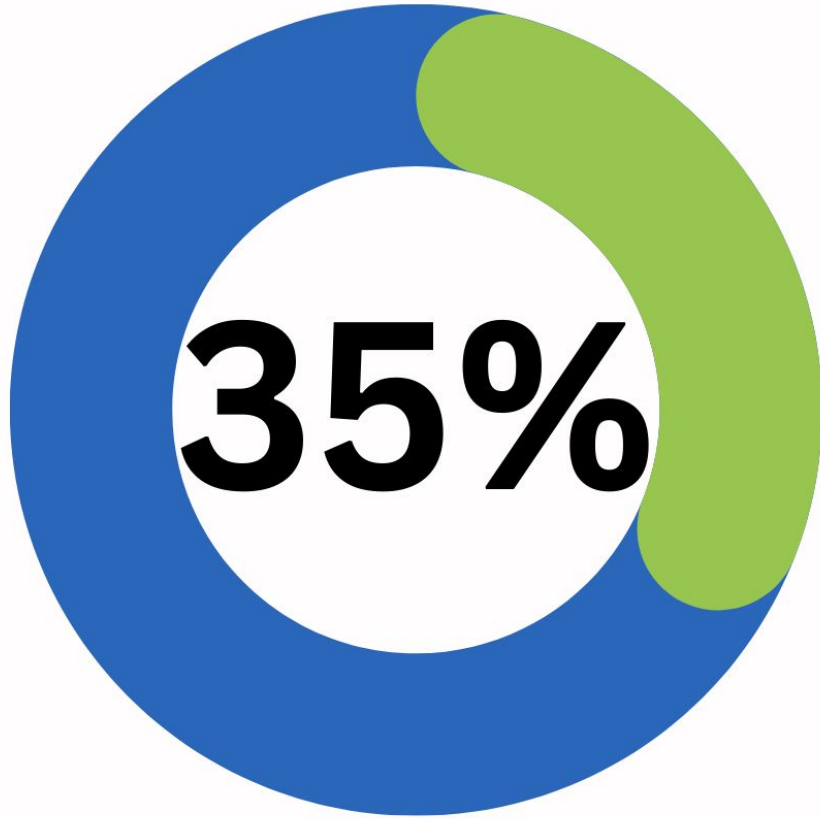


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The Ohio State University
Professor



Trends for 2025
Health and Well-Being
Addressing the Loneliness Epidemic



35% of older adults 45 and older report feeling lonely (NASEM, 2020)

11-17 year-olds surveyed by Mental Health America reported feeling stressed out by loneliness



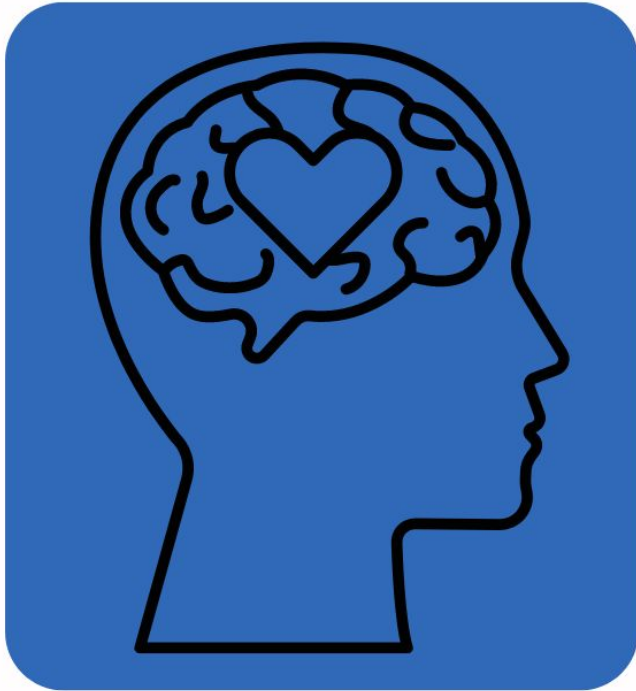
Intergenerational Programs and Shared Sites



- Intentionally designed places that provide services/programs to multiple generations concurrently and foster meaningful cross-age relationships.
- Participants interact in planned intergenerational activities as well as through informal encounters.
- Shared sites have built-in opportunities for cost-efficiencies in terms of sharing space, personnel, rent, and other costs.

Intergenerational programs provide...

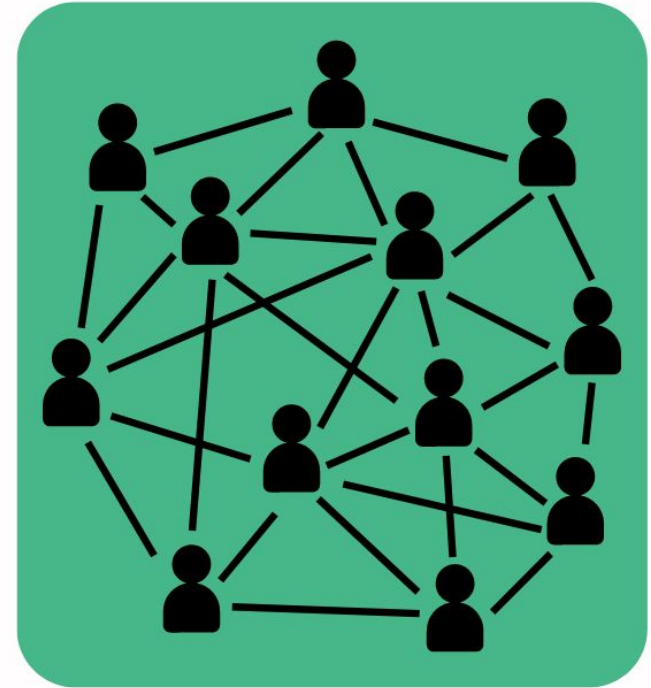
**Better
Mental Health**



**Heightened
Well-Being**



**Enhanced
Social Connections**



(World Health Organization Connecting Generations, 2023)



What brings you to this session?

First, choose a level of practice:

7 Levels of Intergenerational Practice

7 LEVELS OF IG PRACTICE

1

Learn about the other age group

2

Seeing the other age group but at a distance

3

Meeting each other

4

Annual or periodic activities

5

Demonstration projects

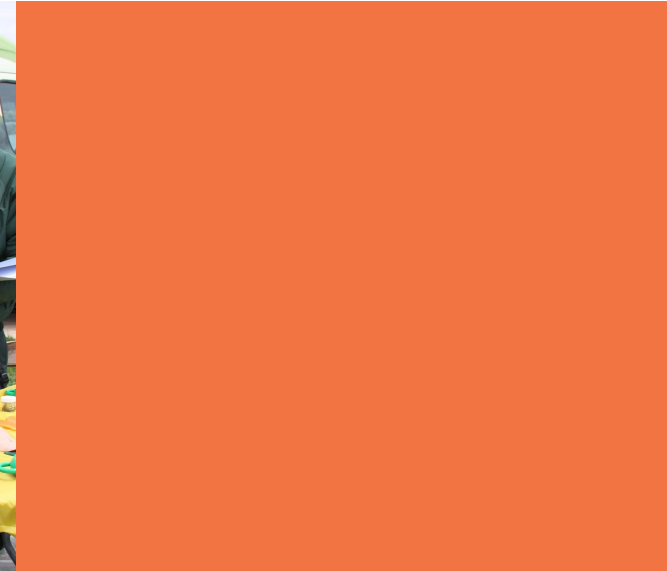
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Ongoing intergenerational programs

7

Intergenerational community settings

EXAMPLES IN PRACTICE



Level 1:

Learn about the other age group

Level 2:

Seeing the other age group but at a distance

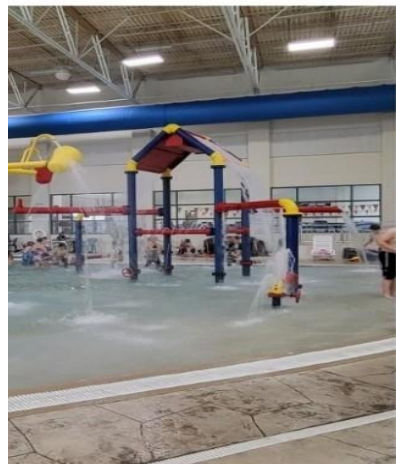
Level 3:

Meeting each other

Whitewater, WI

Polar Plunge







Level 4: Annual or Periodic Activities

Level 5: Demonstration Projects

Mexican Folklórico Dancing: Ontario, CA







Skip-Gen Trips

Erie, Colorado

Level 6:

On-going Intergenerational Programs

Level 7:

Intergenerational Community Settings

Trailblazers Summer Camp: Erie, CO

Example: Trailblazers







Action Steps:

What level of programming are you doing?

What level do you want to be doing?

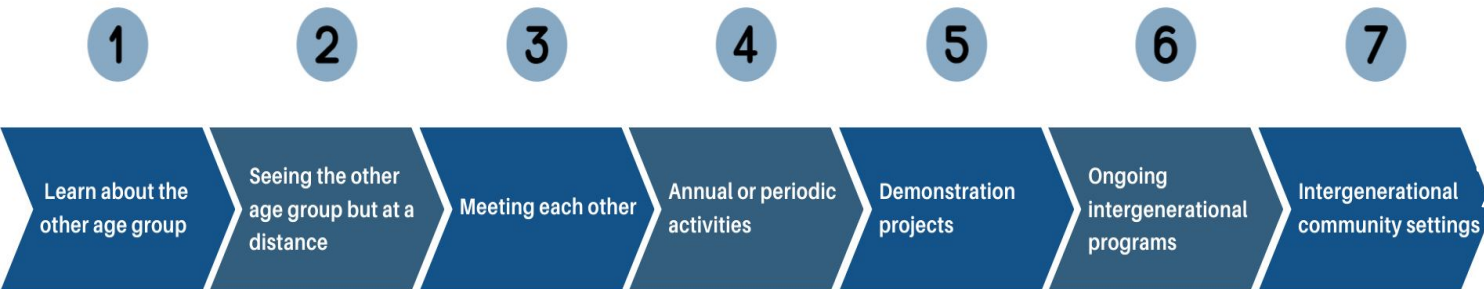


Proven Practices in Intergenerational Programs

1. Community buy-in
2. Meaningful and novel programs
3. Focus on building relationships
4. Prepare staff and participants
5. Reflect participant input
6. Intentionally group participants
7. Adopt appropriate technology
8. Evaluate

Farmer's Market Example

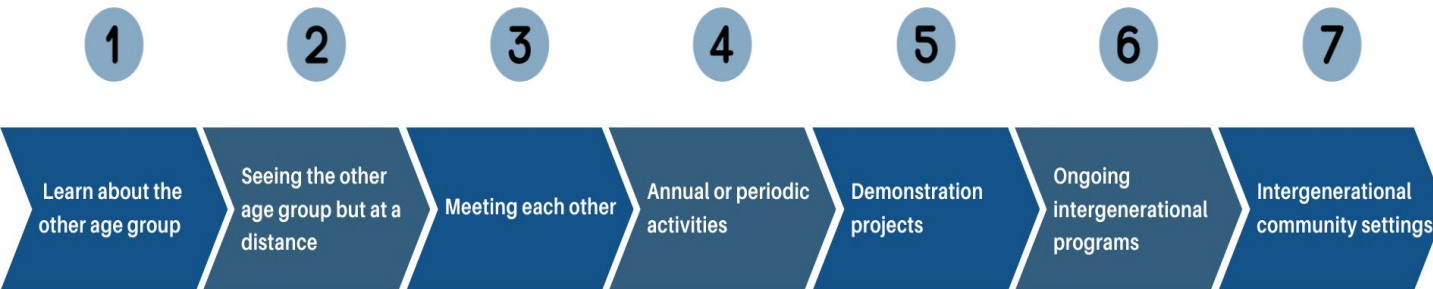
7 LEVELS OF IG PRACTICE



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Technology Example

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Challenges

- stigma and ageism
- staff capacity and training
- available space
- lack of funding and high cost
- transportation



What do you need to create an intergenerational space?

What do you need to create intergenerational programs in your communities?

RESOURCES

-Sharing our Space Toolkit <https://www.gu.org/resources/sharing-our-space/>

-Generations Working Together
<https://generationsworkingtogether.org/>

-World Health Organization Connecting Generations
<https://www.who.int/publications/i/item/9789240070264>

-Generations United (Conference in June 2025 Louisville, KY)
<https://www.gu.org/>

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