

Intentionally Intergenerational? How can we do that?

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NATIONAL
RECREATION AND PARK
ASSOCIATION

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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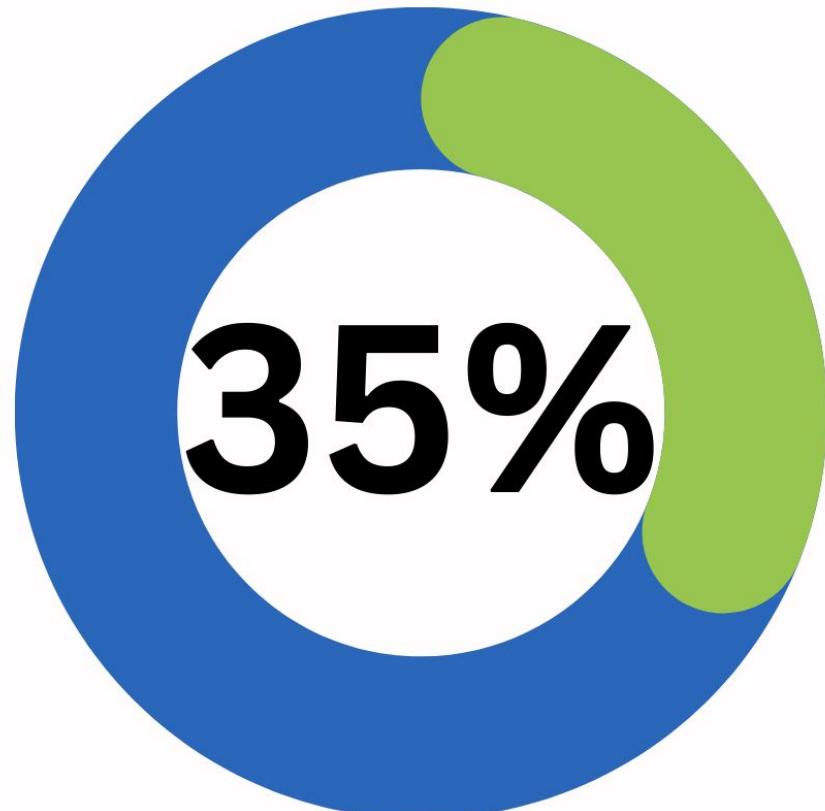


Trends for 2025

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



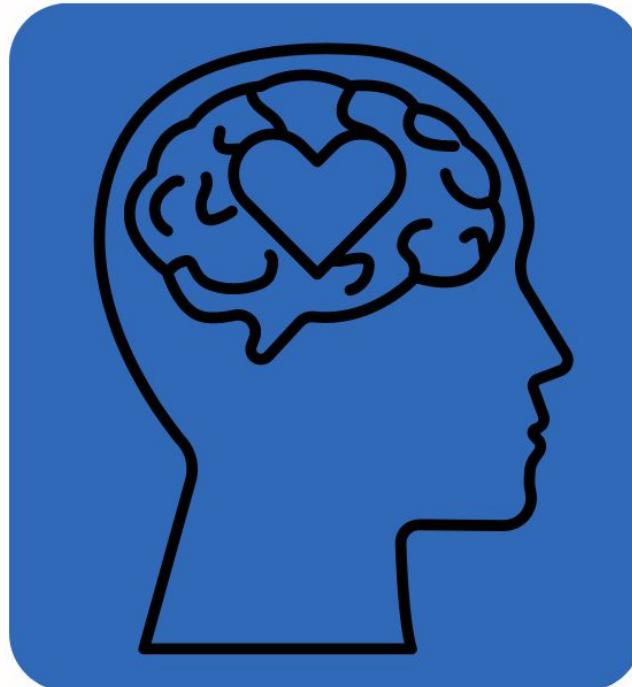
Intergenerational Programs and Shared Sites



- 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...

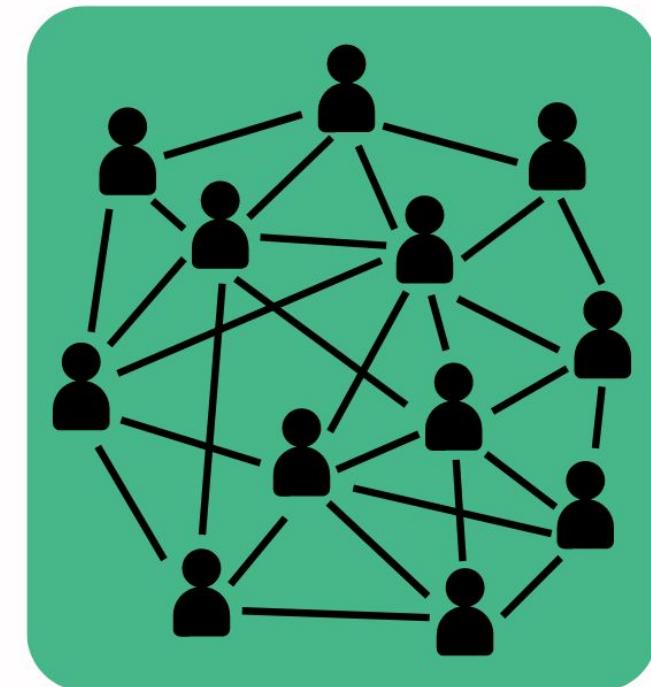
**Better
Mental Health**



**Heightened
Well-Being**



**Enhanced
Social Connections**



(World Health Organization Connecting Generations, 2023)



**What brings you to this
session?**

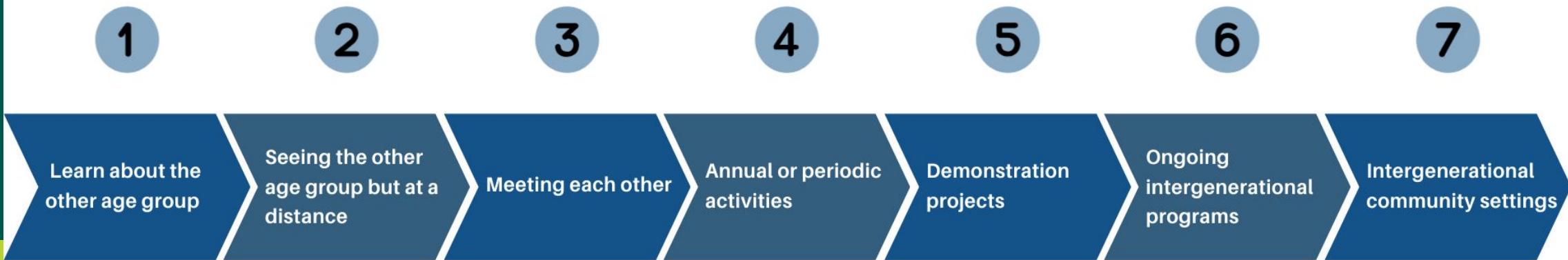


First, choose a level of practice:

7 Levels of Intergenerational Practice



7 LEVELS OF IG PRACTICE



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 Folklorico 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?



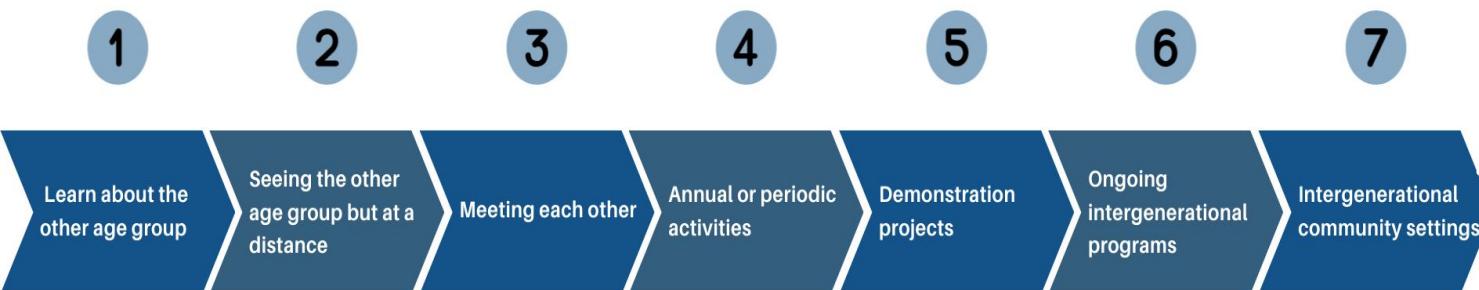
A photograph of two women jogging on a dirt path in a park. The woman on the left is younger, wearing a pink tank top and black leggings with a leaf pattern, and orange running shoes. The woman on the right is older, wearing a blue tank top and black leggings, and blue running shoes. They are both smiling and appear to be enjoying their run.

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

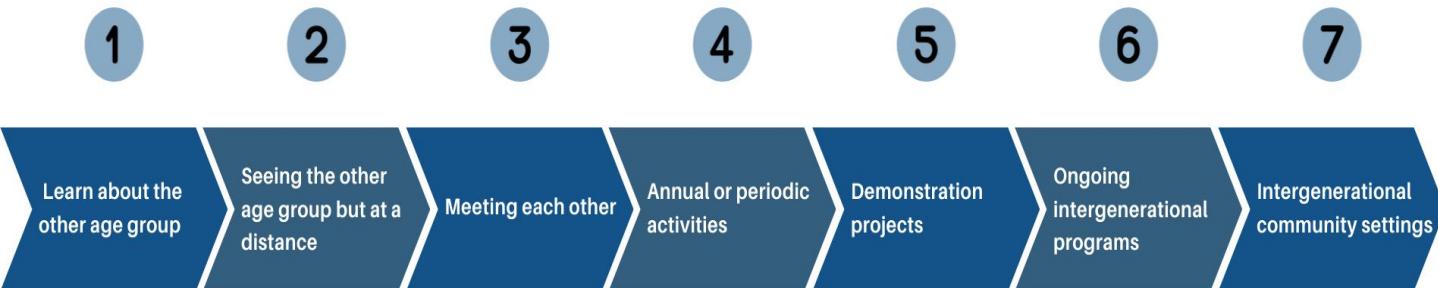
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Technology Example

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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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