

Intergenerational Connections

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CVD

Musculoskeletal

Sensory

Dementia

Physical Frailty and Disability

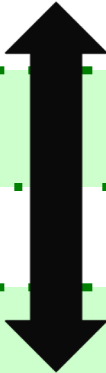
Loss of Purpose

Loss of Connection



Social Isolation

Loneliness





LONELINESS

Alzheimer's & Dementia / Early View

ALTERNATE FORMAT RESEARCH ARTICLE

Why the cognitive “fountain of youth” may be upstream: Pathways to dementia risk and resilience through social connectedness

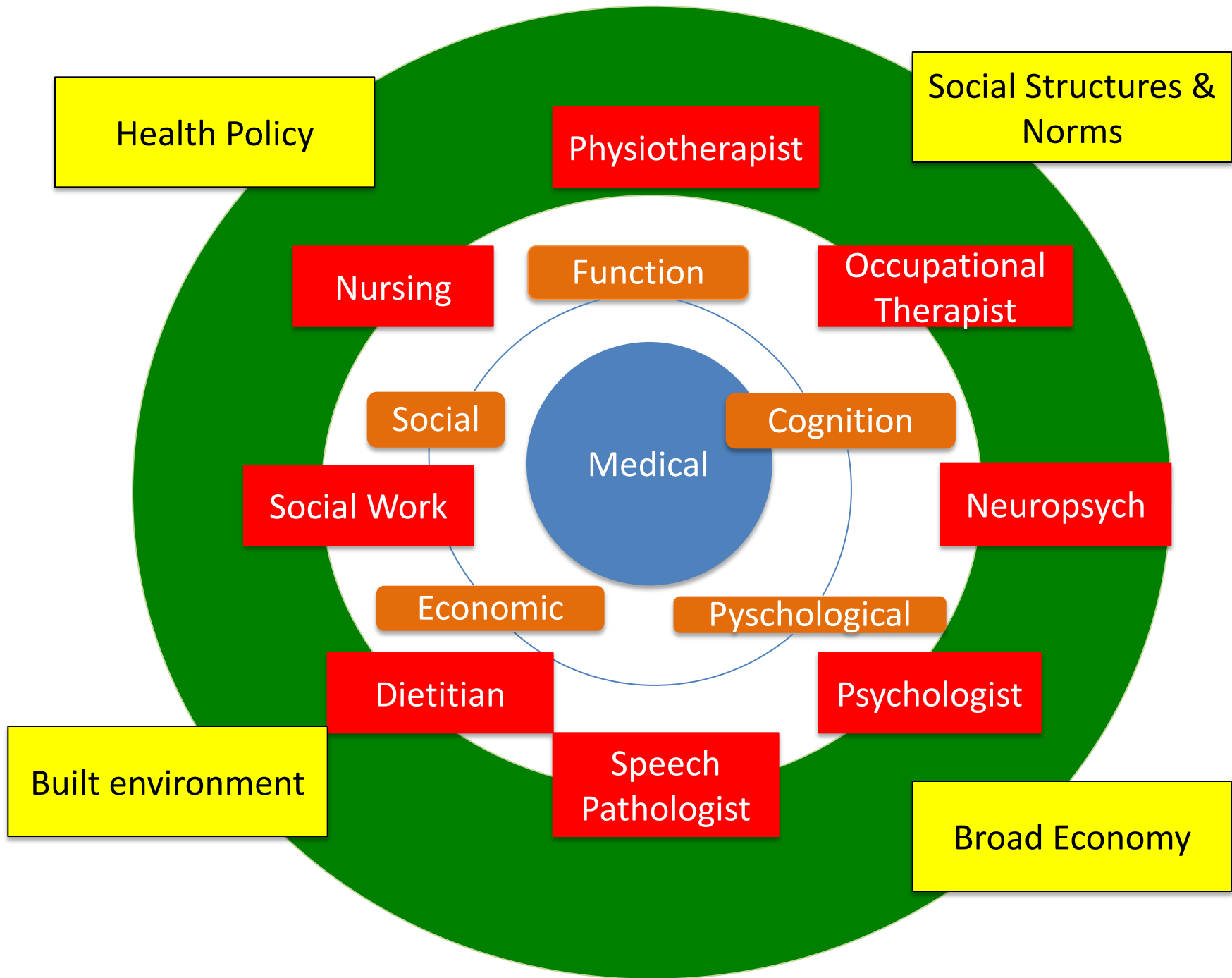
Brea L. Perry , Will R. McConnell, Max E. Coleman, Adam R. Roth, Siyun Peng, Liana G. Apostolova,

First published: 05 September 2021

<https://doi.org/10.1002/alz.12443>

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Ageing Population in Australia

- 10% in RACF (~200,000)
- > 1.5 m live in community alone
- Retirement Village Living
- Loss of the “extended family” and “village”

Residential Aged Care

- 40% no visitors
- >50% have depression/ anxiety symptoms
- 20 hours a day in their room

What do we know about
Intergenerational Contact?

The purposeful bringing together of different generations for the benefit of all

- **Level 1** : Activities in the same physical space
- **Level 2** : Interaction occurs- unidirectional
(eg children perform)
- **Level 3** : Two generations work together on a same project
- **Level 4** : Learning environment is shared to meet the learning goals of different generations

Intergenerational Contact

- Employed variably world-wide
- Childcare / preschool / school visits to RACF
- Playgroups in RACF
- Co-location of young and old (eg students)
- Programmes for school children and older adults

Benefits?

- WHO “Active Ageing Framework
- Evidence Base - “Patchy” → Evolving

Older adults -mood, sense of self , behaviour, engagement

Children- Perceptions of Aging*, reduced antisocial behaviour

Galbraith B et al. Intergenerational Programs for Persons with Dementia: A scoping review. Journal of Gerontological Social Work. Jan 2015

Intergenerational Programmes in Australia

- Limited – now growing*
- Usually in RACF
- Not usually a formalised programme based on educational pedagogy
- Limited/ no monitoring of participant outcomes

Intergenerational Learning Program Operational Guidelines and Toolkit

*Step-by-step guidelines
for the development,
implementation
and evaluation of
Intergenerational
Learning Programs*





Old People's Home for 4yr olds

Teachers Guide



WHO?

- 11 x residents (aged 78-96) from both ILU and RACF at ANZAC Lifecare
- 10 x preschool students (aged 4)

WHAT?

- An intergenerational classroom over **7 weeks**
- **4 days a week**
- **9-3pm**



HOW?

- Adhered to Preschool Curriculum
- Structured and unstructured activities
- Sports carnival
- Concert!

What did we measure?

- Geriatric Depression Scale
- Grip Strength
- Balance
- Gait speed
- Physical activity via pedometer

What did we find?

- GDS – 3 out 4 of no longer screened positive
- Overall reduction >2 points on 15-point GDS
- 80% increased grip strength, gait speed, step count
- 50% improved balance
- Children → confidence, ?empathy

Series 2 (2021)



Old Peoples Home Series 2

- 11 x **Community dwelling older adults**
- Aged up to 91
- 10 local preschool students aged 4
- Similar intervention → bigger emphasis on children and the what happens afterwards

What did we measure?

- Mood- GDS 5
- Quality of Life (10 point scale)
- Frailty (Fried phenotype)

What did we find

- ***Older adults***

Significant positive changes in:

frailty, mood, quality of life

- ***Children***

Improved *pro-social skills, vocabulary*

Why?

Why so beneficial?

- Purpose
- Connection
- Fun
- Challenge
- Value
- **Magic**

Where to?

- **Intergenerational opportunities:**
Early childhood / Aged Care Homes
Schools
Volunteer Programmes
Sport
Neighbours
- **Fund Research**
- **Be brave!**



Real-life aged care home for four-year-olds an intergenerational winner in Wellington, NSW

[ABC Western Plains](#) / By [Dale Drinkwater](#)

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