

## MAGIC OF INTERGENERATIONAL CONNECTIONS



#### Rachel B. Cohen, MSW, MUP



### Introduction to Aging Dynamics

Aging Dynamics helps you create impact through community-based solutions. We help organizations reach their goals by analyzing the whole picture, identifying local-level impacts, and designing solutions with long-term impact.







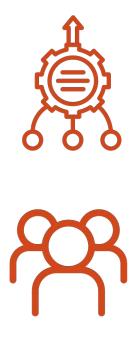
Strategic Planning & Implementation



**Capacity Building** 



**Community Engagement** 





#### Creating and Strengthening Coalitions

Facilitation of Board and Staff Retreats

Presentations

### Introduction to LinkAGES Connects

LinkAGES Connects, established 2018, designs, facilitates, and sustains high-quality intergenerational programs and capacity-building resources to strengthen our field. We provide tools, educational resources, coaching, evaluation, networking, and more to entities and people seeking to facilitate intergenerational programs in a variety of formats.





## DEFINING INTERGENERATIONAL

Intergenerational pro different generations resources for each of sharing experiences, are mutually benefici relationships (Henkin & Butts, 2012)

- Intergenerational programs provide opportunities for
- different generations to come together to serve as
- resources for each other and to their communities by
- sharing experiences, knowledge, and skills that
- are mutually beneficial and foster positive long-term



### THE WHY? EL PORQUE

SOCIAL ISOLATION AISLAMIENTO SOCIAL



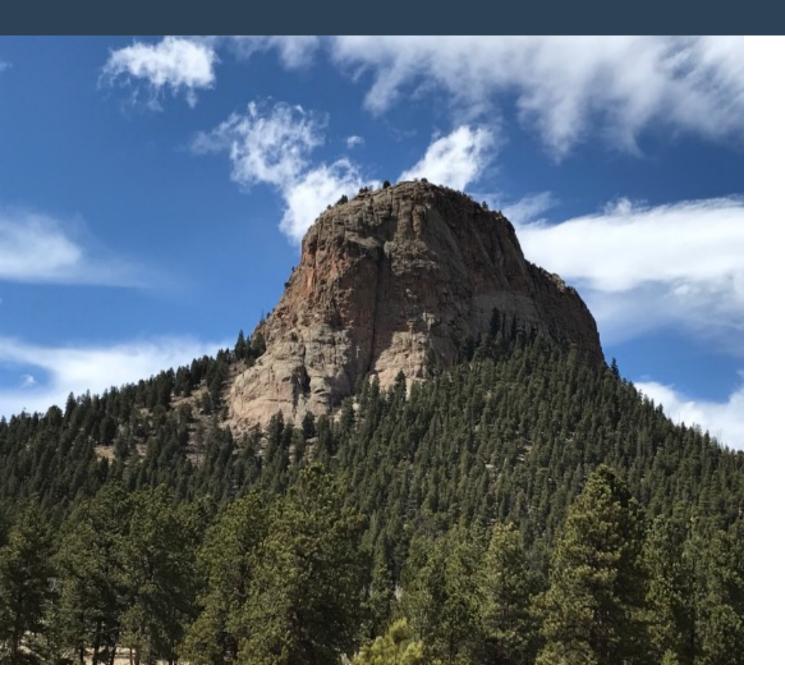
#### AGEISM EDADISMO

### BENEFITS

#### **RESEARCH ON OLDER RESEARCH ON YOUTH PARTICIPANTS SHOW: PARTICIPANTS SHOW:** Improved academic Improved health and wellgrowth being Increased empathy Improved cognitive function Increased confidence and • Enhanced quality of life social self-esteem • Greater sense of purpose Decreased negative Decreased social isolation stereotypes and agesim

Intergenerational connections lead to stronger, **CONCLUSION:** more vibrant communities where people feel socially connected.

### REMOVING BARRIERS TO INTERGENERATIONAL PROGRAMMING



Designing programs Demonstrating impact Raising funds Collaborating

Generations United and Eisner Foundation 2018 plus LinkAGES' Evaluations 2018-23

### THE PROGRAMS

### SHALOM PARK NURSING HOME: TOGETHER AT PLAY AND SONG (T.A.P.S)

Participants: Preschool-age children, primary caregiver and nursing home residents

Program: Intergenerational music therapy

Toolkit available at <u>https://www.LinkAGESconnects.org</u>



Virtual sessions

# Unboxed –Storytelling Experience for the LGBTQIA+ Community

Participants: Teens/Young Adults and Older Adults who identify along the LGBTQIA+ spectrum

Program: Through six facilitated sessions, participants learn and tell their stories through creative digital storytelling techniques, discover their own power through personal storytelling, and deepen connections.

Toolkit available at <a href="https://www.LinkAGESconnects.org">https://www.LinkAGESconnects.org</a>



### I appreciated this program because...

"I learned a lot from the young people. I realized that while they have access to the Internet and more resources than I had, they still face prejudice and discrimination. They come out at a younger age and face homophobia and transphobia as early as grade school. I admire their courage and integrity."

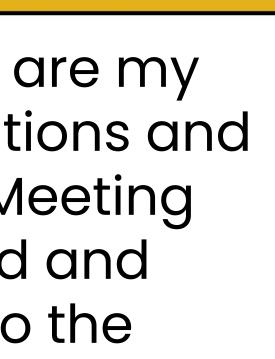
– Older adult



### Connecting with older folks gave me...

"Hope. The only queer people I know are my age, and we all have the same questions and are confused and scared together. Meeting older queer people who had survived and even thrived made me feel I could do the same."

-Youth





#### LinkAGES Hub

Participants Organizations Funders

#### **RESOURCES**

Toolkits, quick guides, evaluation reports

#### COACHING

Group and individual technical assistance

FACILITATING CONNECTION, BUILDING CAPACITY **AND EXPANDING** PROGRAMMING

#### **INCUBATOR**

.....

**Direct funding** towards quality intergenerational programs

**Robust database** of program evaluation data

#### **PLACE TO** CONNECT Individual

programs; peer networking, training cohorts

#### **TRAININGS**

Live and recorded e.g. evaluation video series

#### **IMPACT** TRACKING

### GET INVOLVED

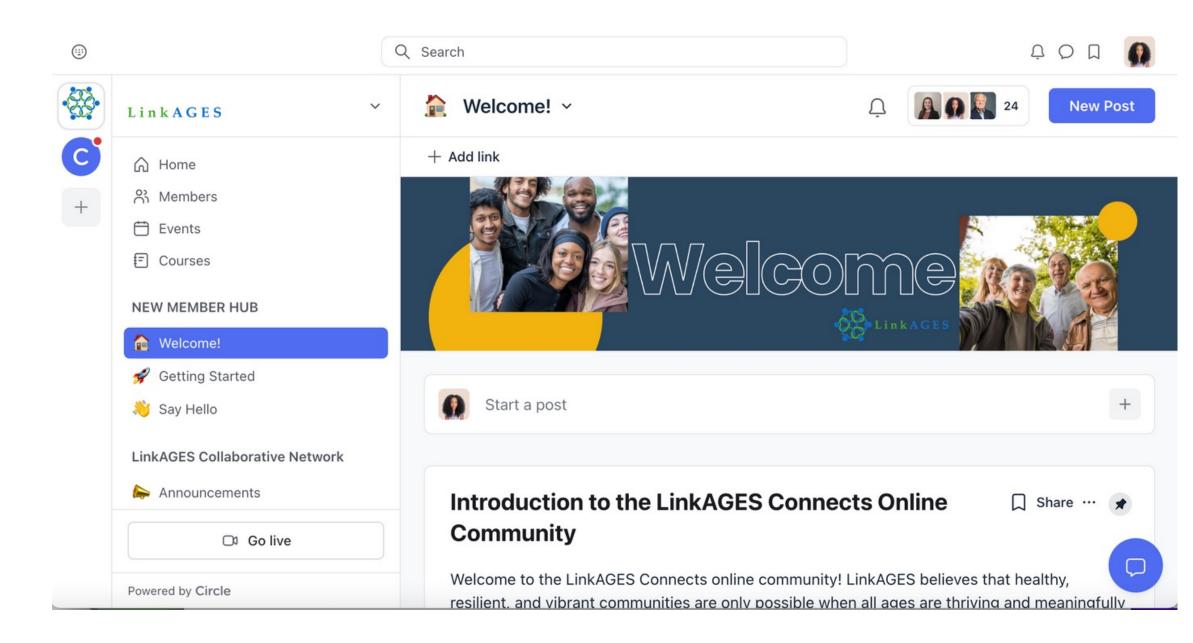
#### COLLABORATIVE NETWORK MEETING THURSDAY, APRIL 25TH AT 11:00AM MST

Who this is for: Any organization interested in intergenerational connections and programming, e.g., youth-focused organizations, older adult and aging-focused entities, parks and recreation, public health organizations, housing providers, schools, intergenerational program managers and facilitators

Register at www.LinkAGESconnects.org

### GET INVOLVED

#### **COLLABORATIVE NETWORK ONLINE HUB**



#### **STEPS:**

- Fill out the registration form
- Receive your email invitation
- Create your account!



### STAY CONNECTED

### **EMAIL ADDRESS**

Rachel@Aging-Dynamics.com

#### **WEBSITES**

www.Aging-Dynamics.com www.LinkAGESconnects.org

#### **SOCIALS**



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Facebook.com/AgingDynamics Facebook.com/LinkAGESconnects.org



LinkedIn.com/company/Aging-Dynamics LinkedIn.com/company/LinkAGES-Connects



# THANK YOU!

