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

June 21, 2022
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.

Chat Feature
- The Chat feature allows webinar attendees, the host, co-hosts and panelists to communicate for the duration of the webinar.
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• 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

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Grant Writer, Appalachian Agency for Senior Citizens

Cindy Smith  
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Lead Educator, DOROT

Jodi Waterhouse, MHA  
Director, Outreach Programs, University of Colorado Anschutz Multidisciplinary Center on Aging
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.
A park as an intergenerational setting

Matt Kaplan, Ph.D., Professor, Intergenerational Programs and Aging, Penn State University
https://aese.psu.edu/outreach/intergenerational
A park as a multigenerational setting

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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

- Decreased isolation/increased connectedness: 44%
- Increased self-esteem: 33%
- Greater understanding of other ages: 36%
- Increased trust across ages: 31%
- Increased sense of community: 45%

Percent

Benefits

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

www.gu.org
Key Elements

Inclusive
Relational
Empowering
Intergenerational
PROGRAMMING
Responsive
Reciprocal
Respectful
Reinforced the Value of Connections
ReGen Storytelling virtual workshop in Detroit. [https://www.gu.org/resources/profile-koreatown-storytelling-program/](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/](https://www.gu.org/resources/profile-koreatown-storytelling-program/)
Kendra Gonzales of Teeniors program in Albuquerque coaches Linda Haverty 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/
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/](https://www.schoolnewsnetwork.org/2022/04/13/drum-feast-brings-grps-students-together-with-community-members/)

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/](https://www.gu.org/resources/profile-koreatown-storytelling-program/)
Diverse Intergenerational Programs Survey

https://www.surveymonkey.com/r/J2GDLG2
Shared Sites

Sharing Our Space: Toolkit for Intergenerational Shared Sites
sharingourspace.org
Tips

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

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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

ART AT YOUR OWN PACE
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
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
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.
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.

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.
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 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

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INTERGENERATIONAL PROGRAMMING IN A VIRTUAL WORLD
OUR PROGRAM HIGHLIGHTS

SUMMER TEEN INTERNSHIP

NEXT GENERATION

ACADEMIC YEAR INTERNSHIP

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 __________
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chess</td>
<td>Discussion Group</td>
<td>Music</td>
<td>Art</td>
</tr>
<tr>
<td>Midrash</td>
<td>Yiddish</td>
<td>Creative Conversations About</td>
<td>Story Circles</td>
</tr>
<tr>
<td>Russian Tech</td>
<td>Creative Storytelling</td>
<td>Breaking Down Bias</td>
<td>LGBTQ+</td>
</tr>
<tr>
<td>Virtual Visits</td>
<td>Virtual Visit</td>
<td>Brain Games</td>
<td>Virtual Visit</td>
</tr>
</tbody>
</table>
FY21 PARTICIPANTS

959 YOUTH
- One Time Workshops: 352
- School Clubs: 78
- NG: 55
- B’nai Mitzvah: 160
- Chess: 37
- Academic Year Internship: 156

286 ADULTS
- Summer Teen Internship: 194
- One Time Workshops: 49
- School Clubs: 26
- B’nai Mitzvah: 27
- Chess: 30
- Academic Year Internship: 86
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
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.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4470031/
https://healthcarecomm.org/about-us/impact-of-communication-in-healthcare/
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

**Engagement Strategy**
What is the vision of the project?

**Stakeholder Identification**
Criteria for ID and Prioritizing of Stakeholders

**Engagement Evaluation**
Assess, evaluate, and make changes to continue with program

**Engagement Connection**
Is the engagement working? Feedback by stakeholders

**Engagement Process**
How will information be shared?

Multidisciplinary Center on Aging
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS
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
- 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
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

I do not agree at all
I fairly much agree
I somewhat agree
I very much agree

0% 10% 20% 30% 40% 50% 60% 70%

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

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
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!