

Tabletop Activity: **Create an Intergenerational Program**

Drawing inspiration from the models previously presented, develop a unique program idea that utilizes intergenerational strategies.



Ideas from conference attendees:

EDUCATION

- Seniors share teaching skills with teens
- Children take classes with seniors in assisted living communities
- Older adults from church staff the associated parochial school
- Older adults conduct Lunch-and-Learns focusing on sugar reduction and healthy snack ideas
- Older adults teach their language and culture to children
- Cooking, home renovation, embroidery, and gardening workshops that allow older adults to pass their skills to youth
- Retired teachers tutor elementary-aged students
- Older adults teach parenting skills to young parents

RECREATION, ART, CULTURE

- Combined youth and senior centers
- Adopt-a-Grandparent program that takes field trips around the city and focuses on active living
- Community gardens with workers from different generations
- After-school cultural workshops led by older adults on different languages, traditions, music, holidays, and artwork
- Art and cultural competency program led by older adults for young children
- Intergenerational plays with retired entertainment industry older adults and interested youth
- Older adults guide children in storytelling skills

TECHNOLOGY

- Teenagers teach seniors how to use their smartphones and iPods
- Youth teach older adults Instagram skills while older adults teach youth their trades

ALZHEIMER'S

- Extend "The Youth's Movement Against Alzheimer's" to mobile service vans

BUSINESS

- Businesses offer opportunities for their employees to read to children in schools as a de-stressor
- Ongoing volunteer opportunities extended from career to retirement
- Older adults with retail experience advise youth on opening and running a small store

RETIREMENT

- Older adults prepare a curriculum to prepare younger adults for retirement

VOLUNTEERING

- Retired adults volunteer at a preschool to share talents, arts, and theatrical abilities
- Elementary school kids volunteer for community service hours at a local senior center to engage at a sensory level
- Different generations volunteer together in letter writing campaign
- Homebound seniors volunteer once a week reading to toddlers
- High school service hours for students to help seniors in their homes
- Older adults partner with the Korean Youth Community Center to address the literacy gap
- Integrate older adult volunteers in the drop-in Transitional Age Youth (TAY) program, using evidence-based practices
- TAY volunteers serve seniors being discharged from institutions
- College students volunteer at senior centers

MENTORSHIP

- Pair seniors with college students who have similar career aspirations for career advice
- Pair at-risk-youth with older adults for mentorship
- Pair elementary schools with nearby senior centers for mentorship, focusing specifically on keeping children out of gangs
- Church mentorship programs in which youth share technology skills and senior's share their experiences

EXERCISE

- Kinesiology students host exercise programs in parks for seniors
- Multigenerational exercise program with evidence-based outcomes

HEALTH AND WELLNESS

- Youth do a "Neighbor Wellness Check" to check in and visit with older adults in their communities

TRANSPORTATION

- Provide transit to older adults from their communities to volunteer at child care services
- Youth drive home-bound seniors to recreational activities.