FOSTERING INTERGENERATIONAL CONNECTIONS

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INTRODUCTIONS...

A little about us... and a little about you...
ANNOTATION TOOLS

Find the grey marker pen in top left corner of the presentation screen.

Click to open the tool buttons in a column on the left side; the marker pen will turn blue.

Check mark

- Click on square, half-way down.
- Use the drop-down menu and choose the check mark.
- Click on slide to indicate choice.
WHAT DO YOU KNOW ABOUT INTERGENERATIONAL PROGRAMMING?

It’s all new to me!

I think we’re doing it...

I’d like to do it but I don’t know how to start

I’m an expert!
TODAY’S AGENDA

Part 1: Importance of Intergenerational relationships

Part 2: Exploring intergenerational structures, programs and intergenerational activities

Part 3: Intergenerational connections in the library space – how can libraries help foster intergenerational connections?

Part 4: Bringing it home: creating a plan for your library
PART 1: INTERGENERATIONAL RELATIONSHIPS

Their importance, how they are changing, and why rebuilding them is important
WHAT DO WE MEAN BY “INTERGENERATIONAL?”

DEFINING TERMS...
DEFINING “INTERGENERATIONAL”

- Term started being used in the 1970s
- Multi-generational: people of different generations are represented
- Intergenerational: people of different generations are interacting in meaningful ways
- Often works towards uniting “book-end” generations
WHY IG CONNECTIONS? WHY NOW?

- By 2050 adults over the age of 65 will outnumber children under 15
- 10,000 Americans turn 65 each day with a life expectancy of 85
- Girls born in the 1990s can expect to live to be over 100 years of age
- Cultural shifts:
  - Mobility
  - Technology
  - Individualized cultural experiences
  - Segmented development & living experiences
  - Documented social disengagement with the community

Sources: Generations United, Connecting Generations, Bowling Alone
An Aging Nation

Projected number of U.S. residents 65 years and older

U.S. residents 65 years and older projected population increases between 2015 and 2060:

- **Total**—105.2 percent
- **Native-born**—75.9 percent
- **Foreign-born**—294.8 percent

Source: 2014 National Population Projections
www.census.gov/population/projections/data/national/2014.html
An Aging Nation
Projected Number of Children and Older Adults

For the First Time in U.S. History Older Adults Are Projected to Outnumber Children by 2035

Projected percentage of population

- 2016: 15.2%
- 2020: 19.8%
- 2025: 22.8%
- 2030: 23.5%

Projected number (millions)

- 2016: 49.2 million
- 2020: 73.6 million
- 2025: 78.0 million
- 2030: 76.4 million
- 2035: 94.7 million
- 2040: 79.8 million

Note: 2016 data are estimates not projections.

Source: National Population Projections, 2017
www.census.gov/programs-surveys/poptemp.html
BENEFITS OF FOSTERING INTERGENERATIONAL CONNECTIONS

- Breaks down age stereotypes
- Helps eliminate fear of old / young
- Create seeds of compassion
- Eliminates loneliness / isolationism
- Children feel special
- Adults get a second chance
- Strengthens communities
WAIT... THERE'S MORE!

- Studies show that “in schools where older adults were a regular fixture, children had improved readings scores and fewer behavioral problems their peers at other schools” (Elementary & Secondary Education Act, [gu.org](http://gu.org))

- Older adults who volunteered with children burned 20% more calories per week, had fewer falls, and performed better on a memory test

- Beneficial to persons with dementia

- 97% of adult participants reported feeling happy, interested, loved, younger, and needed
BECAUSE WE'RE

AMERICA'S TRANSFORMATION

THE UNITED STATES IS IN THE MIDST OF A DEMOGRAPHIC TRANSFORMATION.

41 MILLION people in America who are 65 years and older
74 MILLION children and youth (ages 0-17)
72 MILLION people over the age of 65
8% MORE

2030

672

2050

680

There is a growing racial generation gap. Today, more than half of Americans under the age of 5 are people of color compared to less than one in five Americans over 65.

BY 2040, older adults, children and youth will make up over 42% of the U.S. population.

We are more racially and ethnically diverse.

BY 2043, more than HALF of the nation will be people of color.

CAPITALIZING ALL ASSETS

AMERICA'S YOUNGER AND OLDER PEOPLE ARE OUR GREATEST ASSETS YET WE ARE ALLOWING THESE ASSETS TO REST DORMANT.

There are 72 MILLION Baby Boomers.

A volunteer hour is valued at $23 per hour.

$900 MILLION DOLLARS IN NEW WHITMAN CAPITAL A SOTER PER YEAR.

So if 10% of boomers were up 10% of TV time each week to volunteer, it would generate over...

STRONGER TOGETHER

IT COSTS LESS, NOT MORE

INVESTING IN ALL GENERATIONS MAKES SENSE AND MOBILIZING THE GENERATIONS IS COST EFFECTIVE.

Facilities that serve younger and older people save on some of the most significant program costs (personnel and rent) when they share expenses.

The known benefits of programs that connect the generations could reduce healthcare costs.

Older adults who volunteer report lower disability, greater wellbeing, increase in brain activity, and reduced depression.

Children and adults in intergenerational programs can increase their levels of physical activity, increase consumption of fruits and vegetables and decrease their time watching TV or playing video games.

Young people who connect with older adults can improve academic performance, confidence and self-esteem, and attitudes toward learning.

MIXING IT UP

WHEN YOU MIX AGES YOU GET BETTER RESULTS. THERE IS MAGIC WHEN YOU MIX, EXPERIENCE, WISDOM AND FRESH PERSPECTIVES.

BRIDGING GENERATIONS IMPROVES LIVES AND COMMUNITIES. WE CAN SOLVE REAL PROBLEMS AND BUILD CONNECTIONS AMONG GENERATIONS AND THEIR COMMUNITIES. THE RESULT IS LIFE GETS BETTER - FOR ALL OF US.

http://gu.org/LinkClick.aspx?fileticket=zTvpz3j3l-%3d&tabid=157&mid=606
PART 2: IG PROGRAM RESOURCES

Organizational, program, and activity models & resources
SOME IG CONNECTION BUILDING STRUCTURES

1. Curriculum based
2. After school enrichment
3. Discussion groups
4. One-off workshops
5. Informal interactions in shared spaces
CURRICULUM-BASED INTERGENERATIONAL PROGRAMS

- Often tied to reading, writing, history
- Elders serve as curriculum experts to authenticate moments
- Ongoing mentorships or in-class projects
RAISE YOUR HAND IF YOU...

- Live in Washington State
- Live in the US
- Live outside of the US
- Have been 5 years old
- Have been 50 years old
- Have been 80 years old
- Play or have played a musical instrument
- Have or have had a pet
- Have ridden on a bus
- Have ridden in an airplane
AFTER SCHOOL PROGRAMS

- Tutoring
- Mentorship
- Class—arts or other kind of enrichment together
DISCUSSION GROUPS

- Discussions about life, aging
- Structured small group or larger group conversations
- All have equal say and sharing ideas
SHARING STORIES

PHOTO REMINISCENCE
STAND ALONE INTERGENERATIONAL WORKSHOPS

- Structured workshops to do a project or have an experience
- Can be family oriented or community oriented
- Often offered on the weekends / evenings
- Some ideas: card making, puppet making, dance, poetry, storytelling, gardening, first aid / disaster prep
LINES, LINES, LINES

CREATING CHARACTERS
1. In a small group, tell a story about the history of your name
2. Choose one of the stories in your small group to share with the larger group
3. As a group, choose how to share the name story with the larger group by acting, dancing, writing, or singing the story.
INFORMAL INTERACTIONS IN SHARED SPACES

Opportunities to create deeper interactions in shared spaces

Activities that anyone can participate in at any time

Examples: Life story sharing, Wisdom Tree, Mural, Collaborative Drawing
WHO ARE WE? BETTER TOGETHER!

PUZZLES

1. Poster board
2. Cut into puzzle pieces.
3. Mark x on the back of the puzzle piece.
4. Each person draws three things about themselves on a puzzle piece.
5. Put the puzzle together.
6. This can also be done as a “passive activity” with library staff putting the puzzles together and then posting them in the library.
FINDING PARTICIPANTS

Partnership possibilities:
- Chamber of Commerce
- Local businesses
- Life Enrichment Directors at local senior living communities
- Existing after school programs (schools, YMCA, Boys & Girls Club, etc.)
- Faith communities
- Cultural associations
THE SECRET IG SAUCE

Create something your community would like

Take the time to create a safe community space to do the program

Relationships start by finding something in common

Create opportunities for participants to be both teachers and learners as part of the program

After this is established, create opportunities for everyone to do something new – together
YOUR IDEAS?

What programs have worked in your libraries?
PART 3: INTERGENERATIONAL CONNECTIONS IN THE LIBRARY

How can the libraries be used to promote intergenerational connections?
THE LIBRARY SPACE...

Multigenerational space

Shared spaces where informal intergenerational interactions happen

How can we increase opportunities for intergenerational connections to happen?

How can we foster intergenerational connections?
CONSIDERING YOUR LIBRARY
CONSIDERING THE LIBRARY

Take a walk around your library and look at how the generations are mixing:

1. How many generations are in the space?
2. Where are they congregated?
3. Are the generations interacting with each other? How? Why?
4. How might we build more connectivity based on the space, level of interaction, etc.?
PART 4: CREATING YOUR INTERGENERATIONAL CONNECTION IDEA

Let’s put what we’ve learned into action!
CREATING YOUR INTERGENERATIONAL CONNECTIONS IDEA... (PART 1)

Keep in mind:

1. The program / project / interaction should be mutually beneficial — “nothing for us without us”

2. The program / project should create an opportunity for interaction and engagement between generations

3. The program / project should be feasible in your space with the resources available to you
CREATING IG CONNECTIONS... (PART 2)

Brainstorm ways to accomplish your idea, identifying:

1. Space
2. Participants
3. Marketing
4. Supplies
5. Facilitation / Logistics
CONTACT US

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