

The Promise, and Challenges, to Intergenerational Cohesion In the 21st Century

United Nations
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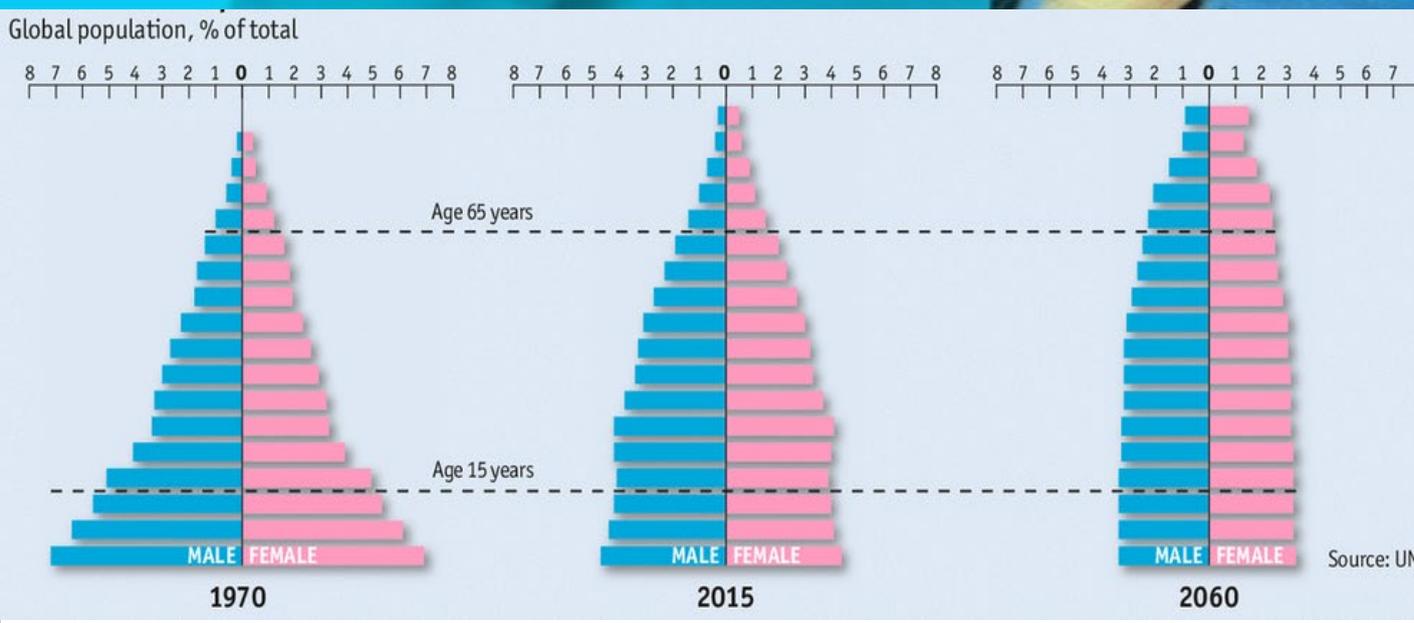
NYU

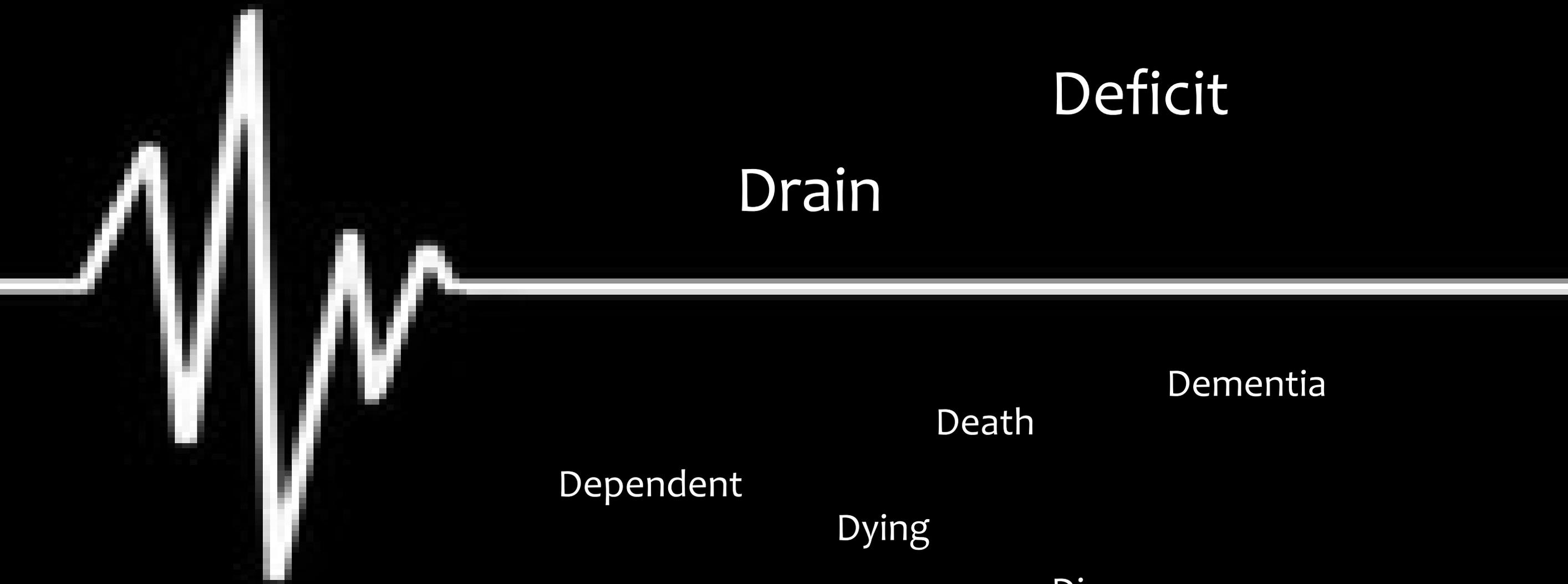
SILVER SCHOOL
OF SOCIAL WORK

Challenges

LIVE LONG

AND PROSPER





Drain

Deficit

Dementia

Death

Dependent

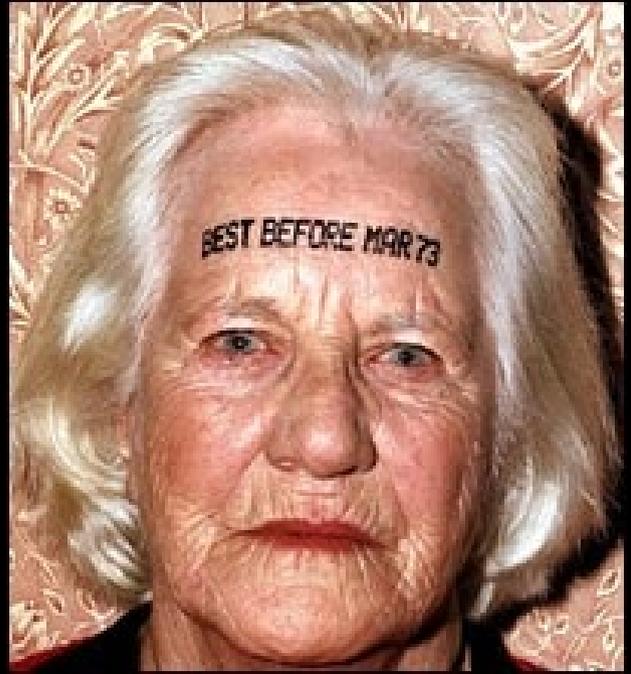
Dying

Disease

Disability

Decay

WE SERVE
WHITE'S *only*
NO
SPANISH *or* MEXICANS



	Estimated Cost
Chronic Disease	
Cardiovascular disease and stroke	\$313.8 billion
Obesity	\$61 billion
Diabetes	\$116 billion
Dementia	\$157-215 billion
Falls (fatal/non-fatal) among seniors	\$30.9 billion
Smoking	\$96 billion
Substance misuse for alcohol and illicit drugs	\$442 billion
Major depressive disorders	\$210.5 billion
Anxiety	\$42 billion
Age discrimination in the workplace	\$60 billion
Ageism	\$63 billion
Academic Achievement Gap	
Closing racial and ethnic achievement gap	Estimated Benefit
Increase GDP	\$551 billion
Increased federal revenue	\$110 billion
Increased state/local government revenue	\$88 billion
Closing gap between low-income students and rest	\$400-\$670 billion

*How do we not just live a long life,
but a long healthy life with a solid economic foundation;
with strong social bonds with family, friends, and community;
and in a diverse, loving, and peaceful society?*

Intergenerational Cohesion





MAKING THE CASE FOR
INTERGENERATIONAL
PROGRAMS



**generations
United**

Because we're stronger together®

Who Benefits from
Intergenerational Cohesion?

Everyone.

Benefits for Infants and Pre-School

- Higher levels of interactive play
- Improved abilities with cooperative play
- Improved empathy
- Greater social acceptance
- Better vocabulary and language abilities



Benefits for Elementary School Children

- ▶ Enhanced reading and writing
- ▶ Improved task orientation, short-term memory, problem solving, and accountability
- ▶ Patience, sensitivity, compassion, respect, empathy
- ▶ Reduced anxiety, sadness, and stress
- ▶ Improved mood management
- ▶ Healthier diets and nutrition, increased physical activity, less “screen time”



Benefits for Middle School Children

- Improved academic performance
- Healthier family dynamics
- Improved peer relationships
- Decreased depressive symptoms
- Reduced substance use
- Reduced disordered eating
- Enhanced reasoning, problem solving, accountability, conflict resolution
- Decreased bullying and victimization
- Clearer educational aspirations, occupational interests and goals



Benefits for High School Students

- ▶ Improved ego integrity, self-confidence, purpose in life
- ▶ Empowered to make changes in school and neighborhood
- ▶ Improved emotions and mental health
- ▶ Enhanced physical health



Benefits for College Students



- ▶ Higher rates of civic engagement
- ▶ Entrepreneurial capabilities, occupational skills, and mastery
- ▶ Expressed higher levels of self-confidence, efficacy, and self of self
- ▶ Gained skills and knowledge for geriatrics and gerontology
- ▶ Learned and taught ways to improve the environment

Benefits for Adults

- ▶ Less worried about aged parents
- ▶ Happy about their civic engagement
- ▶ Older volunteers brought resources and skills back home to teach grandchildren and children in neighborhood
- ▶ Better family communication



Benefits for Older Adults

- ▶ Decreased social isolation
- ▶ Improvements in quality of life and purpose in life
- ▶ Improved self-worth, self-esteem, empowerment
- ▶ Cognitive health improvement
- ▶ Reduced falls and frailty, increased strength, balance, and walking
- ▶ Learned new skills, leadership proficiencies, and knowledge



(Andreoletti & Howard, 2018; Atkins et al., 2019; Barnard, 2014; Belgrave, 2011; Breck et al., 2018; Carcavilla et al., 2020; Carlson et al., 2008; Carlson, et al., 2009; Carlson, et al., 2015; Cichy & Smith, 2011; DeVore et al., 2016; Galbraith et al., 2015; George, 2011; Gilchrist, 2014; Giradeau & Bailly, 2019; Gruenewald et al., 2016; Gualano et al., 2019; June & Andreoletti, 2020; Knight et al., 2017; Lee, et al., 2020; Lee, Jarrott & Juckett, 2020; Leedahl, et al., 2019; Lux, Tarabochia, & Barben, 2020; Mahoney, et al., 2020; Martins, et al., 2019; McFarlane, Stephens, & Taylor, 2019; Montepare, 2018; Nicholson & Shellman, 2013; Ohmer, 2016; Parkinson & Turner, 2019; Pstross et al., 2017; Sakurai et al., 2016; Santini et al., 2020; Seeman, et al., 2020; Serrano, 2018; Teater, 2016; Varma, et al., 2015; Zhong et al., 2020;

Benefits for the Community

- Create a vehicle to bring generations together
- Reduce age-segregation
- Increase social, recreational, and volunteer efforts that build a sense of community
- Improve community infrastructure and facilities (e.g. gathering spaces, parks, gardens, theatre, and art)
- Improve individual health and well-being





A Triple Win for Students, Volunteers, and Communities

 YOUTUBE AARPFUNDATION



AARP Foundation Experience Corps is a community-based volunteer program that empowers people over 50 to serve as tutors to help students become better readers by the end of third grade. It is a proven “triple win,” helping students succeed, older adults thrive, and communities grow stronger.

The program ensures volunteer success through extensive training, peer networks, and ongoing evaluation. Experience Corps employs a structured, evidence-based model that improves the overall reading ability of students by building their fluency, accuracy, and comprehension skills.

We focus on outcomes, inspiring volunteers to disrupt the cycle of poverty by making a lasting difference in the lives of America’s most vulnerable children.

[FIND EXPERIENCE CORPS IN MY CITY](#)

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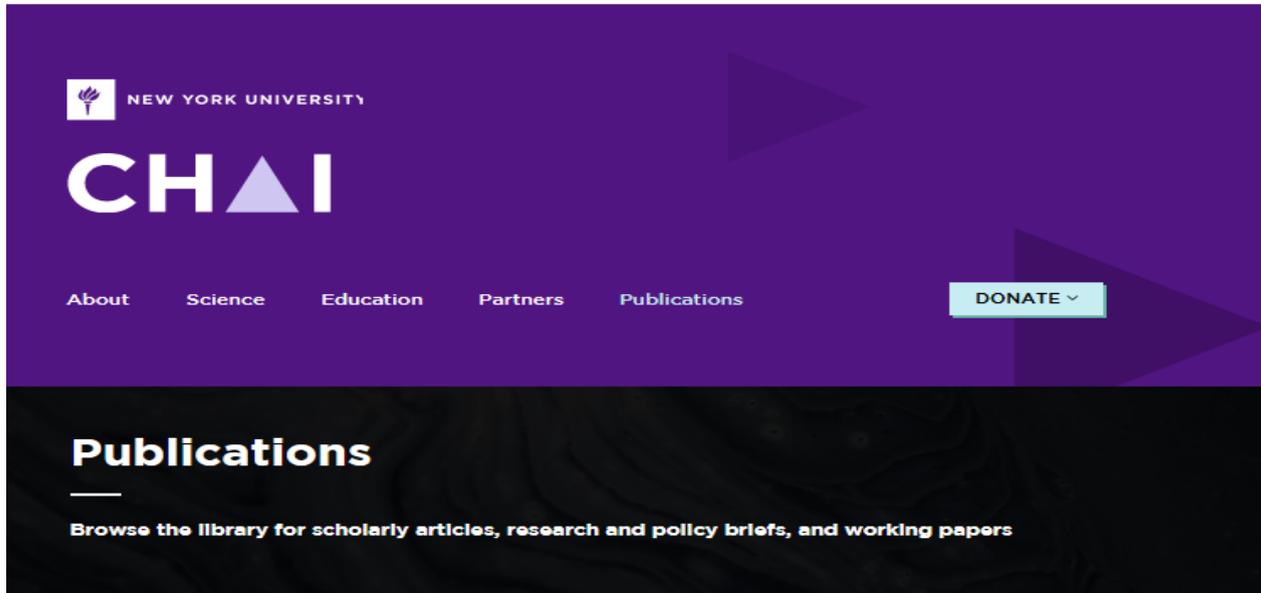
Intergenerational Cohesion



Q & A



Recommended Readings

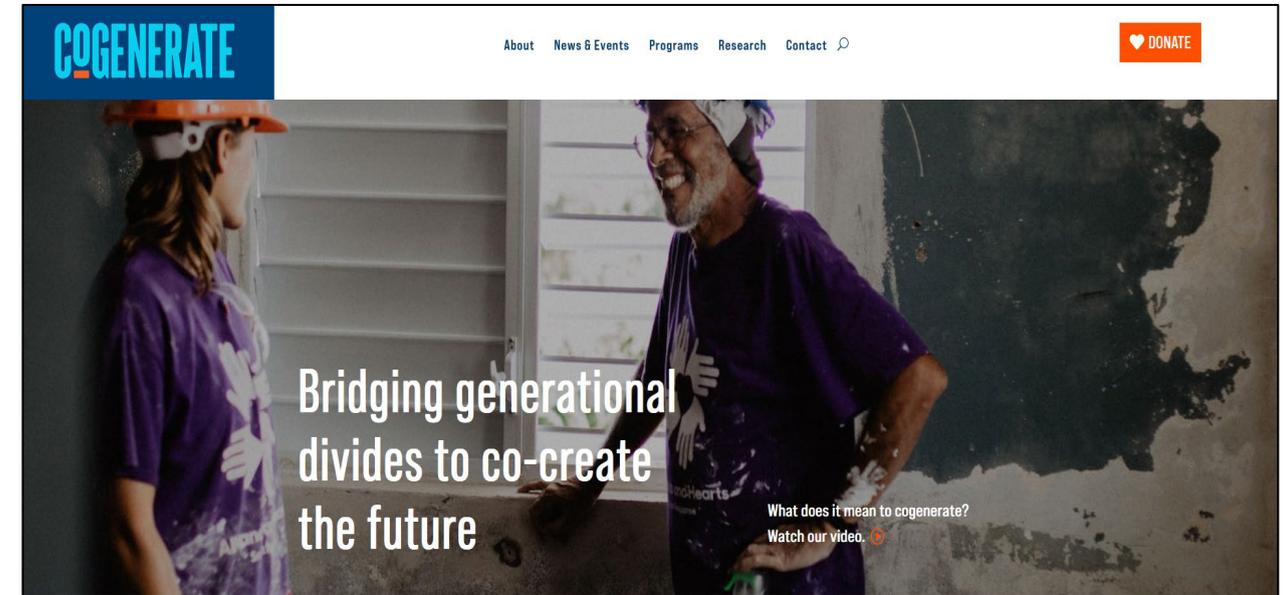


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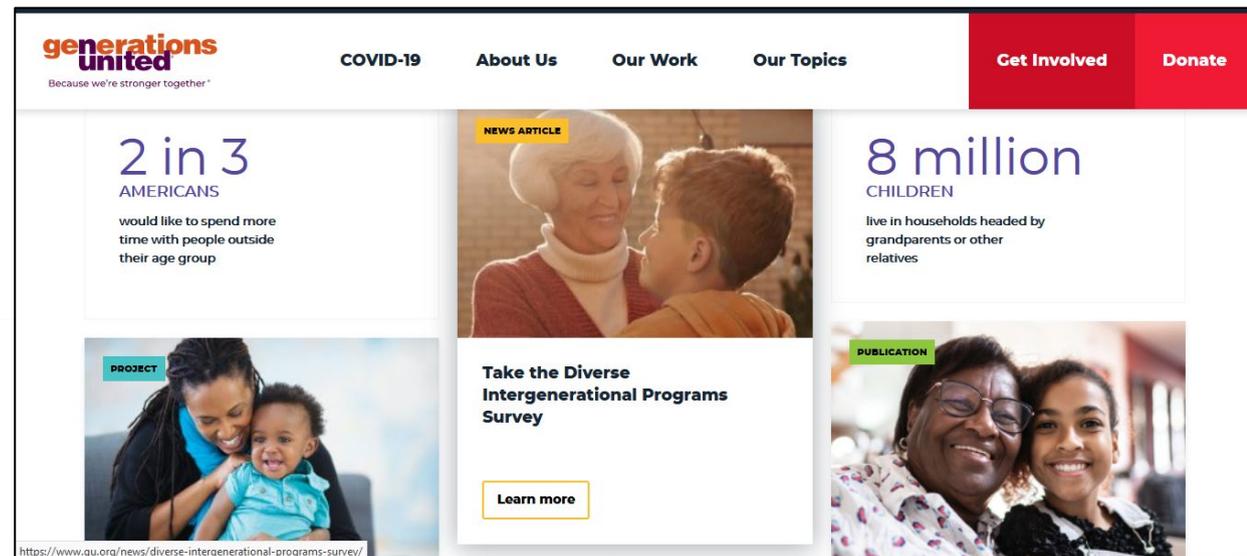
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Bridging generational divides to co-create the future

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Because we're stronger together™

2 in 3 AMERICANS would like to spend more time with people outside their age group

8 million CHILDREN live in households headed by grandparents or other relatives

Take the Diverse Intergenerational Programs Survey [Learn more](#)

<https://www.gu.org/news/diverse-intergenerational-programs-survey/>



Selected References & Additional Research

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