



Intergenerational Program Guide

Department of Children, Seniors and Social Development

Newfoundland and Labrador's Demographic Shift

- Population aging - global trend driven by aging baby boomers, declining birthrates and increased longevity.
- Recent population growth fueled by immigration and in-migration from other parts of Canada.
- Provincial Government has a goal of welcoming 5,100 newcomers per year by 2026.
- Intra-provincial migration shifting the population from rural to urban (i.e. regional hubs).

Intergenerational Programs

- Intergenerational programs enrich the lives of participants through meaningful activities that bring generations together.
- Intergenerational programs and experiences foster interaction between people of different generations, and they are an important strategy to tackle ageism. They typically involve bringing together older and younger people to work cooperatively on tasks to encourage cross-generational bonding and understanding.

Age-Friendly Communities (AFCs)

- An AFC is a community where policies, services and physical spaces are universally designed to enable people of all ages to actively age in a secure and accessible environment from both a physical and social perspective.
- Citizens are supported to age actively, enjoy good health, and remain independent and involved in their communities across the lifespan.

Why an Intergenerational Program Guide?

- Desire to help ensure all Newfoundlanders and Labradorians remain healthy, active, engaged citizens living in AFCs.
- Intergenerational activities are a key component of AFCs and they benefit people of all ages.
- Intergenerational activities help foster respect and social inclusion which is noted by the World Health Organization as one of the eight key domains of AFCs.

Why an Intergenerational Program Guide?

- Intergenerational programs create opportunities for generations to share experiences and gain mutual understanding of each other's experiences and realities.
- Newfoundland and Labrador's aging population makes it imperative that we consider how to improve social and community inclusion for all, including through intergenerational programs and activities.

What do we hope to learn?

- How the Intergenerational Program Guide could be used to promote intergenerational activities in Newfoundland and Labrador.
- What the guide should contain.
- Existing intergenerational programs/activities in Newfoundland and Labrador.
- Obstacles to and opportunities for intergenerational activities.

What do we hope to learn?

- Community assets that could support such activities.
- What this guide needs to look like to be useful to you/your organization.
- Anything we are missing or additional things we need to consider.

Benefits of Intergenerational Programs

For everyone:

- Challenges stereotypes and prejudice and combats ageism.

For older adults:

- Improved physical and psychosocial well-being.
- Reduced stress and loneliness.
- Increased self-esteem, social connection and intergenerational solidarity.

Intergenerational Program Examples

- Skill-share events (cooking, technology)
- Story-sharing
- Games/physical activities
- Art/music
- Interviews/discussion sessions
- Service learning
- Intergenerational living arrangements

Potential Program Locations

- Schools
- Community centres/rooms
- Outdoors
- Community kitchens/gardens
- Personal/long-term care homes
- Public libraries

Potential Program Sponsors

- Schools
- Community recreation departments
- Seniors serving organizations (e.g. 50+ clubs)
- Youth serving organizations
- Church groups
- Personal/long-term care homes
- Public libraries