

Creating Sustainable Intergenerational Programs through Education-based Community Partnerships to Encourage Social Wellness and Shared Learning Experiences

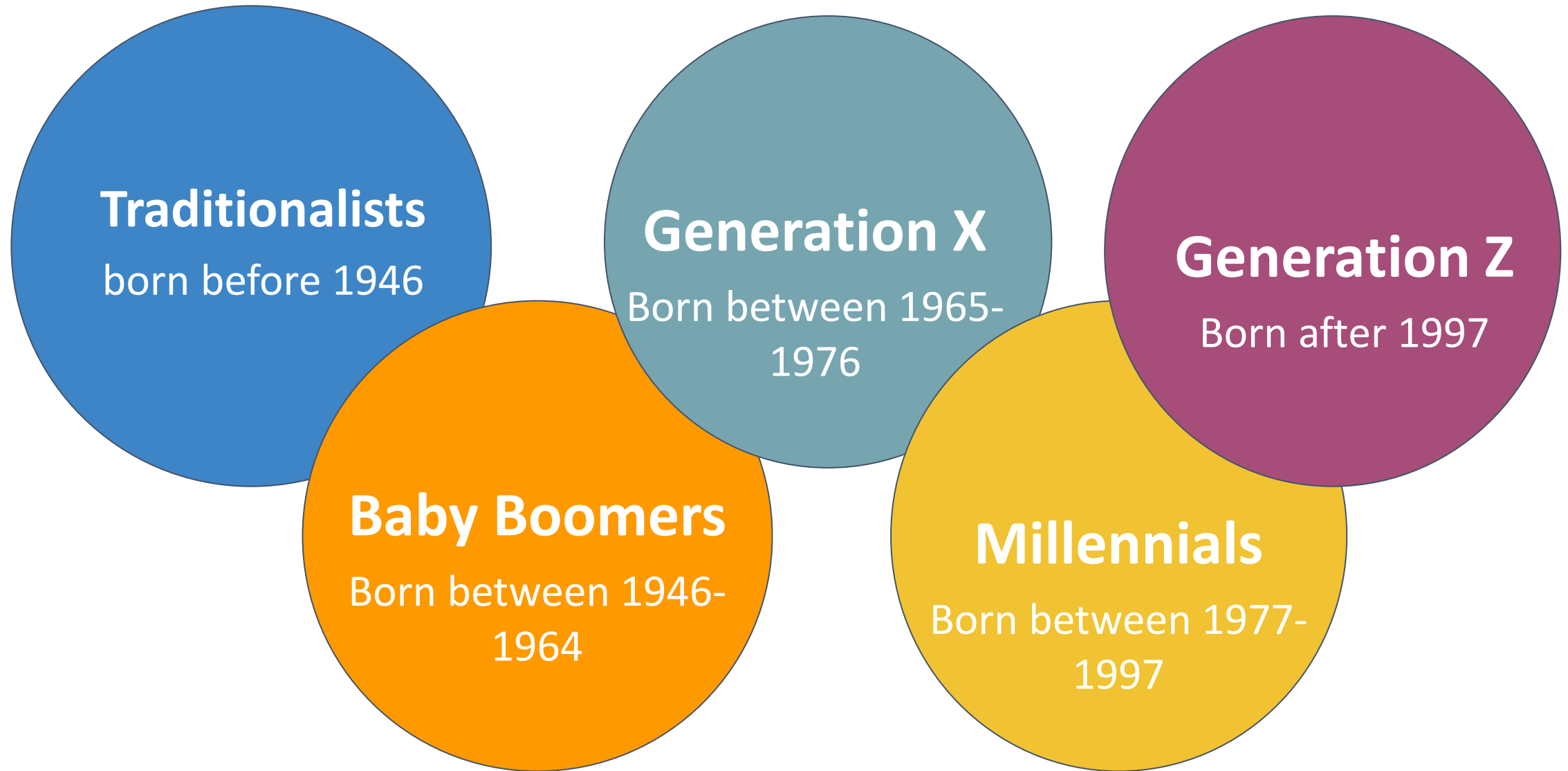
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Multi- generational vs. Intergenerational

- Multi-generational: Multiple generations are present, but not interacting
- Intergenerational: Different generations interact with those from other generations bringing people together in purposeful, mutually beneficial activities.





*Let's Get
Started!*

Assessing and understanding
the opportunity for
“intergenerational”

Benefits to Intergenerational Programs

- Enhances learning & skill sharing across all age groups
- Increases understanding & sharing of experience between generations
- Reduces loneliness and social isolation
- Reduces ageism
- Builds friendships & social connections
- Creates opportunities for all generations to feel valued and part of their community
- Boosts mental wellbeing & self confidence



The What!

What if through intergenerational collaboration we could...

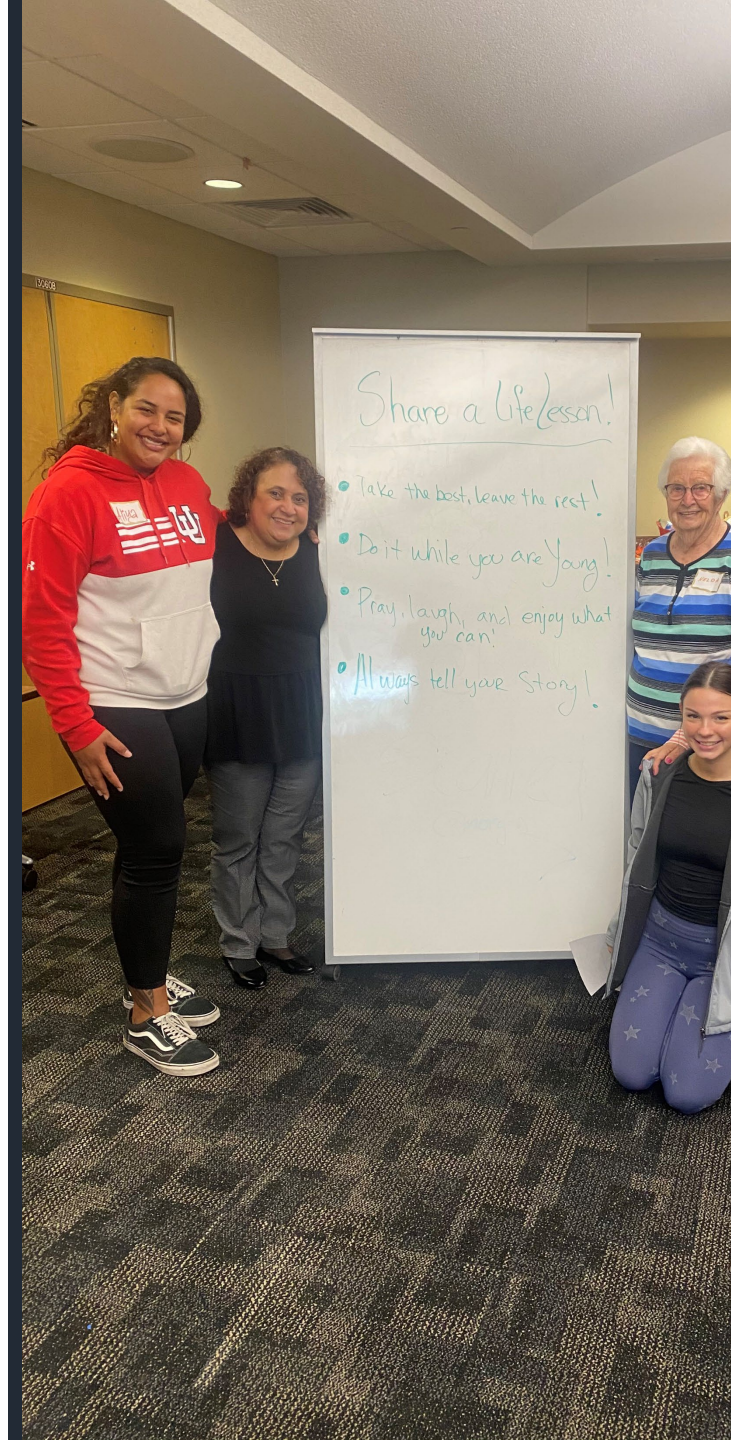
- ❖ Re-connect socially, emotionally, and spiritually as a community?
- ❖ Share and exchange knowledge?
- ❖ Make a difference in a future society?
- ❖ Find shared values, community togetherness, and a shared purpose to support community well-being?



The Why!



- ❖ Improved mental, physical, and cognitive health unique to each life stage.
- ❖ New skill and knowledge development.
- ❖ Increased neighborhood trust, social cohesion, and sense of community.
- ❖ Higher rates of civic engagement.
- ❖ Improved quality of life and purpose in life.





- CHOICE launched in 2014 and offers creative solutions to the ongoing challenge of attracting older adults to senior centers by bringing programs, services, and increased meal options to community locations where older adults naturally congregate (libraries, schools, community centers, YMCA's, and virtually).
- Representatives from community-based organizations offer presentations on topics including exercise, nutrition, safety, and health insurance.
- CHOICE programs always provide fresh and nutritious meals to individuals participating in the program.

What is W.I.S.E.?

**“Connecting generations through
shared learning experiences”**



- ❖ Through curated partnerships between local organizations that serve the 60+ aging adult population and key Lindenwood University personnel, the W.I.S.E. Program was established.
- ❖ W.I.S.E is a flagship program within the College of Science, Technology, and Health's LindenWell branch. LindenWell's purpose is promoting opportunities for campus wellness programming and community wellness outreach.
- ❖ The university setting offers an ideal environment for intergenerational programming in a variety of disciplines.
- ❖ Programming includes athletic events, performing arts, specialized education series, cooking demos, and monthly social wellness themed events.

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Wellness Inspired Social Enrichment

A program our community
deserves!



Co-branded Events:

- Teach & Taste cooking demo
- Fall festival socials in conjunction with campus tailgates
- Holiday music trivia
- “Hearts with Hoops” basketball game





Educational Programs:

- Programming:
 - 8-week technology-teaching programming
 - Movement and wellness programming
 - Pilot a “W.I.S.E. on Wheels” concept
 - Expansion of student internship program





Always Aging Ahead
Podcast



