

# NEBRASKA FACT SHEET

## INTERGENERATIONAL SHARED SITES

### DEFINITION

Intergenerational shared sites are programs where older adults and young people receive services at the same site and both generations interact during regularly scheduled intergenerational activities, as well as through informal encounters. Generations United uses the term "Intergenerational Shared Site"; others refer to these types of programs as intergenerational day care or inter-/multi-generational centers.

### OVERVIEW

The use of space by multiple generations not only makes common sense but can be an important solution in helping communities and organizations stretch scarce resources. By constructing innovative facilities that allow for the sharing of resources, intergenerational shared site programs can meet the needs of and improve outcomes for children, youth, and older adults. The current fiscal constraints faced by communities across the nation are forcing many to make tough decisions on the construction and rehabilitation of facilities and the delivery of critical services. Intergenerational shared sites also act as a mechanism to optimize limited resources while helping to address the social implications of an increasingly age-segregated society where children often spend their days in school and/or childcare centers, while many elders socialize in age-isolated facilities.

### BENEFITS OF INTERGENERATIONAL SHARED SITES

- Enhances quality of life for all participants
- Provides needed services to the community
- Increases cost savings & opportunities to share resources
- Enhances employee benefits for programs with on-site care
- Attracts additional funding & positive public relations
- Improves attitudes about different age groups

### BENEFITS FOR YOUTH/CHILDREN

Young people gain an enhanced perception of the elderly. They benefit from interpersonal relationships with persons from a different age group, who can provide guidance, wisdom and support and have the opportunity to share their unique skills and talents as well. Preschool children involved in intergenerational programs had higher personal/social developmental scores (by 11 months) than preschool children involved in non-intergenerational programs.

### BENEFITS FOR OLDER ADULTS

Studies show that sharing activities with younger people promotes positive health gains for older adults such as burning more calories due to exercise, sustaining fewer falls, and a reduction in reliance on canes. Adults with dementia or other cognitive impairments experience more positive affect during interactions with children than they do during non-intergenerational activities and these changes last even after the activity ends.

### INTERGENERATIONAL PROGRAM COMPONENTS

Intergenerational shared sites vary in structure, but are generally composed of two components; one that serves the needs of older adults and a second that serves children/youth. In addition, many facilities have designated "shared spaces" that provide additional opportunities for spontaneous intergenerational interaction. *The following chart lists common program models and components:*



### DISTINGUISHED NEBRASKA SHARED SITES

#### TERRY & HAZELDEANE CARPENTER INTERGENERATIONAL CENTER

GERING, NE

- The Carpenter Intergenerational Center was established as a recreational and educational facility that offers programs primarily, but not exclusively, to parents, children, and elderly who lack the financial resources to access existing educational and recreational opportunities.
- The Center has an education wing and a fitness/recreational wing within the complex. The center was funded with HUD, DED grants, and donations from the Carpenter family, City of Terrytown, TQM, and Scotts Bluff County Housing Authority.
- For additional information, visit <http://www.carpentercenter.net/>

#### HILLCREST HEALTH SYSTEMS (LILLIE'S HOUSE)

Bellevue, NE

- A state-of-the-art child development center that provides high quality developmentally appropriate education and individual care by highly trained early childhood professionals in an intergenerational setting.
- The children develop friendships, learn compassion and care for their many resident friends. The residents enjoy seeing the children as they go on a walks throughout the Hillcrest Health Plaza.
- Both generations benefit from the unique experience, gain respect for one another, and enjoy the special intergenerational bond they form.
- For additional information, visit <http://www.hillcrestcountrystates.com>



*Generations United is the only national membership organization focused solely on improving the lives of children, youth, and older people through intergenerational strategies, programs, and policies. GU represents more than 100 national, state, and local organizations representing more than 70 million Americans. GU serves as a resource for educating policymakers and the public about the economic, social, and personal imperatives of intergenerational cooperation. GU provides a forum for those working with children, youth, and older adults to explore areas of common ground while celebrating the richness of each generation.*

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