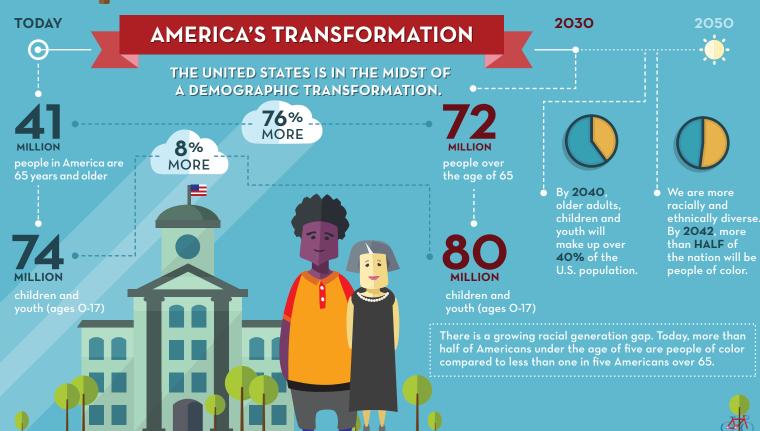


# BECAUSE WE'RE



### **CAPITALIZING ALL ASSETS**

AMERICA'S YOUNGER AND OLDER PEOPLE ARE A GREAT ASSET YET MANY REMAIN UNTAPPED.

There are

108

MILLION

Americans

over 50.



A volunteer hour is valued at

\$24+=
PER HOUR.

If 2% of adults 50+ gave up 2% of TV time to volunteer it would generate over...





## STRONGER TOGETHER

### IT COSTS LESS, YOU GET MORE

Facilities that
serve younger and older people save on some of the most significant

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



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



Older adults who volunteer report lower disability, greater well-being, 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.





### **MIXING IT UP**

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

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



U.S. Census Bureau; A Profile of Older Americans; 2012; America's Children: Key National Indicators of Well-Being, 2013; William H Frey, The Brookings Institution; The Nielsen Company; The Independent Sector; Generations United; The Corporation for National and Community Service; The OASIS Institute; and AARP Experience Corps. For full citations, visit www.gu.org.

**generations**United

Because we're stronger together