Intergenerational Programs & Physical Distancing
What to do when we can’t be together

March 26, 2020
“We formed Generations United to argue for a caring society.”
Goals Today

- Check-in and share ways we can stay connected as a field
- Share what we are hearing about how programs are adapting in response to COVID-19 and learn about your ideas
Fist to Five Check In
How are you today?

**Fist:**
Should have stayed in bed

**Five:**
Feeling Great

Activity shared by:
Rachel B. Cohen, MSW, MUP
President, Aging-Dynamics
www.aging-dynamics.com
Staying Connected

- Intergenerational Connections Facebook Group
  https://www.facebook.com/groups/intergenerational/

- Zoom Meetings

- Generations This Week (GTW) – Click “Get Involved” on www.gu.org

- www.gu.org/covid-19
  - COVID-19 Fact Sheet for Grandfamilies and Other Multigenerational Families

- Gen2Gen Call: Visit https://generationtogeneration.org/ for link to register
  - March 27, 4pm EST: How COVID-19 is impacting Gen2Gen programs with Encore.org

- Other connections?
We believe in a world that values and engages all generations.

More About Our Mission
Activity Ideas – Pen Pals

- Making Videos
- Sharing Artwork and Music
- Writing Letters/Sending Cards
  - Empowering the Ages Sharing Smiles Program ([https://empoweringtheages.org/sharing-smiles/](https://empoweringtheages.org/sharing-smiles/))
  - The Best Day of My Life So Far ([bestdayofmylifesofar.org](http://bestdayofmylifesofar.org))
- Digital Storytelling
- Conducting Oral Histories
- Podcast or Blog
Activity Ideas – Helping Out

- Shopping/Errands
- Yard Clean Up/Outside Maintenance
- Digitize Photos/Family Tree
- Virtual Tutoring/Mentoring
- Telephone/Text Check-ins
  - Mon Ami (monami.io)
- Virtual Reading
  - Caribu (https://caribu.com/)
Virtual Opportunities

- Kairos Alive Daily Swing via Facebook Live – 4pm Eastern (facebook.com/kairosdancetheatre/) (kairosalive.org)
- Senior Planet Virtual Events (seniorplanet.org)
- DOROT University Without Walls (dorotusa.org)
- Silver Kite Online Events (silverkite.us)
- Virtual Volunteering
  - Volunteer Match (www.volunteermatch.org)
  - AARP’s Create the Good (createthegood.aarp.org)
  - Many More!
Access to the Internet and Technology

- Senior Planet’s Stuck at Home Guide: How to Get On-line
  https://seniorplanet.org/stuck-at-home-guide-get-online/
- Low-Cost/Free Internet Access from several ISPs
- Xfinity WiFi hotspots are free nationwide
  - More information and the Xfinity WiFi Hotspot map at https://wifi.xfinity.com/
- Ideas on Technology?
Using Technology to Connect Generations

- Report
- Program Profiles
- https://aese.psu.edu/extension/intergenerational/program-areas/technology
Next Steps

1. Continue to Share
2. Complete the Follow-Up Survey
Join Generations United

www.gu.org/get-involved
We want to hear from you…

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Generations United  www.gu.org
Facebook Group  www.facebook.com/groups/intergenerational/