

WHO BENEFITS? EVERYONE.

Research has documented a wide range of benefits for everyone involved.

BABIES & PRE-SCHOOL⁸



- Higher levels of interactive play
- Improved abilities with cooperative play
- Improved empathy
- Greater social acceptance
- Better vocabulary and language abilities

ELEMENTARY SCHOOL CHILDREN⁹



- Enhanced reading and writing
- Improved task orientation, short-term memory, problem solving, and accountability
- Increased patience, sensitivity, compassion, respect, and empathy
- Reduced anxiety, sadness, and stress
- Improved mood management
- Healthier diets and nutrition, increased physical activity, less “screen time”

MIDDLE SCHOOL CHILDREN¹⁰



- Improved academic performance
- Healthier family dynamics
- Improved peer relationships
- Decreased depressive symptoms
- Reduced substance use
- Reduced disordered eating
- Enhanced reasoning, problem solving, accountability, conflict resolution
- Decreased bullying and victimization
- Clearer educational aspirations, occupational interests and goals

HIGH SCHOOL STUDENTS¹¹



- Improved ego integrity, self-confidence, purpose in life
- Improved emotions and mental health
- Enhanced physical health
- Increased levels of collective efficacy, social capital, and social cohesion
- Empowered to make changes in school and neighborhood

YOUNG ADULTS & COLLEGE STUDENTS¹²



- Higher rates of civic engagement
- Entrepreneurial capabilities, occupational skills, and mastery
- Expressed higher levels of self-confidence, efficacy, and self of self
- Gained skills and knowledge for geriatrics and gerontology
- Learned and taught ways to improve the environment

PARENTS & ADULT CHILDREN¹³



- Less worried about aged parents
- Happy about their civic engagement
- Older volunteers brought resources and skills back home to teach grandchildren and children in neighborhood
- Better family communication

OLDER ADULTS¹⁴



- Decreased social isolation
- Improved quality of life and purpose in life
- Improved self-worth, self-esteem, empowerment
- Cognitive health improvement
- Reduced falls and frailty, increased strength, balance, and walking
- Learned new skills, leadership proficiencies, and knowledge

ALL AGES



- Reduced ageism and age discrimination among young and old alike
- Improved mental, physical, and cognitive health unique to each life stage
- Greater sense of belonging and connection with others of different ages.
- More acceptance of people who are different from themselves.

STAFF, CAREGIVERS, & NEIGHBORHOODS¹⁵



- Administrators and staff report positive outcomes such as improved mental health, an increased sense of community, and gaining a sense of energy and purpose during long and hard workdays.
- Informal caregivers receive respite when a younger person cares for their loved one and they too report joy from the experience.
- Family caregivers also report decreased social isolation.
- Some studies have identified an increase in neighborhood trust, social cohesion, and a sense of community.
- Shared site intergenerational programs - settings where children, youth, and older adults participate in services and/or programs at the same time and at the same place - have shown many benefits for staff, families, and organizations.
- Generations also come together for physical improvements to the community such as walking trails, benches, urban parks, green spaces, clearer signage, reduced litter, and recycling options.

MORE INFORMATION

This fact sheet is a companion piece to Generations United's resource [Making the Case for Intergenerational Programs](#). Please refer to that document for more detailed information including the findings from the comprehensive review of the literature on intergenerational programs.

The [Generations United website](#) contains additional information about intergenerational programs and public policies including toolkits to help you get started, examples from our Programs of Distinction, an on-line directory with information on a wide range of intergenerational programs, and much more.