



How to Create an Intergenerational (IG) Program in Your Community

1. Convene an “IG Leadership Team”

An IG Leadership Team is a group of 3 to 5 representatives from different community organizations. Members may include senior center administrators, principals, staff, teachers, volunteers, parents, and students. As a team, you will decide on what type of IG program you will run. If you work primarily with older adults, you want to partner with an organization that works primarily with children. If you work primarily with children, you want to partner with an organization that works primarily with older adults. You may also want to include other community organizations and individuals. Potential partners include:

- **Child-Based Organizations:** public and private schools, homeschool groups, preschools, after-school programs, family networks, Boy and Girl Scout troops, camps, religious organizations, community organizations such as the YMCA and Boys and Girls Clubs.
- **Older Adult Organizations:** Councils on Aging/senior centers, retired teacher associations, assisted living communities, skilled nursing centers, senior housing, religious organizations, community clubs such as Kiwanis, Elks Lodges, or Rotary Clubs.
- **Community Organizations:** libraries, recreation departments, community centers, community gardens, cultural organizations (Italian American Club, Irish American Club, etc.), American Legion, or the local historical society.

2. Plan your IG program

There are many of IG programs. They can be one-time events, a short-term series, or ongoing programs. Work together with your IG Leadership Team to:

- **Decide what type of program will be best for your community.**
- **Establish a timeline for your program.** Also plan your location, transportation, public relations and advertising.
- **Secure funding for you IG program.** Consider sharing the cost across Leadership Team organizations, or partner with local businesses, community groups, and community or education foundations. Approach Friends of Senior Centers, PTOs, and individual donors. Recognize your funding partners in your IG program and in your PR materials.
- **Evaluate your program.** Plan ahead of time what methods you will use for evaluation. Consider using surveys, pictures or videos, journal entries, pre and post-program questionnaires, and record stories.

3. Run your IG program in your community!

Work together with your IG Leadership Team to run your IG program. Recognize funding partners and utilize your evaluation tools.

4. Reconvene the IG Leadership Team

As a team, review what worked, what didn't work, and what the future plans will be. Assess the program based on the evaluation tools you prepared.



Bridges Together's Recipe for Success for a One-Time IG Event

Bridges Together uses this flexible structure to facilitate building IG relationships at events and gatherings with people of all ages. Each event has a theme to which all of the activities for the event are connected. The themes and activities should be based on participants' cognitive and physical abilities. For additional ideas and other activities, see the IG programming pages at BridgesTogether.org.

IG Get-Together Activities		
	Sample Theme: F is for Food	Sample Theme: Q is for Quilt
Icebreaker to introduce everyone ~10 minutes	Play "Refrigerator Tag" – Each corner of the room is a category, (1) "Love it" (2) "Like it" (3) "Don't like it" (4) "Never tried it." The facilitator stands in the middle of the room and calls out different foods. Everyone walks to the corner that fits how they feel about that food.	Quilts are like puzzles, made up of different pieces. Cut index cards into connection pieces and write a conversation question on each piece. Hand out the matching pieces, one to an older adult and one to a child. Pairs find each other and ask the conversation questions.
Mini-lesson/Book ~10 minutes	<i>Choose Good Food! My Eating Tips</i> by Gina Bellisario	<i>The Keeping Quilt</i> By Patricia Polacco
Discussion with life review questions in small groups ~15 minutes	In small groups, older adults and children talk about memories associated with food – special meals, family traditions, favorite foods.	In small groups, older adults and children discuss family heirlooms. They can share stories about favorite blankets or other special family items.
Project or activity in small groups ~20 minutes	Together the older adults and children make healthful recipes. Each group makes a different snack. Consider turkey wraps, salsa, hummus or smoothies.	Each participant designs his or her own quilt square. Then the older adults and children work together to sew/glue the quilt squares into a wall hanging. Consider using paper and decorative duct tape as an alternative to sewing.
Summary discussion ~10 minutes	Each small group shares with the big group one thing they learned about nutritious eating and the recipe they created.	Together the participants talk about the different quilt squares and why each person designed what s/he did.
Sharing food ~10 minutes	Enjoy the snacks each group created!	Provide crackers and different ingredients (such as dips, cheese slices, or pepperoni) to "quilt" together and then enjoy!

Find more information at BridgesTogether.org



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