

# NEW HAMPSHIRE 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 NEW HAMPSHIRE SHARED SITES

#### EASTER SEALS NEW HAMPSHIRE MANCHESTER, NH

- Part of the nationwide Easter Seals network, the Easter Seals facility in Manchester has been nationally recognized as a premier program for Adult Day Services.
- The facility also provides programs for children, veterans, and the disabled. Along with community outreach and support, their wide range of services are available to those requiring various levels of need and assistance.
- Easter Seals New Hampshire's intergenerational program is a partnership between their Child Development Center and the Adult Day Care. The program uses cultural tools- art, music, dance, literature, and drama- to help connect children and seniors for both therapy and intellectual growth.
- For additional information, visit [http://nh.easterseals.com/site/PageServer?pagename=NHDR\\_homepage](http://nh.easterseals.com/site/PageServer?pagename=NHDR_homepage)

#### EDGEWOOD CENTRE PORTSMOUTH, NH

- The Centre is a senior facility providing long term care, respite care, and memory care as well as rehabilitative services.
- Dedicated to meeting all the needs of its diverse senior community, Edgewood offers programs to help ensure the physical, emotional, social and spiritual health of its members.
- The Centre also has an on-site child care facility for children six weeks to six years old. Bringing together the children with the Centre's residents for daily activities Edgewood is successfully uniting the generations
- For additional information, visit <http://www.edgewoodcentre.com/>



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*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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