



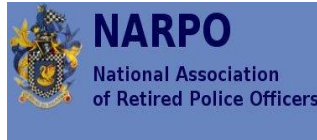
# INTERGENERATIONAL STRATEGY

December 2018

Building Bridges across the Generations

## The Partners

Aneurin Bevan University Health Board	Job Centre Plus
Aneurin Bevan Community Health Council	Learn with Grandma
Age Cymru	Linthwaite Clough J I & EY School
Ageing Well in Wales	Live Music Now
Alzheimer's Society Wales	Monmouthshire County Council
Bangor University	Monmouthshire Housing
Blaenau Gwent County Borough Council	My Home Life Cymru
Bryn Bach Primary School	National Association of Retired Police Officers (NARPO)
Caerphilly County Borough Council	Neighbourhood Care Networks
Cardiff and Vale of Glamorgan Integrated Health & Social Care Partnership	Newport City Council
Care Forum Wales	Older People's Commissioners Office
Cartrefi Cymru Co-operative	Public Health Wales (1000 Lives)
Coleg Gwent	Red Rose Nursing Home
Coleg Y Cymoedd	Royal Voluntary Service
Derwen Housing	Soldiers, Sailors and Airforce Association (SSAFA)
Digital Communities Wales	St Joseph's Roman Catholic Primary School
Gibraltar Nursing Home	South East Wales Academic Health Science Partnership
Georgetown Primary School	Swansea University
Glanhow Primary School	Thrive United Welsh
Griffithstown Primary School	Torfaen County Borough Council
Gwent Association of Voluntary Organisations	Volunteer Gwent Police Cadets
Gwent Police	Welsh Ambulance Service Trust
Gwent Regional Partnership Board	Woffington House Residential Home
Idris Davies School	



Cardiff & Vale of Glamorgan INTEGRATED HEALTH & SOCIAL CARE PARTNERSHIP

PARTNERIAETH IECHYD & GOFAL CYMDEITHASOL INTEGREDIG Caerdydd & Bro Morgannwg



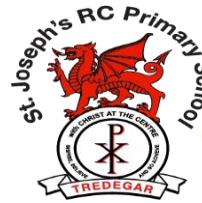
GIBRALTAR NURSING HOME



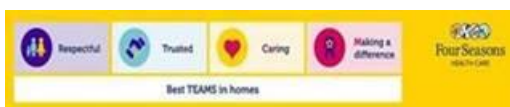
Glanhow Primary



Gwent Association of Voluntary Organisations Cymdeithas Mudiadau Gwirfoddol Gwent



Bwrdd Partneriaeth Rhanbarthol Gwent Gwent Regional Partnership Board



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## Foreword

Intergenerational practice is very diverse, incorporating activities that involve different groups of participants, different types of settings, different activities and with a range of aims.

Over the past 12 months, within the 'Greater Gwent' region, local initiatives that have brought older people and children together has demonstrated the positive impact that intergenerational practice can have. Although this is a new journey for us, it is in recognition of this impact that our partnership has agreed to develop this strategy.

We believe that greater interaction between people of all ages will generate a greater sense of community spirit. Bringing older and younger people together maximises opportunities for people to become active participants in their communities and lays the foundation for mutual respect and active citizenship. Intergenerational practice creates symbiotic links between generations, promoting shared learning, intergenerational understanding and personal development for all involved.



This strategy sets out our intent to establish, embed and grow intergenerational practice, in order to promote and support meaningful and mutually beneficial activity for younger and older people. It will guide the development of intergenerational practice across our communities, now and in the future.

By adopting a strategic approach to intergenerational work, the partnership aims to set a standard for our community and other communities across Wales. Let us pledge to advance intergenerational practice and relationships for the benefit of all involved.

## 1. Introduction

Changing demographics and greater mobility within families and social networks means that today, generations are becoming increasingly isolated from each other. For older people in particular, this increases the risk of loneliness.

Friend i mi/Friend of mine<sup>®</sup> is a partnership approach to combatting loneliness and social isolation across our communities. Loneliness can affect anyone at any time, regardless of age. Launched in January 2017 and focussing on the wider determinants of health, it has created an exciting and dynamic social movement, driving forward innovative low cost/no cost solutions to reconnect lonely and isolated people with their communities.

Over the past 12 months, one of the fastest growing areas of compassionate practice has been that of intergenerational practice. It is bringing older and younger people together in purposeful, mutually beneficial activities, building upon the resources that each has to offer each other. Organisations such as health, local councils, the police, housing, schools, colleges, voluntary sectors, care homes (to name a few), are recognising how inclusive participation is strengthening community bonds and mutual respect.

Whether activities are face to face, exercise related, technology based or through written communication, the observed well being benefits for children, young people and adults have compelled us to develop this strategy.

## 2. What is Intergenerational Practice?

Intergenerational practice means different things to different people and is often perceived as very young children interacting with those who are very advanced in age. The Centre for Intergenerational Practice: Beth Johnson Foundation (2001) states:

*"Intergenerational practice aims to bring people together in purposeful, mutually beneficial activities which promote greater understanding and respect between generations and contributes to building more cohesive communities. Intergenerational practice is inclusive, building on the positive resources that the young and old have to offer each other and those around them".*

This practice aims to provide a coherent and unified response to such issues of social exclusion, loneliness and disengagement across the generations. By its nature, intergenerational practice cuts across service boundaries. It provides an excellent mechanism for collaborative practice and the creation of innovative solutions for more compassionate communities. Although focussing on younger people and older adults (under 25's and over 50's), this strategy provides a framework for both intergenerational and multigenerational (25-50 years) practice.

### 3. Context

#### 3.1 Social Services and Well Being Act (2014)



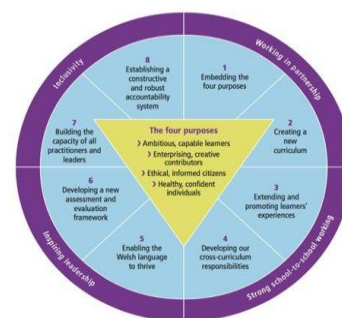
The Social Service and Well-being Act (The Act) sets out principles of working that includes early intervention, partnership working, co-production and the promotion of well-being. The Act also places a duty on local authorities and health boards to undertake a population needs assessment and a number of priorities have been identified such as carers, dementia, loneliness, emotional wellbeing, reducing falls and supporting people closer to home.

Intergenerational practice helps bring older and younger people together to share experiences and generally establish supportive relationships. There have been a number of examples across our communities that have already involved school pupils visiting care homes, 'Pimp my Zimmer' where young people helped decorate Zimmer frames in an attempt to reduce falls as well as Dementia Friendly Schools. All of the projects help reduce loneliness. Intergenerational practice involves working to the principles of the Social Services and Well-being Act, in particular partnership working and early intervention to help keep older people active as well as improving emotional wellbeing for all participants.

#### 3.2 The Donaldson Report (2015)

The Donaldson Report offers a wide and thorough analysis of education in Wales and makes far reaching and fundamental recommendations. The reports states that the Curriculum should be based on 4 Key Curriculum Purposes to develop children and young people and these are:

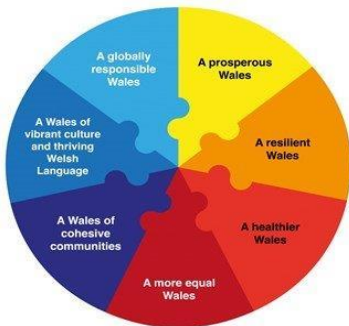
- Ambitious, capable learners, ready to learn throughout their lives
- Enterprising, creative contributors, ready to play a full part in life and work
- Ethical, informed citizens of Wales and the world
- Healthy, confident individuals, ready to lead fulfilling lives as valued members of society



The Report outlines a number of key considerations for good teaching and learning and specifically states that all teaching and learning should be directed at the 4 Curriculum Purposes. In relation to intergenerational practice, this activity supports the need to provide children and young people with opportunities to learn from expertise and experience from outside the school environment. Intergenerational practice will create authentic contexts for

learning, encourage collaboration, and support social and emotional development and positive relationships.

### 3.3 Well Being of Future Generations Act (2015), Public Service Boards and Wellbeing Plans



The Wellbeing of Future Generations (Wales) Act 2015 is legislation requiring public bodies - such as local authorities, health boards and organisations like National Resources Wales and the third sector - to put long-term sustainability at the forefront of their thinking, and work in partnership through the formation of statutory Public Service Boards (PSBs). PSBs will be in place for each local authority area and are required to undertake a Wellbeing

Assessment to identify local needs and a corresponding Wellbeing Plan to progress actions. PSBs will put long-term sustainability at the forefront of their thinking, and work with other relevant organisations (such as schools) and the public to prevent and tackle problems.

In order to create a more sustainable Wales, public bodies must work towards 7 wellbeing goals and enact the 5 ways of working established under the WFG Act. Through inclusive intergenerational practice our intent is to support wellbeing for all, now and in the future. This Intergenerational Strategy will progress the necessary steps to promote the wellbeing of children and older people well into the future.



### 3.4 The Welsh Language Act (1993), Welsh Language (Wales) Measure (2011) and the 'Active Offer'



Public Sector organisations have a responsibility to comply with the Welsh Language (Wales) Measure 2011. The Welsh Language Strategic Framework '*More than just words*' was launched in 2012. Its focus is to provide a framework to strengthen Welsh language services within health, social services and social care. It recognises that many people can

only communicate and participate effectively in their care as equal partners through the medium of Welsh.

Making an 'Active Offer' is a behaviour that reflects the core values of the Social Services and Well-Being (Wales) Act 2014. An 'Active Offer' simply means providing a service in Welsh without someone having to ask for it. This Strategy will seek every opportunity to engage Welsh speakers in intergenerational practice and maximise opportunities that support Welsh language and life-long learning across the generations.

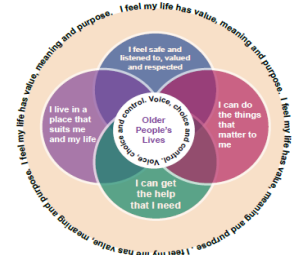
More information on the Active Offer can be found at [morethanjustwords@wales.gsi.gov.uk](mailto:morethanjustwords@wales.gsi.gov.uk)



### 3.5 Older People's Commissioner Care Home Review: A Place to Call Home? (2014)

The Older Peoples Commissioner for Wales Review identified the need to improve the quality of life for all older people living in nursing and residential care. According to Nolan's Senses Framework, the best care environments for older people are those that provide a sense of:

- **Security:** feel safe
- **Belonging:** be part of things
- **Continuity:** experience links and connections
- **Purpose:** have goals to aspire to
- **Achievement:** make progress towards those goals
- **Significance:** feel that as a person, they matter



One of the key recommendations of the care home review was that active steps should be taken to encourage the use of befriending schemes within care homes, including intergenerational projects, and support residents to retain friendships.

### 3.6 Ageing Well in Wales

Ageing Well in Wales is a national partnership programme chaired and hosted by the Older People's Commissioner for Wales. Ageing Well in Wales brings together public, private and voluntary sectors to make Wales a good place to grow older for everyone.



Supported by Welsh Government, all local authorities in Wales, over 70 national strategy partners, over 1,500 individual network members representing over 500 different groups and organisations support the ageing well goals.

The overarching goal of Ageing Well in Wales is to make Wales a nation of age-friendly communities. It works with older people to ensure that the provision of facilities, infrastructure and services enable and empower everyone to have full and active lives within their community.

Intergenerational activities are seen as central to developing age-friendly communities, which place a high value on encouraging people of all ages to come together, share ideas, discuss concerns and priorities, and identify solutions that are low-cost yet high-impact.

### 3.7 Dublin Declaration on Age-Friendly Cities and Communities in Europe (2013)

All 22 of Wales' Local Authorities have signed the Dublin Declaration on Age-Friendly Cities and Communities. The Dublin Declaration supports the World Health Organisation's Global Age-Friendly Cities Programme, and is a commitment from local



or regional government and authorities to support the development of age-friendly communities.

### 3.8 The Strategy for Older People in Wales (2013-2023)



Older people are a large and diverse group who make up one third of the population of Wales. The Strategy aims to address the barriers faced by older people in Wales today and to ensure that well being is in reach of all. Older people should expect to be able to participate as fully in society as they desire, including contributing to family and community life. Good physical and mental health is an important contributor to well being.

Intergenerational practice will help to support older people to continue to play an important role in society, share their knowledge and experience and help older people feel valued and respected.

## 4. Why we are developing an Intergenerational Strategy

The Health, Social Care and Sport Committee *Inquiry into loneliness and isolation* (2017) sets out 6 recommendations to reduce the risk of loneliness and isolation in Wales. Recommendation 5 calls for evaluation to assess the impact of intergenerational contact and to ensure best practice is rolled out across Wales.

Intergenerational practice is a highly effective, inclusive method for promoting respect, well being, and wider achievement for all those who participate. It forms an essential part in reducing prejudice, isolation and loneliness, and helps build social cohesion and capital.

Through interaction with older people, children and young people can gain confidence, better understand and respect relationships and gain skills for life. Older people say that they learn a lot about the younger generation and this helps reduce fear. Additionally older people feel a sense of continued purpose by putting to use their positive transferable skills which benefits younger people.



Intergenerational practice results in negative stereotypes and myths about aging being dispelled. The benefits are significant. For example, we have seen children become more socially confident, gain better understanding of dementia and are now expressing a wish to work in the caring field.

### **Intergenerational Befriending: Social Confidence**



*"I like going to the hospital because I am really shy and awkward when it comes to talking to new people. So when I went I believed that it would help me with being more sociable and get rid of my fears. When I go I feel like I give the patients a new friend and that the patients feel so much better. Also, I feel that sometimes we make them feel better than medicine does."* (Evie)

We have seen less agitation in people with cognitive impairment as a direct result of interaction with children and young people and a subsequent reduction in anti-psychotic prescribing in care homes. We have also seen the benefits to staff in both work place morale and a desire to proactively engage in person-centered meaningful activity.

By creating opportunities for children to connect with older people, we could help fill the anticipated caregiver gap, simply because our children will be positively 'coached', making them more inclined to take on the rewarding work of caring for older people. We want to build on what has already been achieved. This strategy will enable the partnership to commit to the intent to embrace and spread intergenerational practice right across our community.

### **5. Benefits for Children, Young People and Older People**

Research\* suggests that the aims of intergenerational practice in the UK reflect those of international practice and relate to improvements in:

- Physical and mental health
- Social capital
- Community cohesion
- Relationships and attitude
- Learning
- Reduction in anti-social behaviour

### **Impact of Intergenerational Activity on Residents Well-Being**



*"This initiative has had endless positive outcomes not just for the residents but other professionals involved at Woffington House. Through intergenerational practice and person centred care residents are no longer prescribed PRN anti-psychotic medication. We have seen 100% reduction in PRN medication and 50% reduction in prescribed anti-psychotic medication. This work costs very little through teaming up with local primary schools, Police Cadets, Scouts, Coleg Gwent, Coop Wales etc.*

(Adam Hesselden, Home Manager)

Whilst literature examined by Springate et al (2008) identifies some of the difficulties associated with evaluating the outcomes of intergenerational activities, it also highlights that effective intergenerational practice has the potential to generate positive outcomes for individuals and communities, as well as offering the possibility of contributing to a range of social policy agenda's.

Specific benefits for children and young people and older people include:

Children and Young People	Older People
<ul style="list-style-type: none"> <li>• Social Awareness</li> <li>• Positive attitudes towards elders</li> <li>• Increased confidence</li> <li>• Improved communication skills</li> <li>• Learning new skills</li> <li>• Community belonging</li> <li>• Access to positive role models</li> <li>• Improved behaviour</li> </ul>	<ul style="list-style-type: none"> <li>• Reduced fear of younger people</li> <li>• Positive attitudes towards young</li> <li>• Improved mental wellbeing</li> <li>• Improved fitness/mobility</li> <li>• Learning new skills</li> <li>• Reduced loneliness and isolation</li> <li>• Renewed sense of worth</li> </ul> <p><small>(*Springate, I, Atkinson, M and Martin, K (2008) <i>Intergenerational Practice: a Review of the Literature</i> (LGA Research Report F/SR262). Slough: NFER)</small></p>
<p><b>Community Benefits:</b> Improved community cohesion, diversification of volunteering, educational institutions becoming involved in the community</p>	

## 6. Vision, Mission, Values, Aim and Goals

**Vision:** Our **vision** is to build bridges across generations.

**Mission:** Our **mission** is to bring children, young people and adults together in mutually beneficial meaningful activities and relationships that reduces the risk of loneliness and isolation, promotes greater understanding and respect between generations to create stronger, safer, interconnected communities.

**Values:** Our **values** provide the principles that ensure intergenerational practice is:

- Inclusive and collaborative
- Valuing and involving
- Person-centered
- Meaningful and reciprocal
- Supporting life-long learning
- Sustainable

**Aim:** Intergenerational practice will enable children, young people and adults to reach their potential, maintain life-long learning, play a valued role in society and maximise well being.

## A Sense of Purpose for Well Being



*"The day the school arrived at the hospital was the beginning of my recovery. The singing and dancing helped me to recover quicker. It was a pleasure to perform with the children and make many new friends. I have never had so many*

*friends. Thank you"*

Cyril is now attending Griffithstown Primary School to talk to the children about World War 2.

**Goals:** To achieve our mission, our **goals** are to:

- **Publish** an Intergenerational Strategy
- **Toolkit:** share existing best practice toolkits and develop additional tools that supports intergenerational practice and community cohesion
- **Case Studies:** collate and share case studies and stories to demonstrate impact and support shared learning
- **Twining:** Twin nurseries, schools, colleges and uniformed cadet organisations with care homes, hospital wards, sheltered accommodation and supported living facilities.
- **Mental Well Being:** promote initiatives which support the mental health and well being of both children and adults (including carers)
- **Volunteering:** maximise the Welsh Baccalaureate through intergenerational practice. Increase volunteering opportunities for younger and older adults and explore the potential for 'health and social care cadets'
- **Prioritise:** identify, prioritise and engage more able and talented children and young people and those 'at risk' e.g. child carers, children at risk of exclusion, adult carers, older people in care homes, etc. to maximise well being, life-long learning and volunteering opportunities
- **Reduce barriers:** identify barriers to participation and seek ways to support engagement e.g. sensory loss
- **Citizenship:** maximise intergenerational practice opportunities that enable children and young people to be ambitious, confident, creative contributors and ethical informed citizens
- **Combat loneliness and isolation:** ensure intergenerational activity is a key consideration in partner actions to prevent loneliness and isolation
- **Collective ownership:** encourage the inclusion of intergenerational activity as a key well being activity of partner organisations
- **Health and social care careers:** develop and publish child friendly career information

- **Positive role models:** establish a 'professional pen pal' system where positive role models keep in touch with children through the educational curriculum, encouraging them to reach their potential
- **Staff training:** develop staff training programmes that embeds the Senses Framework and ethos of intergenerational well being in practice
- **International friendships:** where possible, support initiatives that encourage international friendships and shared learning
- **Evidence based practice:** use evidence-informed techniques that nurture meaningful dialogue and collaboration across generations e.g. Community of Enquiry
- **Outcomes:** develop outcomes, evaluate and publish intergenerational practice activity, sharing best practice
- **Impact:** through research, evaluate the impact of intergenerational activities on Relationship-Centred Care and care outcomes

## 7. Key Factors for Success

Some of the key factors for the success of our intergenerational practice will include:

- Taking a long term approach across a range of services that allow time for relationships to develop
- Ensuring staff have the appropriate skills, values and training to promote and engage in intergenerational practice with both older and younger people
- Preparing all participants before they engage in intergenerational activities
- Ensuring that all intergenerational activities are focussed on developing relationships between generations
- Ensuring that activities are informed and shaped by the participants
- Ensuring that there are mutual benefits to older and younger people

## Conclusion:

Given the necessary support, intergenerational practice is potentially one of the most significant means available to address many of the social problems and difficulties we currently experience in Wales (*Between the Generations in Wales: Raising the profile of Intergenerational Practice, Institute of Welsh Affairs, 2007*).



This strategy sets out our intent to establish, embed and grow intergenerational practice, in order to promote and support meaningful and mutually beneficial activity for younger and older people. Our collective vision to embed intergenerational practice will support the building of compassionate and resilient communities based on a culture of trust and mutual respect between generations.

Intergenerational practice has already achieved considerable impact across the UK. As a partnership we collectively support its aims to improve the lives of all generations- children, young people and older adults and in doing so, we hope to promote social cohesion, generational unity and intergenerational collaborations.

We appreciate that there is still much to do. However, by adopting this strategic approach to intergenerational practice, we are confident that this strategy will guide the development of intergenerational practice across our communities, now and in the future.

If you would like further information on this strategy or our work to date, please contact us on 01495 241257 or email [Ffrindimi.abb@wales.nhs.uk](mailto:Ffrindimi.abb@wales.nhs.uk)

More information and useful links to intergenerational toolkits can be found on our website [www.ffrindimi.co.uk](http://www.ffrindimi.co.uk)





# INTERGENERATIONAL STRATEGY

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