Rural Alberta Community and Intergenerational Program Workshop
Definition of Intergenerational Programs

The **purposeful** bringing together of **different generations** in ongoing, **mutually beneficial** planned **activities** designed to **achieve** specified program **goals**.

(AARP)
LINKages Society of Alberta
Mission & Background

• Fostering friendships between youth & seniors
• Enhancing personal strengths & quality of life
• Providing intergenerational programs & services
Celebrating 15 years of operating Intergeneration programs in Calgary. Annual participation approx. 350 youth and 180 seniors in Junior and Senior High Schools.

Young Adults Connecting with Seniors (YACS). Youth volunteers between 18-24yrs. old with seniors living independently in the community.

Community and Rural involvement and workshops/training.
LINKages strongly believes in the value of bringing youth and seniors together in caring partnerships and hopes to transfer our skills and knowledge to YOU so that IGPs grow and become stronger in Alberta.
Rural Alberta Community IGP Workshops
LINKages IGP Workshop Teaches:

Basic Elements of a Successful IGP:

1. Program design, planning and facilitation
2. Recruitment, orientation and training participants
3. Matching youth and senior volunteers
4. Activities and Resource materials
5. Volunteer & Risk Management
6. Evaluation
Program Design

- Level 1 – Old and Young experience contact at a distance
- Level 2 - Face to Face contact but only for one meeting
- Level 3 – Programs are ongoing, structured and well integrated into the organizations operations. (LINKages model)
Partnerships

- Seniors
  - Lodges, Care Centres
  - Senior Rec. Centres etc.

- Youth
  - Schools
  - Community Groups

- Community
  - Volunteer Associations
  - LINKages
  - Funders
LINKages Program Training...

To help the students understand the process of aging (instant aging) ...

- Visual impairment
- Mobility challenges
- Physical restrictions
LINKages Program Mentorship...

LINKages’ staff provide ongoing mentorship to help the students...

- Alleviate fears
- Overcome challenges
- Share concerns and questions
Sustaining Your Program

- Resources – need a plan to win the funding and public support to ensure long term success.
- Staffing and Volunteers
- Fundraising is about building relationships
- Look for support and materials through LINKages Society.

As we try to cope with the uncertainties of the future, we will need strong, resilient communities in which people support and nurture one another from generation to generation.
“It’s really amazing... The main thing I learned is that seniors are exactly the same as us.”

“They have the same needs for friendship, adventure and discussion as anyone else.”

Chelsey Morton, YACS Volunteer
Questions?
For More Information Contact...

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