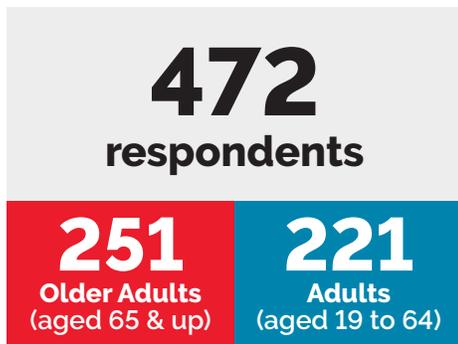


Intergenerational Survey Results

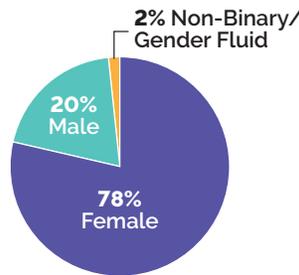
CanAge, in collaboration with InterGen Studio™, launched a survey in June 2021 to collect input from older adults, youth and other stakeholders about their experiences with social isolation, their relationships with others of varying ages and their interest in participating in intergenerational activities. Intergenerational means interactions involving different generations of people, such as older adults, adult children and grandchildren.

We've put together a short summary report of the survey results, along with insights to consider when launching an intergenerational initiative.

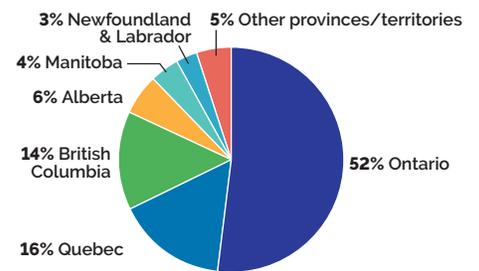
Demographics



Gender



Location (by province)



Personal experiences with loneliness and boredom

Feeling lonely



50%
of older adults
reported feeling lonely
in the past year



66%
of adults
reported feeling lonely
in the past year

Feeling bored



47%
of older adults
reported feeling bored
in the past year



55%
of adults
reported feeling bored
in the past year

Relationships with others

Both older adults and adults responded the same when asked how close they were to specific groups of people.

In order of most popular answer:

1. Immediate family members
2. Friends
3. Extended family and relatives
4. Members of my communities
5. Neighbours
6. None of the above

Spending little to no time with youth in their family

42% of older adults agreed

24% of adults agreed

Barriers to connecting with youth

Older Adults

1. Hard to meet new people (44%)
2. Lack of activities to do together (43%)
3. Lack of common interests or hobbies (33%)
4. Lack of understanding of each other's lived experiences (29%)
5. Don't have time to commit to a new relationship (17%)

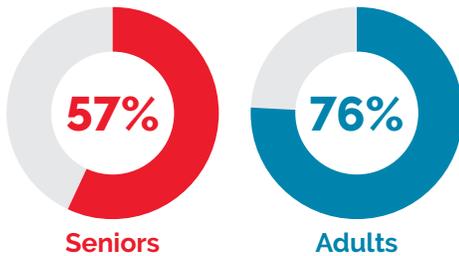
Adults

1. Hard to meet new people (42%)
2. Don't have time to commit to a new relationship (38%)
3. Lack of activities to do together (30%)
4. Lack of common interests or hobbies (27%)
5. Lack of understanding of each other's lived experiences (21%)

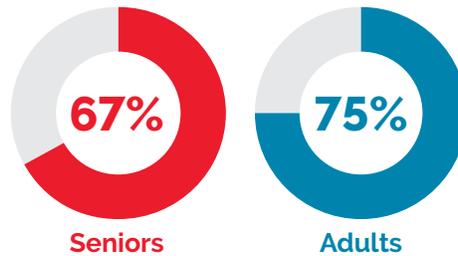
Activities with youth

We asked how interested participants would be in building a new relationship with youth through these activities.

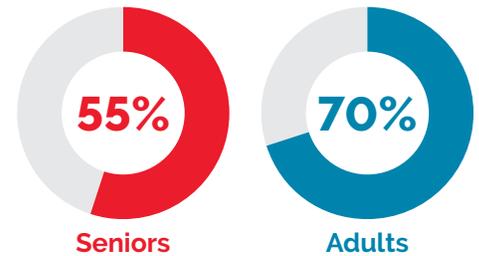
Recreational activities



Creative projects



Business & career mentorship



Other activities we heard

Skill sharing (cooking, knitting, technology, etc.)

Truth and Reconciliation work

Activism and advocacy

Neighbourhood support

Spiritual support and guidance

Volunteering in schools and senior communities (when possible)

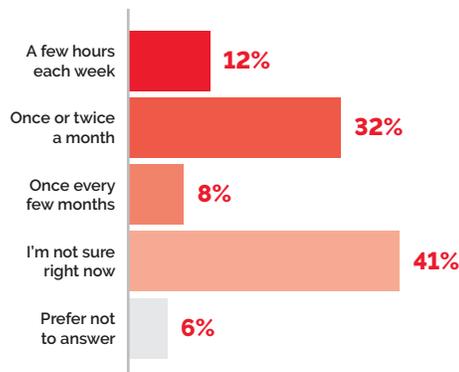
Adopt a grandparent program

Community projects

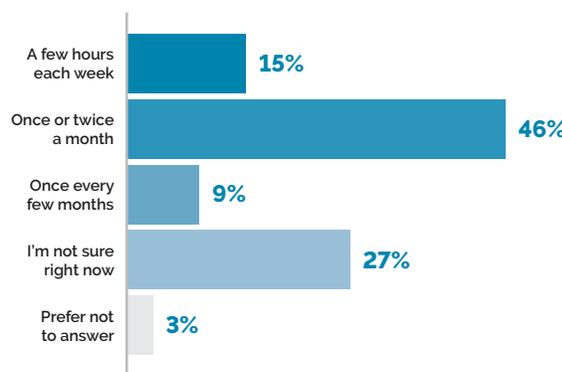
Book/film/dinner club and social outings

Time willing to spend on relationship-building activities

Seniors



Adults



When asked if they would spend at least a few hours or more each month on intergenerational activities:

44% of older adults agreed

61% of adults agreed

Benefits and barriers to intergenerational connection

Top 3 benefits

Seniors

1. Contributing to my community (64%)
2. Building relationships with new people (57%)
3. Make a meaningful project (44%)

Adults

1. Contributing to my community (81%)
2. Building relationships with new people (68%)
3. Make a meaningful project (61%)

Top 3 barriers

Seniors

1. Too time-consuming (35%)
2. Lack of interest in proposed activities (30%)
3. Lack of comfort with technology (23%)

Adults

1. Too time-consuming (66%)
2. Lack of interest in proposed activities (24%)
3. Lack of comfort in building new relationships (13%)

Other barriers:

Health concerns (mobility, time management, energy); accessibility; already involved in other programs

Other barriers:

Personal safety; caregiving to family members; emotional energy required; work and time management

Key Learnings

Flexibility with time commitments

Intergenerational initiatives need to have flexibility in scheduling activities and the amount of time required to participate in the activities.

Be considerate of participants' current living situation and be understanding of their existing commitments and energy levels, so they can be present.

Levels of engagement

Consider planning both in-person and virtual activities, with an option to drop-in and out at the participant's discretion.

Create opportunities to meet people in different settings and foster genuine connections over shared interests. Try to have different levels of participation that account for people's attention span and energy levels.

Proposed activities

Have a variety of activities available (some planned, some organic) that focus on creating a sense of community and ownership.

Consider people's personal interests and comfort levels when deciding what activities to pursue. Unsure about what to do? Just ask!

Prioritizing health and well-being

Personal safety is paramount to participating in new activities and fostering new connections. Ensure your participants are comfortable, and check-in often.

Be aware of people's health priorities, whether it's individual health or the health of others in their lives. Make it clear that personal health comes first.

Making things accessible from the start

If you're hosting an in-person event, make sure the location is accessible for people living with mobility challenges. Consider travel time and distance, location layout, and schedule extra time before and after the event so the participants don't feel rushed.

Be prepared to provide extra support for activities that require physical and/or cognitive effort, such as cooking, craftmaking, and technology-based activities.

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